

STRATEGIC SHOPPING TIPS TO SAVE ON FOOD & OTHER GROCERY ITEMS

Use local **food pantries**. You can download a pantry list from the Human Services web page.



Use local **food discount stores**:
White River Discount Food, 7 Sykes Ave., WRJ
Freihofer Breads, Mechanic Street, Lebanon

Compare prices of dry foods, milk, some frozen and refrigerated products, household & personal hygiene items, pet foods, paper products, etc. at local **department stores** with the prices offered at supermarkets. You may find a better deal at the department store.



Check out these coupon web sites:

www.clipandgocoupons.com
www.coolsavings.com
www.couponbug.com
www.couponcabin.com
www.couponcat.net
www.thecouponclippers.com
www.couponmom.com
www.couponmountain.com

Use grocery store savings cards – some offer additional savings at the gas pump based on dollars spent at the grocery store.



Attend Local Community Dinners With Great Meals and Meet People From All Walks of Life
Call Listen, 448-4553, for the Monthly Calendar

Plan your grocery list according to: what you have in your fridge and cabinets; what picked up at the food pantry and discount stores; the coupons you have collected; sale items listed in the flyers; and, seasonal specials. Sale items run in cycles. If you **purchase in bulk**, for instance 6 lbs. of chicken rather than the 2 lbs. you would normally purchase, you will have a stock of chicken you can freeze that will carry you through until that product goes on sale again. Purchasing sale items in this manner (i.e. stocking up) assures you will have a selection of varied food products (meat, poultry, fish, etc.) on hand until the next sale cycle comes around. This "strategic planning" allows you to plan your meals (and offer the family some variety), plan your shopping list so according to sale items and what you really need. **SAVE \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$**



WHEN YOU ARE SHOPPING..... Stick to your shopping list. Compare prices. A sale priced item may be less expensive than the generic option. Look at the unit price of the item (located typically on the left of the shelf tag or sale tag identifying the price of the item). **The lower unit price is the better deal.** Bring a calculator on your shopping trip to help stay within budget. Don't buy paper towels/napkins, use washable dish towels instead. Use leftovers for lunches, snacks or combine them with another meal.



Plant a garden with friends or family. You will save money by eating the fruits of your labor rather than purchasing produce. This is a learning opportunity for adults and children, it provides for quality time to catch up, chat, learn more about each other, accomplish something together, create a cohesive family unit, learn responsibility and foster a responsible work ethic.