



20 Ways to Save at the Grocery Store

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Learn how to save money. If you shop smart, you can live on a tight budget and still have a healthy diet. Get the most out of your food dollar by adopting the following practices.

1. Make a grocery list before you go to the store. Buy only what is on the grocery list.
2. Have a small snack before you go grocery shopping. It will be easier to stick to the list.
3. Choose the grocery store that will give you the most for your money. You usually have to pay higher prices in convenience stores. Supermarkets will nearly always have lower prices than small stores, because they can buy their stock in larger quantities.
4. Buy store brands instead of highly advertised brands to save money. Store brands are often just as good quality as the name brands.
5. 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.
6. Instant nonfat dry milk usually costs less per serving than fresh milk and can save you a great deal of money if you use it for cooking or drinking. Mix it with fresh milk to improve the flavor.
7. Buy milk in gallon or half gallon containers because they are usually less expensive per cup than quarts or pints. Get the largest size you can use in four to five days.
8. Individually wrapped cheese slices are more expensive than cutting your own slices. Often the block cheese is better for you because it has more calcium in it than the presliced, individually wrapped cheese.
9. Compare the cost of frozen and canned meat, fish, and poultry with fresh. The canned may cost less per serving than fresh since there is usually no waste. Be sure to check the sodium level, which might be higher in canned.

Example:

KRO FAM SZ CRM OF MSHRM	
69453331 10 12	16 OZ 047889
UNIT PRICE 9.0¢ PER OUNCE	\$1.39

KRO FAM SZ CRM OF MSHRM	
69453331 10 12	19 OZ 047889
UNIT PRICE 9.0¢ PER OUNCE	\$1.69

Notice that the unit price for both cans of soup is the same; therefore, the shopper is not saving by buying the larger size. Comparing the unit price of similar products will ensure that you get the best deal available without having to do the math.

10. Buy chicken and turkey instead of red meat because it is usually less expensive. Chicken and turkey can be a better buy because they contain more protein and less fat than many other meats. Be sure to look at the number of portions when checking the price per pound.



11. Save money by purchasing a whole chicken and cutting it into parts yourself.

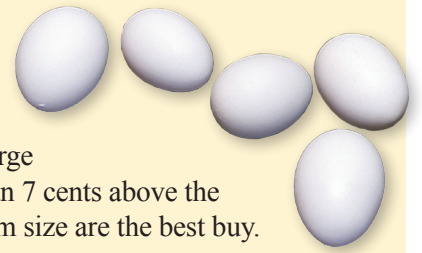
12. The less tender cuts of beef such as round, chuck, and shoulder are less expensive, but are as nutritious as the more tender cuts. Cook them right – braise or stew – and they are just as delicious.

13. Ground beef (90% or more lean) is usually a good buy, if it is fairly lean. Extra lean ground beef will yield more meat when cooked. It is also lower in calories, saturated fat, and cholesterol than regular ground beef.



14. Buy a pork loin roast and cut it into pork chops. It is often cheaper to buy a large cut of meat and divide it into several meals or servings than to buy the component cuts separately.

15. Compare the cost of medium and large eggs. If the price of large eggs is more than 7 cents above the medium, medium size are the best buy.



16. Fresh fruits and vegetables are low priced when they are in season, but buy only what you can use before they spoil. If not in season, canned and frozen vegetables and fruits may be cheaper than fresh ones. Plus, recent studies show they are very good sources of vitamins and minerals.



17. Make more foods from scratch at home. Mixes and convenience products usually cost more. Ask an Extension agent or program assistant to give you recipes for making your own mixes.

18. Eat hot cereals instead of ready to eat cereals. Hot cereals cost less per serving than ready to eat cold cereals. Also, buy your cereal in a large container or box to save money instead of buying individual serving size boxes of cereal.



19. Buy regular rice and other whole grains instead of the instant or precooked form.

20. Pasta (macaroni, spaghetti, noodles) is a good buy for price and good nutrition. Plain shapes of pasta are usually less expensive than fancy shapes. Whole grain is higher in fiber than white, although it costs slightly more.



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