

# Cath's Top Grocery Shopping Tips

*This free tip sheet was produced by the Cheapskates Club – [www.cheapskates.com.au](http://www.cheapskates.com.au)*

For many people heading out to do the grocery shopping is like moving to a foreign land. Their senses are bombarded from all directions with colour, light, smell, even odd placements so that they end up slightly confused. That's the plan of course because when you are slightly confused you tend to think and act on your emotional rather than your practical personality. And that's when you find your grocery budget is out of control.

Anyone can stick to their grocery budget, no matter how large or small it may be, and it's not difficult at all. Here's how:



1. **Shop at home first** - check to see what you already have so you don't double up.
2. **Make a list** and stick to it.
3. Don't be afraid to buy **generic products**.
4. **Buy in season** as much as possible.
5. **Don't be conned** into thinking bigger is always cheaper.
6. **Don't shop** when you're hungry.
7. **Find a local "bargain bin"** or grocery outlet and use it.
8. **Shop the perimeter** of the supermarket.

Stick to these 8 simple rules and you will be able to stick to your grocery budget.