

# Be a Smart Shopper!



## *Plan Ahead!*

- *Plan meals for at least a week*
- *Look at sale ads while planning your menu, and plan your meals around the sales. Make meal planning a family activity!*
- *If you're going to make it once, why not make double and freeze one!? It saves time and money!*
- *Check your home storage for items you can use! Rotation of home storage items is important!*
- *Don't forget to add a few items to your list for home storage! Especially if they're on sale!!*
- *Collect coupons for the items you NORMALLY buy. Don't buy something just because you've got a coupon.*
- *DON'T go shopping on an empty stomach!*

## *At the Store ~*

- *Compare unit prices & brands—Generic or store brand items are generally just as good, if not better, and cost less!*
- *Don't buy something just because you have a coupon!*
- *Choose food with less packaging. The packaging costs extra!*

## *When You're Back at Home~*

- *Write down prices of each item when you're putting them away. Keep your receipts so you can compare prices.*
- *Write the date on anything for your home storage!*

## *Analyze Your Spending!*

- *Keep track of prices, so you'll know when a sale really is a sale!*
- *Don't buy toiletries at the grocery store—they generally markup their prices 25% or higher on these items!*
- *Are there "convenience" items (mixes, etc.) that you can make and save money?*
- *Look into buying some things in bulk—it usually costs a lot less!*
- *Learn some new skills to help save money—like canning, baking, gardening, etc.*