

How to lower grocery expenses

plan ahead

- Set a food budget**
 - Set a weekly spending limit.
 - Compare money budgeted versus spent. Adjust budget if needed.
 - Limit number of shopping trips.
- Take inventory**
 - Know what food is in the pantry, fridge, and freezer.
- Plan meals weekly**
 - Plan meals using food already on-hand.
 - Plan meals using sale flyers and food groups to build nutritiously balanced meals.
 - Add beans, grains, pasta, and vegetables to bulk up meals.
- Make a shopping list**
 - List quantity of items needed.
 - Buy only what you need. Avoid impulse buys.
- Find savings**
 - Use loyalty programs, rebate apps, and/or coupons.

at the store

- Shop with calculator**
 - Track spending before checking out of the store.
- Compare prices**
 - Compare unit prices of items on shelf stickers instead of overall price.
 - Bulk items often have a lower cost-per-unit price.
- Eat seasonal produce**
 - Buy whole foods and prep or cut them yourself.
 - Don't overbuy perishable items.
- Buy fewer processed and convenience foods**
 - Shop outer aisles to avoid candy, chips, cookies, snacks, etc.
 - The closer a food is to its natural state, the less it tends to cost.
- Stock up**
 - Purchase extra sale items of frequently used foods.



at home



- Properly store food**
 - Proper storage of food can increase its lifetime and reduce spoilage.
 - Bring older food to the front of the pantry, fridge, or freezer.
- Plan for leftovers**
 - Plan to use leftover ingredients in another meal.
 - Eat leftovers and avoid food waste.
- Revive limp vegetables**
 - A quick soak in ice water for 5 to 10 minutes is often enough to reinvigorate wilted veggies.
- Use older produce**
 - Make soups, sauces, smoothies, and baked desserts with older fruits and vegetables instead of tossing them.
- Understand dates**
 - Food expiration dates refer to quality, not safety, which means eggs, milk, and more are generally good to eat after the date on their packaging. Visit bit.ly/usda-food-dates for more info.

For more tips on healthy eating, cooking, and recipes, visit: uwyoextension.org/uwnutrition.