

# 16 money saving tips when grocery shopping

## 1. Create a Meal Plan:

- **Weekly Planning:** Plan your meals for the week in advance. This helps you buy only what you need and reduces the likelihood of impulse purchases.

## 2. Make a Shopping List:

- **Stick to the List:** Based on your meal plan, create a shopping list and stick to it. Avoid spontaneous purchases that can add up.

## 3. Buy (and cook) in Bulk:

- **Bulk Purchases:** Consider buying non-perishable items in bulk to take advantage of lower unit prices. This is especially cost-effective for items with a longer shelf life.

## 4. Shop Seasonal Produce:

- **Seasonal Choices:** Purchase fruits and vegetables that are in season. They are often fresher, tastier, and more affordable than out-of-season produce.

## 5. Explore Discount Stores:

- **Discount Grocers:** Explore discount stores or local markets for budget-friendly options. These stores often offer competitive prices on everyday items.

## 6. Use Coupons and Discounts:

- **Couponing:** Look for coupons and discounts in newspapers, online, or through store loyalty programs. Utilize them for items you regularly use.

## 7. Compare Prices:

- **Comparison Shopping:** Compare prices between different brands and stores. Sometimes, the same product is available at a lower price elsewhere.

## 8. Limit Processed, pre-cut, or pre-packaged Foods:

- **Cook from Scratch:** Opt for whole ingredients and cook meals from scratch. Processed and pre-packaged foods are often more expensive.

## 9. Buy Generic Brands:

- **Store Brands:** Consider purchasing generic or store brands. They are often less expensive than name brands and can be of similar quality.

## 10. Utilize Loyalty Programs:

- **Store Loyalty Cards:** Take advantage of store loyalty programs. These programs often offer discounts, special deals, and rewards for regular customers.

## 11. Freeze Perishables:

- **Freeze Excess:** If you find a good deal on perishable items, buy in bulk and freeze what you won't use immediately to prevent waste.

## 12. Plan for Leftovers:

- **Cook Extra Portions:** Plan meals that can be repurposed for leftovers. This reduces the need to cook every day and minimizes food waste.

## 13. Use Cashback Apps:

- **Cashback Offers:** Explore cashback apps that offer rebates on grocery purchases. Scan receipts to earn cashback on eligible items.

## 14. Plan for No-Waste Weeks:

- **No-Waste Challenge:** Occasionally challenge yourself to a "no-waste" week, using up items from your pantry and freezer before restocking.

15. **Don't shop when you're hungry, tired or emotional!**
16. **There are often sales on items about to go out of date.**

## **Money-Saving Apps for Grocery Shopping:**

### **1. Ibotta:**

- **How it Saves:** Ibotta offers cashback on purchases made at participating stores. Users can scan receipts and unlock rebates on specific products.
- **Available:** iOS, Android

### **2. Checkout 51:**

- **How it Saves:** Similar to Ibotta, Checkout 51 provides cashback on groceries. Users can upload receipts and receive cashback for eligible items.
- **Available:** iOS, Android

### **3. Toogoodtogo:**

- **How it Helps:** Toogoodtogo helps reduce food waste by allowing users to purchase surplus food from restaurants and grocery stores.
- **Available:** iOS, Android

### **4. [Latestdeals.co.uk](https://www.latestdeals.co.uk/):**

- **How it Helps:** Compares prices of a product in different supermarkets to help users find the best deals.

### **5. [Vanly.app](https://vanly.com/):**

- **How it Helps:** Vanly is an "Airbnb for driveways," connecting travelers with parking options.