



Save Money at the Supermarket

1. Plan meals and look at recipes.
2. Check cupboards and refrigerator for food on hand.
3. Keep a note pad handy to write down food and supplies that need to be replaced.
4. Check the newspaper and other sources of advertising for specials. Compare ads to find the store with the best buys. Clip out the coupons for only the items you *need*.
5. Make a shopping list of items you need and write the list according to the layout of the store so you go down an aisle only once.
6. Stick to your shopping list. Don't be tempted to buy things you haven't planned on.
7. Eat before you shop. A hungry stomach encourages impulse spending.
8. Shop by yourself when possible. Children may want what they saw on television.
9. Shop at a store where you know the location of foods and their usual prices.
10. Plan to shop when the store is not busy, such as early morning.
11. Read labels and compare prices.
12. Compare brands; look at cost and quantity. Usually the store's brand is cheaper, but not always.
13. Compare forms of food. Buy a lower-cost form of the product if it will do as well. Canned tomato pieces are usually cheaper than whole tomatoes and can be used for stews and sauces.
14. Purchase only what you can safely store and use before it spoils.

15. Do most of your shopping only once a week. You save time and money on “extras” you see as you shop.
16. Compare prices of similar products. Many stores now have *unit pricing*. This helps you compare prices between brands, as well as prices for different sizes of the same product.
17. Read food labels. They are helpful in showing nutritional value such as a number of calories, grams of fat, protein and carbohydrate as well as amounts of vitamins and minerals per serving. Note the number of servings in each can or package.
18. Plan your grocery list around the basic food groups.



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