

# 5 Unique Ways to Save Money on Groceries

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

In an effort to save money on your grocery bill, you've probably already implemented the sage advice offered time and time again. You shop from a list. You buy what's in season. You don't shop hungry, and you look at what's on sale. These are all very good rules to shop by. However, there are other ways to save money on groceries. Let's take a look at five unique but commonsense ideas to save money on groceries.

## Shop with a friend and maximize

Food purchased in bulk is significantly less expensive. However, unless you have several freezers, that food is going to go to waste. Consider shopping with a friend. Together you can purchase the maximum amount of bulk chicken you're allowed to buy, split it up and save tons of money. This works quite well with meats and items that can be frozen, as well as with non-perishables.



## Learn to bottle and/or preserve food

Produce tends to really go on sale during certain times of the year. For example peaches and tomatoes in the summertime, apples in the autumn. Buy them in bulk and preserve them by bottling, freezing or drying. You won't have to buy canned or frozen foods for the rest of the year. Additionally, home preserved foods taste a whole lot better than store-bought canned items.

## Shop post-holiday

Buy your hams and chocolate after Easter and Christmas and stock up on turkey and duck after Christmas. Look for seasonal foods after the event and save a bundle. Buy them and freeze them to enjoy later in the year.

## Homemade convenience

The cost of flour, eggs, milk and oil is about a tenth of the price of a packet of bakery muffins. Instead of buying pre-packaged foods for their convenience, make them yourself. You can make a double or triple batch of muffins on the weekend and freeze them. Simply pop them in your lunchbox in the morning and you have all the convenience at about a tenth of the price. Plus, they taste better.



## Hit the ethnic markets and supermarkets

Skip the big supermarkets and head to your local market, Indian shop or Asian food store. These stores specialize in ethnic cuisine; however, the produce is often the same as you'd find in your local supermarket at a much lower cost. Plus, it can just be fun to try new markets and new food.

*The Cheapskates Club  
Showing you how to save money, time  
and energy and still have fun!*  
[www.cheapskates.com.au](http://www.cheapskates.com.au)