

Money saving grocery tips

Nutritious eating can save you money. Here are some useful tips to get the best value for your health conscious dollar at the supermarket.

- Read catalogues** – Check out the weekly specials that arrive in your mail box and look for them when you enter the store.
- Make a list** – Plan your shopping list and budget to avoid cost blow-outs.
- Make a menu plan** – Plan the week's meals. Consider using leftovers to extend the value of your meals.
- Choose your supermarket** – Supermarkets are cheaper in some areas and often where there are a few supermarkets competing for your business.
- Shop before you run out** – Otherwise you may have to pay a premium when you need a particular item.
- Time it right** – You will find more discounted items shopping before 9am, at night and late on weekends.
- Look up and down** – Cheaper or supermarket own-brands tend to be located on the higher or lower shelves.
- Outsmart in-store displays** – Don't assume the special price of products on display at the end of aisles is the cheapest.
- Compare units** – Size up the value of different sized packages of the same product on a per 100ml or 100g basis. Buying two packs of a smaller size on special may be cheaper than a larger value pack.
- Try 'no-name'** – Worth a go, especially for staples like sugar, salt and flour.
- Bulk deals** – When lean meat is on special buy more and freeze it.

