

Food Savings Tips



- **Plan meals ahead of time** so you will know what you need.
- **Make a shopping list** to avoid impulse buying. You will stay focused and financially on-track.
- **Save with coupons.** Try the Sunday newspapers and also online sites like www.CoolSavings.com
- **Look at the sales flyers.** Pay attention to “loss leaders.” These are items that the store loses money on just to get you into the store.
- **Look at the expiration date.** Stores are supposed to pull expired products, but accidents happen.
- **Old food products are generally put in the front** of the new stock. For fresher food, look in the back or bottom row of the salad bags, milk jugs, etc.
- **Don’t shop when you are hungry.** Why? Because you’re tempted to spend more, buy more junk food and pre-packaged meals (which costs more).
- **Consider buying in bulk** for big savings. But be sure to compare the unit cost – sometimes bulk products aren’t cheaper, or may actually cost *more*.
- **Limit the number of trips to the store.** If you run out of something, try to do without it until the next scheduled shopping trip.
- **Plan inexpensive meals** at least twice a week with inexpensive dishes such as spaghetti or macaroni.
- **Dine-out a little less;** dine-in a little more. Half of the average American family’s annual food expense is spent on dining out. A \$30 restaurant bill equals a bag of groceries that would last you for several meals at home!
- **Consider generic or store brand items.** Some generic items are exactly the same as the brand-name item, made by the same company! The difference? The name brand has a higher price.

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(479) 521-8877 • 1-800-889-4916 • www.CCOAcares.com