Money-saving Tips for the Grocery Store

VEGETABLES AND FRUITS

- Buy fruits and vegetables that are in season (use this produce calendar to find out what’s in season).
- Buy canned or frozen versions of out-of-season vegetables and fruits.
- Choose cabbage, potatoes, carrots and onions year round.
- Try canned tomatoes in recipes instead of fresh ones.
- Buy plain frozen vegetables instead of those with sauces and seasonings.
- Buy frozen juice concentrate.
- Buy whole fruit and vegetables, which cost less than those cut up at the grocery store.
- Buy large containers of raisins; they cost less per serving than individual boxes.

MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS

- Try cooking beans or eggs instead of meat at some meals.
- Buy larger packages of cut meat, such as pork chops or chicken. Then divide into smaller portions, put into freezer bags, and freeze the extra portions for later use.
- Compare the price of frozen meats to the price fresh meats and choose cheaper options.
- Compare the price of frozen meats with breading or seasonings to the price of plain meats.

BREAD AND GRAINS

- Long- or short-grain rice often costs less than pre-cooked or “minute” rice.
- Dry pasta often costs less than fresh or frozen pasta.
- Plain pasta shapes may cost less than colored or special-shaped pasta.
- Large containers for hot or ready-to-eat cereals often cost less than individual packets of cereals.
- Day-old bread can be toasted or used in recipes. Freeze bread to keep it fresh longer.
- Buy unsweetened cereal, and add your own sugar or fruit.
MILK, YOGURT, AND CHEESE

- Buy blocks of cheese instead of grated, sliced, or cubed cheese. You can slice or grate the amount you need.
- If you buy grated cheese, larger bags of grated cheese often cost less per serving than cheese sold in smaller bags. Freeze the amount you don’t use right away in small freezer bags.
- Large containers of yogurt often cost less per serving than individual containers.
- Compare the price of non-fat dry milk to the price of fresh milk.

SWEETS, SNACKS, AND BEVERAGES

- Making sweets from scratch may cost less than packaged cookies or cake mixes, plus you can use healthier ingredients like whole wheat flour instead of white flour and applesauce instead of oil.
- Try popping your own popcorn instead of using microwave popcorn or potato chips.
- Try making snacks out of everyday foods, such as plain crackers and cheese or half a peanut butter sandwich instead of buying packaged snack foods.
- Keep a pitcher of tap water with slices of oranges, lemons, or limes in the refrigerator to quench thirst instead of buying packaged beverages.

OTHER FOODS

- Canned spaghetti sauce may cost less than bottled sauce.
- Condensed soups often cost less than ready-to-heat soups.
- Use fats, oils, and sauce sparingly.
- Many bottled marinades and sauces are quite expensive. Try making your own.

REFLECT

Which of these tips would you be willing to try the next time you go shopping?
List three here:

1. ____________________________
2. ____________________________
3. ____________________________