

The Cupboard Is Bare & Money Is Tight Shopping List

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Item	Size	Price
Baking Powder	125g	
Eggs	700g	
Plain Flour	2kg	
Mince	1kg	
Macaroni	500g	
Cheese	500g	
Margarine	500g	
Milk	2L	
Potatoes	1kg	
Onions	1kg	
Carrots	1kg	
Rice	1kg	

Hints:

*Don't shop hungry – especially if money is tight. You'll just be tempted to buy things to snack on, and they cost heaps!

*Go through your pantry or cupboard before you leave home. Only buy what you really need – if you have enough flour to get you through the week, don't buy it.

*Look for the cheapest price per gram. It's not always the generic brands that are the cheapest. Sometimes a brand name item may be on sale for less than the store brand.

*Try to be flexible – look for the reduced items in the dairy and meat cabinets. If they are cheap enough and fit into your budget then get those items.

*Leave the kids at home if you can. It's bad enough having to concentrate on getting the best value for your money without concentrating on the kids and their questions too.

*Don't despair – you know this is only for a short time.

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