

First tip is to actually grocery shop over eating out. You will save more \$\$\$.

10. **Don't shop when you are hungry!** You are likely to buy more food when you are hungry. Instead, have a small snack before you go grocery shopping.
9. **Shop early in the day.** You get through the store faster with your list and spend less.
Compare prices by using cost per unit of various foods. The "Unit Price" is usually listed on the grocery shelf. The unit price is the cost of the item per ounce, quart, gallon, pound, or any other unit of measure. This can help you compare brands, products, and coupons. I especially use this for cheese and I used it yesterday for paper towels. Use your cell phone calculator if the unit price isn't listed. Divide cost by unit.
8. **Do as much preparation of food possible.** Shred your own cheese, bake your own chicken, buy heads of lettuce and tear your own for salad. The more processing and packaging, the more you will usually pay.
7. **Shop the perimeter.** That is where the necessities are... bread, produce, dairy, etc. The food in the middle aisles usually has the greatest mark up.
6. **Focus on inexpensive staples such as pasta, rice, potatoes, beans, eggs, canned tomatoes, and fresh or frozen veggies.** You can make lots of great, balanced meals with just these simple ingredients. Try a baked potato with chili and broccoli; pasta, canned tomatoes, spinach and white beans, or a fried rice with brown rice, egg, and vegetables.
5. **Make a coupon file.** A lot of people who dislike using coupons do so because they can be inconvenient. They get lost or you forget to use them. Buy an index card file or make your own box from recycled containers in your house. Always carry it with your purse, or take it when you know you are grocery shopping.
4. **Watch at the check-out.** Make sure that products ring up at the price you expect. You can save more money than you'd think.
3. **Make a grocery list before you go the store.** Without a list, it is easy to buy too much food or forget items, which means another trip to the grocery store. Keep a running list on the fridge and add the items you need for your planned meals and snacks.
2. **Use the food you buy.** Try to only buy what you'll use and use only what you have already bought. If you can't use something before it will go bad, try freezing it for later use. Be creative and mix and match foods to use them.
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