

Grocery Shopping on a Budget

*Get all that you need **WITHOUT** breaking the bank*

Some easy tips for the next time you visit the grocery store!

1. Budget, Budget, Budget

- Examine your grocery cart and think about what food items are costing you the most. Design a budget that is appropriate to your financial situation.
- Tailor your budget! Below is a suggested guide to help allocate your money

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|-----------------------------|-----------------------|
| Fresh Fruits and Vegetables | 35% of your budget |
| Meats and Dairy | 35% of your budget |
| Grain Products | 20-25% of your budget |
| Other Items | 5-10% of your budget |

- Buy items in bulk. These are usually cheaper and may be frozen for later use. Splitting items, and the cost, with friends is also a good option if you will not use all of them your own.
- Shop with cash, not credit! Take only as much cash as you need to limit your spending and to stay on your grocery budget.

2. Create a weekly menu and shopping list

- A menu allows you to plan ahead and to buy only what you NEED! Follow both your menu and list to keep unnecessary items out of your cart, or from buying something that you already have in a cupboard at home. Carry a calculator to keep on track. Planning makes a big difference on your budget!

3. Coupons

- Coupons from local grocery store flyers and newspapers are a great way to help save money. Keep them in an envelope so they don't get lost and use them when you need them!