

10 Painless Ways to Save Money on Groceries

This free tip sheet was produced by the Cheapskates Club – www.cheapskates.com.au

1. Plan your meals for the week/ fortnight and only buy what you need. Keep a running shopping list and buy what's on the list. If it's not there you don't buy it.



2. Try shopping at the end of the day and look for marked down bread, fruit, vegetables, meat, yoghurt, cheese, dips, cooked chickens, salads etc You can save a lot of money buying mark downs, especially if you have a freezer. You can stock up and really reap the savings.

3. If your regular brand of cereal/pasta sauce/baked beans has gone up, try another cheaper brand. If you like, stick with it. If you don't you can try another one or go back to your regular brand. You'll never know if you don't try it.

4. Don't be afraid to use generic products for the things that aren't so important to you. Flours, sugar, toilet paper, freezer bags, plastic wrap, foil etc are all just as good in generic packaging as they are in the branded packaging. And a heck of a lot cheaper.

5. You can also try different cuts of meat – try oyster blade instead of scotch fillet, chicken thigh fillets instead of breast fillets etc if you find your regular cuts are getting too expensive.

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7. Build up a slush fund and use this to stock up on super specials without having to stretch the grocery budget.

8. Watch the scanned prices for errors. Most of the large supermarkets abide by the voluntary Scanner Code of Practice and will rectify the error and give you the first incorrectly scanned item free if you point it out at the checkout.

9. Make use of rainchecks. If an advertised special isn't available stop at the Service Counter on your way out and pick up a raincheck for the item. You can then buy it at the reduced price on your next visit.

10. If your children are too good at helping and fill the trolley with stuff you don't need or want and can't really afford leave them at home. Let them help you put it away when you get home.



*The Cheapskates Club
Showing you how to save money, time
and energy and still have fun!
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