

## Money Saving Shopping Tips

Here are some easy tips you can use to save money on your food bills.

### 1. Plan your meals

- Check what food you have on hand and need to use up.
- Look at store ads for foods on sale.
- Plan what you want to eat for the week. Plan to use foods on sale when you can.

### 2. Make a list

- Write down everything you need to buy.
- Keep a list of what you need on your phone, in your wallet, or on the refrigerator.
- Try to buy only the foods on your list.

### 3. Eat before you go shopping

- Everything looks good when you're hungry. That makes it hard to stick to your list.
- Have a small snack if you are hungry before you shop.

### 4. Shop once a week

- Every trip to the store costs money. Think about gas or bus fare. And the more often you go, the more you will buy.
- Plan your meals and make your list for the whole week at once. This will help avoid extra trips.
- Look for senior discount days at some stores.

### 5. Use coupons

- You can find coupons online, in the newspaper, in the mail, and on store receipts.
- Use coupons if they are for foods you need to buy.
- For extra savings, check if your store doubles coupons on some days.
- Ask if your store will match another store's coupons.
- Swap coupons with a friend.

### 6. Stock up with sales

- Canned and dry foods (like rice or oats) keep longer.
- Stock up when they are on sale.
- Only buy what you will use before the foods go bad.

**7. Compare cost**

- Look for store brands. Store or generic brands can cost less than some name brand foods.
- Use the shelf price tag to compare the same food in different size containers.

- On the shelf tag, sometimes there are two prices.
- The retail price is what you pay for the whole package.
- The unit price is how much a food costs per ounce or serving.
- Sometime it is cheaper per unit, to buy a larger container.

- Look at the yogurt at right. The price for the large container is \$1.62. That seems more expensive than the small container for \$0.72.

- The unit price of the large container is \$0.05 per ounce.
- The unit price of the small container is \$0.12 per ounce.
- Because the unit price is smaller, the large container can save you money if you need that much food.
- Remember, buying a larger container only saves money if you use it all.

32 OZ YOGURT	
<b>UNIT PRICE</b> <b>\$0.05</b> per oz	<b>RETAIL PRICE</b> <b>\$1.62</b>
Price for 1 ounce	Price you pay



6 OZ YOGURT	
<b>UNIT PRICE</b> <b>\$0.12</b> per oz	<b>RETAIL PRICE</b> <b>\$0.72</b>
Price for 1 ounce	Price you pay



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