

# Ways to Save Money

- Don't shop while hungry.
- Clips coupons and check newspaper ads for low prices.
- Buy off-brands if same content.
- Ingredients: Listed from the most down to the least.
- Compare unit prices. Buy the one that has more ounces per cost.
- Pick items in the back. They are fresher.
- Check for expiration date to give yourself plenty of time to use the food.
- Buy day-old bread and pastries.
- Buy at discount stores.
- Don't buy expensive, fattening snack. Prepare your own healthy snacks.
- Drink more water and less Pop. \$1.00 a day is \$30.00 a month.
- Use canned food within one year.
- Cover cooked foods, refrigerate and use within two days.
- Think of ways to use leftovers. Ask for ideas from others.
- Freeze leftovers to use for another meal.
- Keep freezer  $\frac{3}{4}$  full for efficiency.
- Watch check-out monitor to make sure you are being charged the sale price.
- Buy at dollar stores, but still compare prices.
- Stock up on sales items and buy in bulk.