




Shopping Tips to Save You Money

- **Plan your meals and shop once or twice a week.**
 - Make a list of the foods you need.
 - Keep a list on your refrigerator to add needed items.
- **Check the sale fliers and prepare your meals using items on sale.**

Check fridge and include leftovers in your planned meals.

 - Use coupons.
 - Buy extra of items on sale that you use often.
- **Location -- eye level items are more expensive** than those higher or lower on the shelves.
- **Store brands or no name brands are usually cheaper** than name brands.
 - No name brands may not have pictures on the labels.
 - Bulk foods are sometimes, but not always cheaper.
- **Avoid shopping when you are hungry or thirsty**, you will end up buying extra things.
- **Ready to use ingredients cost more money.**
 - Frozen concentrate juice is cheaper than a box or jar of juice.
 - Block cheese is usually cheaper than grated cheese.
 - Plain pasta is cheaper than pasta with sauce.
 - Plain frozen vegetables are cheaper than vegetables in a sauce.
- **Choose a variety of healthy foods.**
 - Fresh foods are on the outside edges of the store: fruits, vegetables, dairy, meats, and breads.
 - Choose low fat dairy products, leaner meats, beans, lentils, and tofu.
 - Choose fresh fruits and vegetables that are in season. They are often locally grown and cheaper.



- **Read labels.**
 - Check “sell by” or “best before” dates on labels.
 - The first ingredient listed on a label is present in the greatest amount.
 - Look for packages with ingredients that you know, rather than additives and preservatives.
 - Limit sugars, fats and salt. Glucose, fructose, dextrose, and corn syrup are types of sugar.
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- **Store food safely.**
 - Go home and put cold food in the refrigerator or freezer.
 - Buy what you will eat. Spoiled food is a waste of money.
 - Thaw frozen food in the refrigerator.
 - **When comparing the price of meat, look at the price per serving rather than the price per pound.**
 - Think about the amount of bone, skin, and fat that will not be eaten.
 - Boneless chicken on sale, may be cheaper than chicken with bones.
 - Ribs have a lot of bone and little meat.
 - **Make a list of the best price you are able to get for basic food when it is on sale.** Examples
 - 100 g (3.5 oz) Pasta for \$0.10
 - 100 g (3.5 oz) Cheese for \$1.00
 - 375 ml. (12.5 oz) Frozen Orange Juice for \$0.89
 - 795 ml. (27 oz) Canned Tomatoes for \$0.89
 - **Try to buy a large amount of foods at sale prices** to last until they come on sale again.
 - **When larger pieces of meat are on sale, buy it and divide into smaller pieces.** Wrap it in plastic wrap and foil, or freezer bags and store it in the freezer for later use.
 - **Make large recipes** of granola, soups, casseroles, stews, lasagnas and chili. Portion out individual servings and freeze for quick meals later on.
 - These meals can be safely frozen for up to 6 months.
 - **Save time and money by using leftovers.**
 - If you have chicken one day, plan to use the leftovers in a stir-fry, casserole or sandwiches the next day.
 - You can freeze leftover cooked meat and use later in soups or stews.