

Cheapskates Journal

Showing you how to cut the costs of everyday living and still have fun!

Grocery Shopping Tips:

1. Make a list - and stick to it.

Check the pantry, fridge and freezer before you shop and then make up your shopping list according to needs - not wants. Use the junk mail and any shop - a - docket you have.

2. Don' be afraid to shop generic.

Flour is flour, sugar is sugar. Save the more expensive 'brand name' grocery items for the things that matter to you - perhaps coffee, butter, ice cream etc.

3. Don't be conned into thinking bigger is always cheaper.

For example, if coffee is on sale in 150g jars, buying a 500g tin may not be cheaper. Same applies for rice, flour, sugar, shampoo & conditioner etc.

4. Don't shop when you're hungry.

You'll be tempted to buy things you wouldn't normally buy and more of them!

5. Find a local "bargain bin" or "grocery outlet".

I get cheap: Fab, Surf, cordials, ziplock freezer and storage bags, deodorant, shampoo and soap, toothpaste, pasta sauces, yoghurt (1kg tub for \$1.99 at NQR), frozen veggies and meals etc.

6. Shop the perimeter of the supermarket.

Hit the fruit & veg, bakery, dairy and meat. Then in the other aisles look high, look low. You'll find the more expensive items are at eye level.



This free tip sheet is produced by the Cheapskates Journal website (www.cheapskates.com.au) and the tips were provided by Cath Armstrong from the Cheapskates Journal. These tips and many more are available in the Cheapskates Journal Member's Centre. To find out more about the Member's Centre or the Cheapskates Journal go to www.cheapskates.com.au