

# BUYING ON A \*BUDGET\*



## Shop your own kitchen first

Checking what you already have in your fridge and cupboards can prevent you from buying something you don't need, remind you what needs to be used soon, and may inspire some meals for the week that utilize what you find.



## Plan ahead

Whether this is as specific as deciding every meal for the week, or simply choosing ahead of time how many days you want to cook at home vs eat out/get takeout – any amount of planning can go a long way towards not spending more than you originally wanted to.



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## Opt for the Off-Brand

Most store and generic brand items are exactly the same as their name-brand counterparts, for a lower price.



## Shop Seasonal at Local Outdoor Markets

Even this time of year, produce from local and regional farmers is being sold at weekend and weekday open-air markets.



## Become a Rewards Member at your grocery store

Many are free to sign up for and savings add up through the year. Similarly, look for store coupons and sales on items you buy regularly. Try to limit buying items you don't normally get just because they are on sale.



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## Use Canned and Frozen Goods

Buying frozen or canned (fruits, vegetables, proteins) can be a great way to prevent foods from going bad and being wasted, and are often cheaper and just as nutrient dense as their fresh counterparts.



If you are mindful of sodium levels in canned goods, opt for frozen or rinse and drain the contents of the can before using.



## Buy in Bulk

If you have the fridge or freezer space, go for the family or bulk size of your typical groceries (plan to either use it or freeze it before the expiration date).

Check the price per ounce/unit price on the package and compare it to the smaller version to be sure you are getting the better deal.