



GROCERY SHOPPING ON A BUDGET



Are you a compulsive shopper? Do you find it difficult sticking to a budget? Are you tired of overspending your money?

Here are some tips to help you stick to your budget.

1. Create a grocery list that consists of both fresh produce and nonperishable items.
2. Check your local food store for weekly sales and specials.
3. Commit to only buying food you will eat within 2 weeks.
4. Replace snacks with more wholesome grains.
5. When purchasing produce, opt for the items in season and avoid buying more than you need.
6. Look for items with simple ingredients but quality products.
7. Keep track of items at home so you only purchase what you will need.
8. Check to see if the store does price match.
9. Avoid wholesaling unless you really must shop in bulk.
10. If using a credit card, consider a cash back card or a credit card that allows you to redeem points for groceries.

