

10 Tips to Maximise Your Grocery Savings

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

1. Never shop while hungry and leave the kids at home: When you are hungry every item seems essential and checkouts are designed to create wants in children. If you can't leave them at home opt for the lolly-free checkout.

2. Ignore fancy packages: The prettier the package the higher the cost. Opt for plain labels and generics, especially for items like sugar and flour.

3. Buy pantry basics: If you learn to cook from scratch using basic ingredients you will never need to buy 90 percent of items in the supermarket.

4. Track down the best value shop: Your local supermarket may not always be the cheapest or even cheap. Working out the cheapest store will save you a lot of money in the long run.

5. Compare and check price tags: To make sure you are getting the best price and value compare unit prices between brands.

6. Be prepared: Before leaving home make a shopping list and stick to it. Tally the approximate cost of your list so you'll know how much the bill will be at the checkout. If the total is more than your budget, take something off the list.



7. Avoid semi prepared food: Don't pay for other people to cook your food for you.

8. Re-package your goods: It pays to buy in bulk and then decant goods into smaller containers.

9. Ignore the end-of-aisle promotions: These extra special prices are called loss leaders and intended to lure shoppers into buying the full-priced products displayed alongside.

10. Stick to your budget: Work out how much money you can afford to spend and stick to that amount.



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and energy and still have fun!
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