

SAVE MONEY ON FOOD!



*Spending some extra time researching and planning your weekly shopping trip could save you big!
Here are a few tips that can help:*

#1. EAT OUT SMARTER

- Food at restaurants can be twice as much as making it yourself.
- Some of your favorite places have email alerts or apps advertising deals. Check out restaurant websites to sign up. Most give you an introductory coupon to get you started!
- Coupon sites like <https://www.retailmenot.com/> could have a discount code to use at checkout. It's best to check before ordering.

#2. HOW TO SAVE

- Check the newspaper or weekly mailers to help you find manufacturing coupons that you can generally use on-top-of store coupons.
- Most grocery stores have weekly ads with great deals on their website.
- Try buying discounted meats in bulk and freezing it for future use.
- Use apps like Target cartwheel, Ibotta, or SnipSnap for savings, gift cards reimbursements, or coupons.

#3. PLAN MEALS

- Create a shopping list off your weekly recipes and coupons and stick to it!
- Estimate your bill and have a weekly budget for groceries.
- Remember that buying the generic/store brand can save you loads of money.

- Think about meats and produce you can use in more than one meal to avoid food waste.
- Turn left over dinner into breakfast by adding an egg or save extras for an easy lunch.
- Shop when you are not hungry to avoid impulse buying.

#4. MEAL PREP

- Many sites have easy meal prep recipes where you can use many of the same ingredients for multiple meals.
- Check out www.pinterest.com or <https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/> for some great ideas!
- Freezer meals are also a great way to meal prep and save you time in the future. Check out <https://www.dinneratthezoo.com/freezer-meal-recipes/> for ideas!
- Have a meal prep party with friends to pool resources, food, and to have a fun time! <https://thrivinghomeblog.com/how-to-plan-a-freezer-meal-party/>

Source: <http://liferebootproject.com/keep-grocery-shopping-from-killing-your-budget/>