

SHOPPING ON A BUDGET



Fuel Your Family

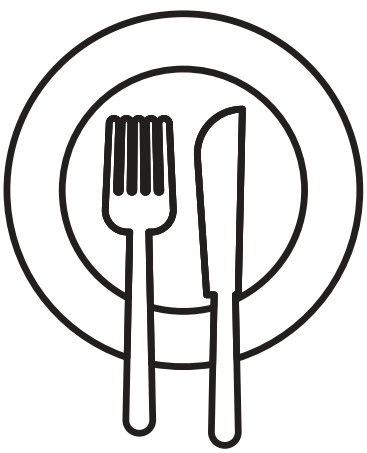


Look for Sales

Review your local grocery store's weekly ads to find deals! It's a great way to save on your staples or try something new!

Shop In-season

In-season fruits and veggies are easier on the wallet and taste delicious! Shop seasonally to add some color to your plate.



Eat Before you Shop

Going to the grocery store hungry can make you want to grab everything in sight! Eating before you go shopping will put those cravings at bay.

Shop the Perimeter

Focus on shopping the perimeter of the store for whole foods and try to avoid the aisle unless looking for grains (i.e., pasta, bread, rice, etc.).



Shop Store Brands

Store or generic brands taste just as good as name brand items, but without the price tag. Name brands are normally eye level. Check the lower and upper shelves for generic brands.

Source: <https://www.colorado.edu/today/2020/01/28/save-money-groceries-these-5-tips>