

Grocery Store Savings

Here are some tips to find ways to save.

1. My Fridge Food is a great site to start with to help generate ideas on how to create healthy meals based on what you have left in your pantry. <https://myfridgefood.com/>
2. Stay away from the inner aisles.
3. Don't be afraid of coupons.
4. Put the toiletries down. Get yourself on a rotation to help balance out those cost.
5. Don't be tempted by brand names.
6. Look up and look down, because it's the eye-level shelves that stock the priciest items.
7. Consider dried beans.
8. Don't go to the store hungry.
9. Stay away from the prepared foods.
10. Try to eat with the seasons along with what is on sale.
11. Take the time to make a grocery list. Also, if you simply put 3 items back you can save up to \$10 just with those 3 items that you may not need.
12. Consider keeping your children at home, if possible.
13. Remember, you're paying for the convenience of pre-washed salad and pre-cut produce
14. Just grate your own cheese. Sometimes grating your own cheese is just as cheap. Which an also last longer. Did you know you can freeze cheese too?
15. If you feel some of your produce is about to go bad, remember you can always freeze it!