

SMART SHOPPING ON A BUDGET MEANS KNOWING WHAT TO BUY AND WHEN.

SHOP SMART AND SAVE

PLAN AHEAD

1

PLAN MEALS EACH WEEK

Keep recipes, grocery lists, receipts and coupons in one place for easy planning.



2

MAKE A SHOPPING LIST

Be specific. Note quantity needed and which coupons you have.



3

KNOW WHAT YOU HAVE

Inventory your pantry and fridge each week.



4

SAVE RECEIPTS

Each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.



5

COLLECT COUPONS

Also sign up for rewards cards and e-mail/online coupons if your store has them.



AT THE STORE

1

COMPARE PRICES

Store-brand products may be more affordable.



2

USE COUPONS

But compare prices. A coupon isn't always the best deal.



3

BUY IN BULK

It may save money. Just be sure you have room in your pantry/freezer.



4

SAVE WITH SEASONAL PRODUCE

Fruits and vegetables will stay fresh about a week. Canned or frozen will last longer, may be less expensive and can be just as healthy.



5

DON'T CHECK OUT AT CHECKOUT

Pay attention at the register to make sure you get discounts and savings.

