

Super Shopping Tips

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Grocery Budget Spreadsheet

The hardest thing when sticking to a grocery budget is knowing when you've reached it! I have a simple spreadsheet with all the usual grocery items I buy listed and how much each costs, and before each shop I mark off each item I need and then check the total. This gives me a good idea of how much my shop will cost before I even get to the store. I also print the list off each shop and this becomes my shopping list. It takes a little time to get it started but is a great help once it's up and running. - *Contributed by Mirella, 30 June 2004*

Shop With A List

Always shop with a list. You'll be able to stick to your budget and not be tempted to pick up things you don't need. You'll also avoid having 9 bottles of BBQ sauce in the cupboard and no sugar etc. Keep a list tacked inside your pantry door and when you need something, tick it off so you'll remember to buy it next shopping trip. Learn to rely on your list and not your memory.

Rain Checks

When the supermarket sells out of advertised specials always ask for a rain check so you can still buy that item at rock-bottom prices when supplies are replenished.

Don't Take the Kids!

Here is the best money saving tip of all for when you are shopping: go shopping pretty much straight after you have eaten, (if you're not hungry you won't impulse buy on sweet things) and secondly: DONT TAKE THE KIDS! You will always come out a lot better off! - *Contributed by Terri, 7 March, 2004*

Generic Savings

Don't be afraid to try generic or store brand products over branded products just because they are cheaper. They are usually of equal quality and better value. Sugar is sugar and flour is flour, so if you're not sure, start with general foodstuffs.

Price Matching

Many stores have the policy to match their competitor's prices. If you see something in the newspaper that you want, but don't want to travel to that particular store to get it, cut the advertisement out and take it to your local store. - *Contributed by Lynn, Bayswater*

Shop Every Eight Days

If you shop weekly, based on a weekly amount of say \$150, shop every 8 days and at the end of eight weeks you will have saved a week's shopping money i.e. \$150. An oldie, but a goodie! - *Contributed by Bev, February, 2004*

Watch the Scanned Prices

When shopping at Woolworths, I always memorise the prices on the shelf (or if I have too many items on my shopping list I write them down) because if they overcharge you, you will get the item for free. Some of the items that I have recently received for free are: 250g Cadbury block chocolate \$3, condoms \$12, packet of ham \$4.95, Better Homes and Gardens Magazine \$4.50. So it pays to memorise the prices. - *Contributed by Joanne, February 2004*

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