

**Printable Groceries Savings from the Frugal Farmers Website**  
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1. **Plan your menu** around whats on sale's at the grocery stores.
2. **Make a list and stick to it:** Unless you find something on sale that you normally use, this could be the exception. Try to make a list that goes with the layout of your favorite grocery stores. It will get you in and out faster instead of having to go to the other side of supermarket cause you forgot something.
3. **Start a price book.** A price book is written down in a small notebook in pencil or written like I do on a computer document which I update each month. You write down items you usually buy at a store the item name, cost, weight or quantity. It usually takes 3 months to get a good one going. Or in my case 6 months because I forgot to write down quantity. Don't forget! You will be delighted to find things cheaper in one store then another. From 10 cents to a \$1.00 I have found difference.
4. **Don't shop in just one store.** Go to stores around you in a 5mile radius. In my case I only have one main store near me but I take a trip every other week into the city and I make a day out of it and buy the stuff I know are cheaper there that day. I might save \$5.00 to \$10.00 that day but hey it paid for my gas and we had a nice lunch did some errands and made a day out of seeing and visiting friends.
5. **Coupons.** Some people swear by this method. Some stores have double coupon days. If you use those coupons then go for it. Sometimes you can triple it or even get things for free when you combine it with other offers. Only draw back I see in this is time consuming plus most the coupons I see are for pre-packaged food, which I hardly use. Places to look for coupons are your local supermarket paper, Sunday paper, magazines and there are some good starting up coupon places on the net now look under "coupons" Look on the boxes, packages of the goods you just bought lots of times the coupons are on it. Try to start a coupon exchange club with your local home school, moms or church group. Ask your family and friends to save certain coupons for you that you know they don't use. One thing to remember to watch out for is, say you have an can of tomato paste for 35 cents well the coupon says 5 cents off which makes it 30 cents. But the store brand cost you 25 cents. Which would save you more money? Is it worth it?
6. **Rebates.** I have to admit I don't do much of this although I have heard of some real great bargains if you do. I don't believe it really works for a lousy \$1.00 less rebate but if your talking more then that then the cost of stamp and the hassle of getting a copy of receipt and sending it off is worth it. If you been comparison shopping for a long time say for instance a printer and you found one with a great rebate then go for it! Its well worth it

7. **Generic foods.** I do a lot generic shopping or store brands. Some people just can't seem to get away from their brand names. Sometimes the generic taste awful! And I don't blame them but most the times it tastes the same. If you're not sure do a taste test with your family. If they noticed then stick to your brand name. You can still save money just look for bargains in your grocery store, save coupons and comparison shop at different stores for that same product. If they don't tell the difference then switch. It may only save you 10 cents but 10 cents here and there really adds up.
8. **Grocery coops.** These are wonderful from most the families I talked too. I joined one about two years ago and the savings I got was great! What this is a group of people get together and buy bulk vegetables, fruit from the local farmers market or farm near by. They split the cost and come up with some interesting fruits and vegetables. Only problem I had with this and the reason why I quit was I didn't use all the vegetables and fruit and a lot of it went to waste. Sometimes it was too much and couldn't be frozen or canned. What works for me because I live out in the country is do my own garden or go to the local farmers market in my area and buy what I need there. Its fresh and a lot cheaper then the stores.
9. **Ask for sales.** Have a charming personality? Get chummy with the produce man/lady and found out when the best days for meats, vegetables etc. If you are making peach jelly and see a lot of the peaches are bruised note this to the produce person they might mark it down for you instead.
10. **Buying while on sale:** is always a good thing, but make sure you really need it, make sure it won't spoil. I know one lady that will save the money that she made on the sales in a separate envelope and with the money she saved she will buy other items when they come on sale even if she doesn't need it yet, thus saving her money when she does need it and catching it when its on sale.
11. **Household, cosmetic at the grocery store?** It may be convenient but probably a lot cheaper if you bought it at the local dollar store Walmart, Kmart, Target. Get out that price book!
12. **Seasonal Items.** Such items as turkeys and hams go on sale during the holiday seasons. If you can afford it and have a place to store it by all means grab some extra meat for the freezer. That goes for extra peaches that were in abundance that year etc. Freeze it! Can it!
13. **Tricking you.** Two stands of bannas one is 39cents a pound the other is \$1.00 for 3 pounds. The 39cents one you have to calculate and it comes out to 17 cents more. Not a real bargain but they hope you don't calculate it.
14. **Bottom shelf.** Don't forget to look on the bottom shelf for buys. Most grocery stores place higher prices at eye level.

15. **No scanners.** Have a store that has no scanners yet? Try looking behind all the cans for the real buy. Sometimes they mark up prices and forget some in the back. Also with scanners make sure they didn't scan it twice!
16. **Aisle.** Don't be in a hurry a grab what you think you need from the aisles. That's where the grocery store put it in hopes you will grab the higher paying item. Go to where it originally is found and comparison shop.
17. **Don't go to the store hungry.** This makes you buy things more things simply because you are hungry.
18. **In the Meat department** if they are not busy please ask them for help. Once I asked one of the butchers who was putting out roasts, which were way to, big and expensive for my family if he had any smaller ones. He asked how many pounds, I told him he went in the back and cut the exact pounds I asked for! Wow!
19. **Cashier Mistakes.** I know it's hard but try to remember the prices of things you bought and watch for mistakes at the cash register. I know this one store that constantly makes mistakes and its not the cashiers fault its because they forgot to mark it down on computers so the old price is still there.
20. **Weighing bags.** Buying bags of potatoes, apples etc?...even though they may say a certain pound go ahead and weigh them get more for your money even if it is a few more ounces.
21. **The longer you stay the higher you pay.** They say experts believe the longer you stay at a grocery store the more items you are likely to get. I sort of believe that if you didn't bring your list, coupons etc..I believe if your well prepared to shop and comparison shop you will get even better deals!
22. **Buying in Bulk:** could be a good thing, if you have room, if you have a large family, and you wont let it spoil. Another idea is to go half and half with a friend or family member that may use the same products.
23. **The few second break,** which has been suggested by many people. Before you go to check out go to a quiet corner of the store to look over your items in your basket. It gives you a few minutes to think, "Do I really need this"
24. **Shop alone and during slow business times:** Try to leave the kids at home or trade off with a friend. Sometimes I go late at night when the kids are put to bed and dad is home. Not only is it faster but you can concentrate on your list and coupons and make the best deals. Also if you shop when hardly anyone is around you will get the most help from the sales people who can help you find a bargain.

25. **Pre packaged items:** They say its better to prepare your own food instead of buying prepacked already prepared food, there is exceptions to this especially if you're a busy mom. For example unless you have time to cut and peel regular carrots it would be better to buy them prepared already rather then stop at a gas station or fast food place when your in a hurry the kids are hungry and want a snack. In the long run it would have saved you money. The same goes for a lot of items.