

# Save Time and Money at the Grocery Store

Below are some tips to help you save time and money at the grocery store.

- ◆ Look at the store's weekly ad before going to the store and base your menu on sale items.
- ◆ Make a shopping list and follow it.
- ◆ Organize your list into sections to avoid backtracking through the store.
- ◆ Don't shop when you're hungry.
- ◆ Buy in bulk when possible.
- ◆ Look at unit prices (i.e. price per ounce). Sometimes the "family size" is not a better bargain.
- ◆ Shop for generic or store brands. These often cost less because less money is spent on advertising and packaging.
- ◆ Buy produce when it is in season. It will be less expensive and provide more flavor and nutrients.
- ◆ Shop the top and bottom shelves. Grocery stores often put the most expensive foods at eye level.
- ◆ Stock up on non-perishable items you use often when they go on sale.
- ◆ Keep a list on the refrigerator so when you run out of an item or think of something you need, you can write it down. This will decrease your trips to the store.

The grocery store is usually busiest right after work and on the weekends, so plan your trip early in the morning, later in the evening, or in the middle of the week. This will save time waiting in lines.

If you're shopping with children, save time by giving them a responsibility. Have toddlers find all the green items in the aisle. Have older children check foods off your list, compare shopping prices, or find the coupons matching the items you are purchasing.



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