

10 TIPS: SAVE MORE AT THE GROCERY STORE

1. FIND DEALS RIGHT UNDER YOUR NOSE

Look for coupons! They can be with your receipt, attached to products as peel off items, or on signs along aisle shelves.

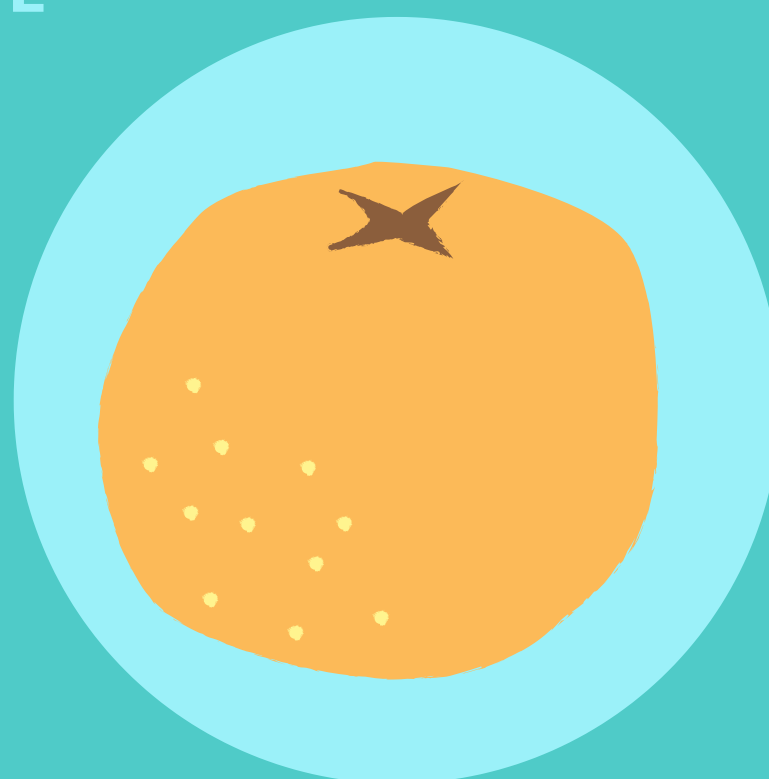


2. SEARCH FOR COUPONS

Look through the store ads for coupons and promotions- don't throw out that "junk mail." Do a web search for coupons. Go through your coupons at least once a month and throw out the expired ones.

3. LOOK FOR SAVINGS IN THE NEWSPAPER

Brand name coupons are found as inserts in the paper every Sunday- Some stores will double the value of coupons on certain days.

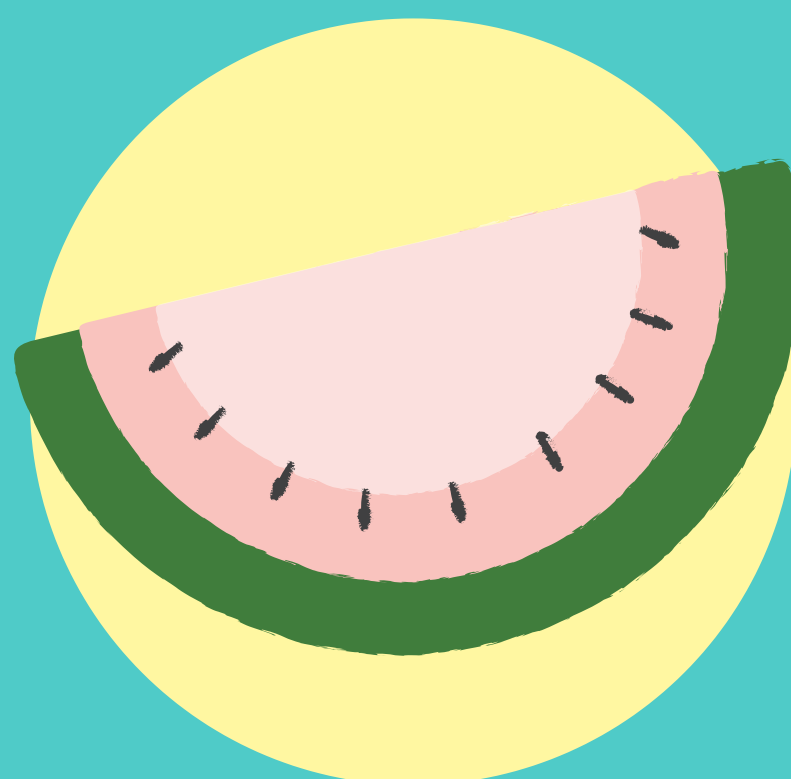


4. JOIN YOUR STORE'S LOYALTY PROGRAM

It's usually free to sign up and you can receive electronic coupons if you provide your email address.

5. BUY WHEN FOODS ARE ON SALE

Use coupons on sale items to save even more!



6. FIND OUT IF THE STORE WILL MATCH COMPETITORS' COUPONS

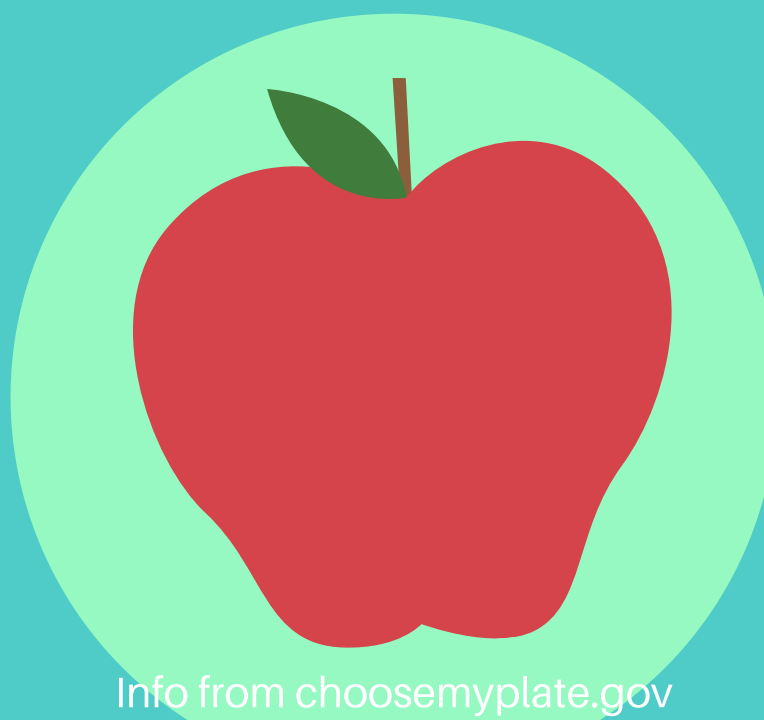
Many stores will accept coupons as long as they are for the same item.

7. STAY ORGANIZED SO COUPONS ARE EASY TO FIND

Sort coupons by item or in alphabetical order. Use 3-ring binder, accordion-style organizers, or plain envelopes.

9. STICK TO THE LIST

Make a shopping list for the items that you need- keep it on your phone, refrigerator, or in your wallet. Do your best to only buy items on the list.



8. FIND A COUPON BUDDY

Swap coupons you won't use with a friend- it reduces clutter and brings additional discounts.

10. COMPARE BRANDS

Store brand food can be less expensive than name brand.

Info from choosemyplate.gov