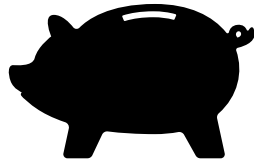


Shopping Tips to Save



- **See what is on sale.** Look at grocery store flyers and newspaper ads to see what foods are on sale, and use this to plan your meals.
- **Make a grocery list.** Make a list of the foods and ingredients that you need to buy.
- **Bring a calculator.** Add up the cost of your groceries to help you stay on budget.
- **Get to know the food prices.** Write down or remember the regular prices of foods. This will help you figure out which stores have the best prices.
- **Avoid shopping when you are hungry.** When you are hungry, you may buy things you don't need.
- **Buy in season.** Vegetables and fruit are cheaper when they are in season, because they are readily available and local.
- **Buy frozen or canned.** When fresh vegetables or fruit are too expensive, buy frozen or canned ones. They are just as nutritious. If using canned vegetables, drain and rinse the vegetables under cold water first.
- **Look high and low.** The less expensive items are usually on the higher or lower shelves.
- **Check the “best before” or expiry dates.** Choose foods with the far best before date or expiry date so you have more time to eat the food before it goes bad.
- **Check the “reduced” section.** Reduced vegetables are good for making soups. Ripe bananas are perfect for making muffins.
- **Compare brands.** No-name or store brands are still nutritious and are cheaper than the fancy brands, but read the labels to make sure.
- **Buy from the bulk bins.** Buy dried herbs, spices, rice, pasta, barley and flour from the bulk bin. Buy only the amount that you need to save money.