

Ways to Save: On Groceries



Credit: Unsplash.com, Mohamad Viki

Who doesn't like to save money on their food budget? It's a great idea. But, it can be challenging. Becoming a frugal shopper takes time and organization.

We can help.

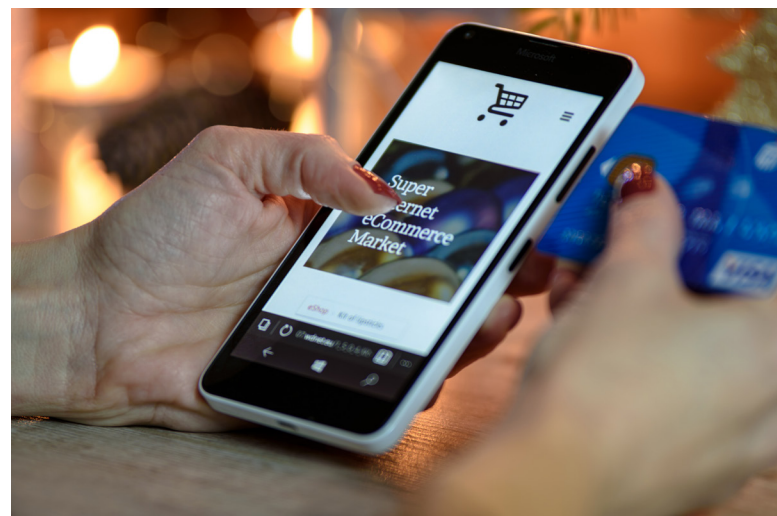
Below, we've compiled for you an array of tips and techniques to help stretch your food dollar while still providing healthy foods that you and your family enjoy eating. Adopt any or all (the more, the better), and get started on your way to becoming a savvy shopper.

Before the store

- Plan your weekly meals and any snacks. Create a 3- to 5-day meal plan.
- From your meal plan, create your grocery list. Check to see what you have in your refrigerator, freezer, and pantry before including it on your list.
- Have a budget in mind of what you can spend.
- Eat before you shop. Don't go to the store hungry.

In the store

- Keep to your grocery list.
- Use printed coupons or phone app coupons. For even more savings, use coupons on items already on sale.
- Pay attention to store specials, and purchase only if you use that food item regularly.
- Pay attention to "sell by" or "use by" dates. If you buy more than you will consume, you will end up throwing food away and wasting money.
- Purchase the amount of food you can consume before it spoils.



Credit: Pixabay.com, Photo Mix

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(cnt'd)

In the store (cnt'd)

- Use unit pricing (e.g., 60 cents per ounce) for good pricing comparisons
- Read the federal Nutrition Facts Label to make appropriate decisions.
- Consider purchasing frozen, canned and shelf-stable items.
- Consider buying store brands.
- Buy “whole” items and prepare at home. Pre-cut vegetables are more expensive than cutting them yourself.
- Avoid purchasing prepared items, such as bagged salads, seasoned fish, seasoned rice, etc



Credit: UF/IFAS

At home:

- Store temperature-sensitive foods in the refrigerator and freezer as soon as possible.
- Use foods with the earliest expiration dates first.
- Freeze or refrigerate leftover foods or ingredients to use later.
- Store leftovers in refrigerator for no more than three days.
- Use your leftovers as “planned-overs,” or enjoy them for your lunch the next day
- Use the leftover ingredients in soups, casseroles, stews, etc. Be creative!
- Organize your pantry with the FIFO method: First In, First Out.
- Eat at home more often.



Credit: Unsplash.com, Jimmy Dean

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- Attend our Ways to Save” classes and events: eventbrite.com/cc/1380639
- Read our savings-related blog posts:
 - “Ways to Save” series: blogs.ifas.ufl.edu/sarasotaco/tag/waystosave
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