

February, 1980

SOME HINTS ON CUTTING FOOD COSTS

1. Make up menus and then make a list.
2. Shop with a list.
3. Don't shop when you are hungry or in a rush.
4. Shop when the store is less crowded.
5. Compare prices on the same food items in several stores and within the same store.
6. Avoid impulse buying.
7. Shop without young children where possible.
8. Shop as infrequently as possible.
9. Buy fewer convenience foods, cook from scratch.
10. Bend and stretch as you shop; the best buys are often not at eye level.
11. Take advantage of seasonal specials.
12. Buy less expensive cuts of meat and meat substitutes.
13. Avoid buying packages thick with ice on them.
14. Buy store brands when cheaper than nationally advertised brands.
15. Don't be shy about asking to have food reweighed.
16. Buy directly from a farmer where possible.
17. Stock up when you run into a good bargain, if you have the money.
18. Consider using canned or powdered milk instead of fresh milk.
19. Consider using margarine instead of butter.
20. Consider using brick cheese instead of sliced cheese.
21. Compare prices of fresh versus canned and/or frozen using fresh oranges instead of powdered or frozen orange juice.
22. Buy by weight not by package size.
23. Buy large size not individual packs.
24. Buy only what you can use before it spoils.
25. Watch the clerk as he/she rings up your purchases.
26. Use coupons which come in the newspaper or magazines.
27. Check dates and labels on packages.
28. When an item is too high, pass it by.
29. Seek new sources of food.
30. Cut down on waste. (The Purdue and the Arizona Study show 10 percent of food in the home is thrown away.)
31. Keep working on being an expert.

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