Add Up the Savings!

When Shopping for Food

1. Choose a grocery store near your home or on your route to or from work. Avoid small convenience stores.

2. Shop at discount food stores and national chains. They usually offer the best prices.

3. Use a pocket calculator in the store to track your spending and to stay within your budget.

4. Plan menus in advance. Use ads to plan for least expensive meals.

5. Make a shopping list and stick to it. This helps prevent frequent trips to the store.

6. Use coupons for items you normally buy. Skip the coupons for things you don't use all the time.

7. Check the newspaper or the store advertisements for sale items. Buy only if you need them. A sale is a bargain only if you need the item and will use it before it goes bad.

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8. Compare prices of different brands. Usually private or generic labels are less expensive than brand names.

9. Never shop when you're hungry.

10. Shop alone whenever possible. It is easier to stick to items on your list if you don't have children or others with you.

11. Use the unit price on grocery shelves. This helps you compare the costs of items in the store.

12. Shop the outside aisles of the grocery store for the freshest, least processed foods—produce, meats, dairy.

13. Beware of buying clubs. They have membership fees.

14. Avoid broken packages, bulging cans, and products that have passed the expiration date.

15. Compare prices. The largest size might not be the best buy.

16. Stock up on sale items you will use within the expiration date.

17. Pay attention when you are paying for your groceries. Mistakes happen and it is easier to catch them if you are paying attention. Check your receipt before you leave the store.

Source: Kentucky Extension Specialists and Associates for Family and Consumer Sciences

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For more information contact your county Extension office or visit our online Moneywise site at:

http://ces.ca.uky.edu/moneywise/

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