

\$\$\$ Saving Money at the Grocery Store! \$\$\$

General Tips:

- Store brands are often less expensive than name brands. The name brands are usually located at “eye level.” Look on higher and lower shelves for cheaper brands.
- Buy larger packages of foods you use a lot when they are available and you will be able to use it. They can be lower in price for the same amount than similar foods sold in smaller packages.



Breads and Grains:

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal, and grits instead of the instant and flavored types.

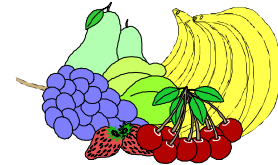
Vegetables and Salads:



- Look for large bags of frozen vegetables. They may be bargains and you can cook just the amount you need, close the bag tightly, and put the rest back in the freezer.
- Foods at salad bars can be costly. Some food items - lettuce, cabbage, onions, and carrots - usually cost less in the produce section of the store than at the salad bar. But if you need only a small amount of a vegetable, buying at the salad bar can save money if it reduces the amount you waste.

Fruits:

- Buy fresh fruits in season, when they generally cost less.
- Buy canned or dried fruit when prices of fresh produce are too high.



Milk:

- Buy fresh milk in large containers (gallon or ½ gallon). These generally cost less than quarts.

Meat and Poultry:



- Look for specials at the meat counter. Buying cuts of meat on sale can mean big savings for you.
- Buy less expensive cuts of meat such as chuck or bottom round roast instead of sirloin. They will be just as tasty as more expensive cuts if they are covered during cooking and cooked longer to make the meat tender.
- Whole chickens cost less than chickens that have already been cut into serving size pieces. Save money by buying whole chickens and cutting them into serving size pieces yourself.

Dry Beans and Peas:

- Dry beans and peas can be used sometimes instead of meat, poultry, or fish. They cost less and provide many of the same nutrients. They are also lower in fat.