

Money saving tips when shopping



FRUIT AND VEGETABLES

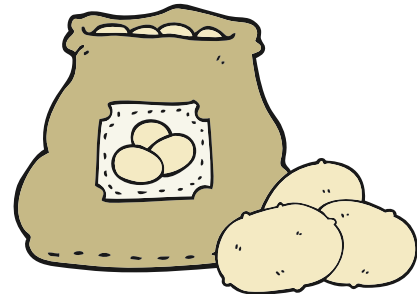
- Buy in-season and/or locally grown.
- Canned and frozen varieties are great cheap alternatives to fresh.

Tip: when buying canned food look for reduced salt varieties.

BUY IN BULK

- Bulk buy items that last like rice, pasta, oats, flour, potatoes.
- Check unit pricing to compare best value for money.
- Buy whole foods that are less processed e.g. whole oats instead of processed breakfast cereals.

Tip: Make sure you have enough room at home to store.



LOOK FOR SPECIALS AND BARGAINS

- Buy generic home-brand.
- Look in supermarket catalogues for specials.
- Look out for 'reduced to clear' stickers on packaged bread, fruit, vegetables, yoghurt, cheese and meat.

Tip: Products that are close to their use-by or best before date have prices reduced. If you are not going to use them straight away then store in the freezer e.g. meat, bread, yoghurt.



PLAN

- Stick to your shopping list.
- Only buy what you know you will use.
- Don't shop when you are hungry.

