



## **Learn to Save on Groceries**

Whether you're feeding a large family or living by yourself, grocery shopping can put a dent in your budget. Learn how to save money on your weekly bill by following these simple tips:

You don't have to buy in bulk to get the sale. You've seen the signs offering 'five for \$5' but you don't have to buy five to get the sale price. If you want one can of corn, it'll cost you \$1. Make sure to alert the cashier if the sale price doesn't automatically scan.

Avoid buying prepackaged foods. It may save you some time to buy a bag of pre-cut carrots or a bag of pre-chopped lettuce, but it'll cost you a lot less if you do it yourself. A bag of washed, chopped lettuce costs \$3.99 but a head of romaine lettuce only costs \$1.99.

Shop online for coupons. Sites like valpak.com offer great manufacturer and store coupons just by plugging in your zip code. Some sites may ask for personal information, however, and check with your grocer to make sure they accept online coupons.

Avoid spending \$40 on take-out and use what you have. Look online for easy, minimalist recipes using basic ingredients that are sitting in the back of your pantry.

Plan ahead. Think about what you'll make for dinner the next three nights and try to pick ingredients that overlap from meal to meal. Make a list before you head to the store.

*Source: "Surefire ways to save a bundle on groceries" USA Weekend*