

Food Resource Management 1

Stretch your grocery budget!



Using coupons, choosing generic and using a shopping list can save money at the grocery store:

- Make a shopping list to only buy items that are needed.
- Use coupons and check out the in-store sales flyer.
- Shop at more than one store if there are items on sale that you enjoy.
- Choose generic brands over name brands; some may be cheaper than the name brand item even when using coupons.
- Plan meals around fruits and vegetables that are in season.
- Cut fruits and vegetables yourself instead of buying precut, if able to do so.
- Include low-cost protein options such as eggs and beans instead of meat.
- Stock up on meat when on sale, and freeze in recipe-sized portions.
- Buy dry goods in bulk (brown rice, oatmeal, cereal, pasta, lentils, beans).



Dry foods have a longer shelf life and can be stored in the pantry longer without going bad.



Did you know?

Milk packagers use the same milk to fill bottles for both the name brand and the store brand.

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