

# 10 WAYS TO *save* ON GROCERIES AND STILL EAT HEALTHY

## 1 START MEAL PLANNING

To help you avoid food waste, purchase only what you need and eat less take-out.



## 2 USE A GROCERY LIST

With a list, trips become faster and you buy only what you need.

**FACT:** University of Pennsylvania research shows people who can avoid impulse spending can save up to 23 percent on their grocery bills!

## 3 SALES AND PRICE-MATCHING

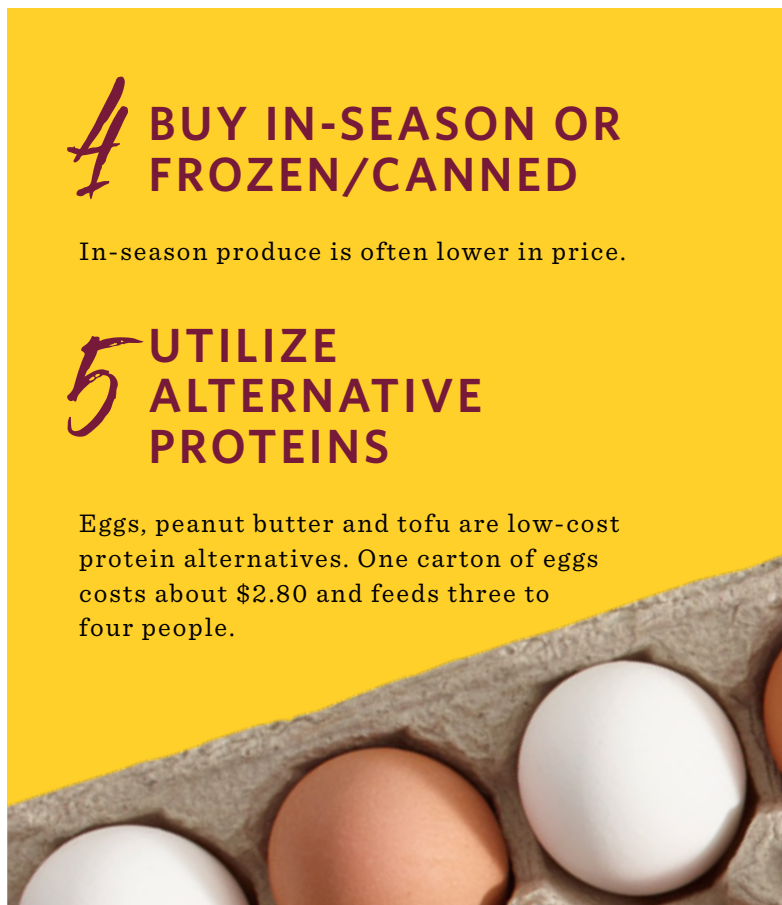
Be sure to use store flyers and flyer apps like Flipp when planning meals to purchase ingredients at a reduced price.

## 4 BUY IN-SEASON OR FROZEN/CANNED

In-season produce is often lower in price.

## 5 UTILIZE ALTERNATIVE PROTEINS

Eggs, peanut butter and tofu are low-cost protein alternatives. One carton of eggs costs about \$2.80 and feeds three to four people.



## 6 EXTEND PROTEINS WITH LENTILS OR EGGS

To increase the bulk of your recipes and bump up the protein, add eggs or lentils to meat sauces and stews. They take on the flavour of the dish they are being mixed with and make the meal go further.

## 7 BUY GENERIC BRANDS

Store brands often cost 25 per cent less than the name brand and many of them are very similar. Compare the Nutrition Facts label and ingredients list to see how the products compare nutritionally.

## 8 PREP YOURSELF

If you spend time prepping items like grating cheese or cutting vegetables, you can save up to 50 per cent off the price from prepared in-store items.

## 9 EAT OUT LESS

Ordering in can be a nice treat, but for healthier meals at a fraction of the price, try swapping your take-out for a simple home-cooked alternative.

## 10 SET A BUDGET

Set a goal for spending for the week and keep track of your total food expenses on groceries, eating out, coffee runs, etc. Take a look at where you spend your money during the week or month to create a plan to save more.



## TIPS FOR A *smarter* GROCERY LIST

**Go to the grocery store with purpose, stick to your list, save money and decrease food waste.**

### *Have your grocery list visible at home*

Make sure your list is somewhere visible so you and family members can write down items that need to be replaced.

### *Categorize your grocery list*

Make sure your list has foods categorized by area of the grocery store so you don't miss items.

### *Plan ahead!*

Use your meal planner so you know what to buy for the week.

**Need help with your grocery list? See the back of this resource for the sample Grocery Checklist.**

