

Money Saving Tips at the Grocery Store

Looking to stretch your dollars at the grocery store? Here are some tips to remember:

- Look for coupons with your receipt.
- Search for coupons that your store will send through ads and promotions or on the web.
- Look for savings in your local newspaper.
- Join your store's loyalty program.
- Find out if your store will match competitors' coupons.
- Stay organized so coupons are easy to find.
- Find yourself a coupon buddy and swap coupons.
- Compare brands - store brands can be just as good as their name brand competitors.
- Stick to your grocery list.

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Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

In-Season Foods Stretch Your Budget



With smart choices, healthy eating is a great value.

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Make the Most of Your Food Dollars

Buy in-season fruits and vegetables in bulk for best savings.

In-season produce offers the best price and the best quality.

When you cannot find in-season produce, consider buying canned or frozen fruits and vegetables with little added salt or sugar.

Buying in bulk can help save money on produce. However, make sure you will be able to use all the food before it spoils.

Use meal plans and shopping lists to avoid unhealthy and expensive purchases.

A meal plan is an outline of all the meals you plan to eat for the week, which you use as a guide.

Make sure to list beverages and snacks too!

Meal plans can help ensure you use all foods purchased before they spoil.

Shopping lists can help you save money by preventing you from unplanned and unhealthy purchases.

Check grocery store promotions when making your list for the best values.

Summer: June, July, August

Apples	Peas
Beets	Grapes
Berries	Okra
Broccoli	Onions
Cabbage	Peaches
Melon	Peppers
Cauliflower	Plums
Carrots	Potatoes
Cherries	Squash
Greens	Tomatoes
Corn	Turnips
Cucumbers	Watermelons
Eggplant	Beans

Fall: September, October, November

Apples	Okra
Beets	Beans
Berries	Pears
Melons	Peas
Carrots	Peppers
Cabbage	Plums
Greens	Lettuce
Corn	Potatoes
Cucumbers	Pumpkins
Eggplant	Squash
Grapes	Turnips

