



Make grocery shopping easy!



SAVE Money: Shop Smart

Make a Grocery List

- Plan the grocery list according to a menu plan.
- Organize the list by food groups.
- Shop the outer areas of the grocery store where you will find the produce, dairy, meat, fish and bakery sections.
- Buy the foods on your list first. If you have money left over, use it to stock up on sale items that you can use later.

Know When to Shop

- Try to shop once a week. Extra trips to the store usually mean you will spend more money.
- Shop during the week when the stores aren't as busy so you will have time to compare prices and check food labels.
- Avoid shopping when you are hungry or tired.

Watch and Compare Prices

- Watch flyers carefully. Include some foods that are on sale in your menu plan.
- Look high and low. Sometimes the most expensive items are placed at eye level.
- Use the unit price (e.g. price per mL or gram) on shelf tags to compare similar items of different sizes and brands.
- Compare the cost of fresh, frozen, canned and dried to find the best buy.
- Beware of displays set up at the end of an aisle; it doesn't always mean that these products are on sale.
- Check the "reduced" items such as produce and breads for some good buys.

Reduce Food Waste

- Buy only what you need and can use up.
- Check the expiry date on foods.
- Cook once and eat twice. Be creative with leftovers and store properly.
- Prepare food in bulk when possible and freeze for later use.