



Managing Food Costs



1

Rethink Dinner

Keep it simple;
pancakes, eggs, soup,
grilled cheese, etc.



2

Calculate While You Shop

Be proactive!



3

Round Up Your Grocery Costs Estimates

It's always more than you expect...



4

Use What You Got!

Be creative and raid your own pantry.



5

Be Careful When You Buy In Bulk

Not *ALL* Bulk buys are
saving you money.



6

Go Grocery Shopping on Sale or Discount Days

These days are when there are the best prices.



7

Freeze and Store Food

This ensures your food lasts longer.



8

Cash is King!

Buy in bulk and save your money. Build up your cash reserves!



9

Meal Planning is Crucial

Meal planning helps you avoid temptations when grocery shopping and budget your food costs more effectively.



10

Stick to Your Grocery List

Avoid giving in to impulses and buying food you don't need.



11

Order Curbside Pickup

It's often free of charge and allows you to avoid impulse buys.



12

Shop Seasonal Produce

Seasonal produce is at its peak of freshness and nutritional value. It is often much cheaper, too!



13

Ignore Eye Level Items

These items are usually more expensive since retailers purposefully put them there to catch your eye.



14

Compare Grocery Store Prices

There's often a difference!



15

Stock Up on Sale Items

Take advantage of when an item is on sale – sales don't last long.



16

Reduce Your Number of Shopping Trips

Buy in bulk and do it all in one go! This also saves you gas money.



17

Don't Shop on An Empty Stomach

You know what they
say...



18

No Need to Overbuy

Don't fall into the trap of overestimating how much you will eat.



19

Grow Your Own Veggies & Herbs

If you have the resources!



20

Use Coupons!

Make the most of your
store and coupon apps.



21

Reduce Meat Consumption

Buy meat only when its on sale or go meatless 1-2x a week.



22

Eat Leftovers for Lunch

Great use of leftovers instead of throwing them away.



23

Buy Generic and/or Store Brands

They are much cheaper
and taste the same.



24

Use What You Buy

Never let anything go to waste!



25

Visit Farmers Markets at the End of the Day

Farmers and other vendors tend to discount products in the last hour or so to ensure they sell everything.



26

Preserve and Store Away

Don't throw away leftovers! Place them in suitable containers and refrigerate or freeze them.



27

Shop the Outside Aisles of the Store

This is where the more nutritious foods tend to be, but not always.



28

Skip Packaging that is for Ease & Convenience

These items are usually more expensive.



29

Don't Shop w/ Over Spenders and Children

It never ends well...



30

Utilize Food Pantry Resources!

Visit your local food banks, food pantries, and day-old bread stores.



You Got
This!

