

Money Saving Tips

- Take a look at these tips for saving money when shopping for food.
- Check off the boxes that apply to you.
- Start saving money right away by using the tips you are willing to try.

At Home:

- **Make a grocery list and stick to it.** Already do it. Will try it. Not for me.
- **Keep kitchen cabinets organized** so you don't buy what you don't need. Already do it. Will try it. Not for me.
- **Eat before going food shopping.** If you are hungry, you will be tempted to buy food not on your list. Already do it. Will try it. Not for me.
- **Watch flyers for sales** and compare prices among stores. Already do it. Will try it. Not for me.

At The Store:

- **Buy unprepared foods** instead of convenience foods. For example, buy plain frozen vegetables instead of ones with sauces. Already do it. Will try it. Not for me.
- **Buy generic foods** instead of name brands. They are just as good and usually cost less. Already do it. Will try it. Not for me.
- **Buy dried beans, peas and lentils** to make low-cost soups and casseroles. Already do it. Will try it. Not for me.

Add your own tips here:



This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.