

Tips for saving on your groceries

Groceries are a necessity, so it's not something you can eliminate from our budget but there are simple ways to make sure you're not overspending where you don't need to. Here are some great ways to start saving on your grocery bill.

1

Shop alone

Shopping with kids or a significant other can quickly add to your shopping cart with unplanned or impulse purchases. Going shopping with a grocery list in mind will not only cut your grocery shopping time down, but also help keep your budget in check.

2

Buy generic

No-name or store brands are almost always cheaper than other brands you can find in store. Go for no-name or store brand next time you shop, and see if there's a quality difference. If not, you've just found a cheaper substitute!

3

Check expiry dates

Sometimes, you'll find that there are different "best before" or expiry dates for the same product because the last batch of goods haven't been cleaned out before the next batch arrived. Pick the newer product with the later expiry date to avoid wastage.

4

Avoid shopping on an empty stomach

Grocery shoppers spend more when they shop hungry. By making sure you're not shopping with an appetite, you'll avoid impulse purchases to curb your hunger.



5

Stockpile on non-perishables

For groceries you use often that doesn't go bad, look for discounts during your shopping trips to see if you can get a deal on buying in bulk.

6

Start freezing meat

Freeze portions of meat you won't use in the next one or two days as soon as you buy it, to avoid meat from going bad and having to throw it out.