

Grocery Budgeting Guide



Purchase canned foods

Beans, fruits, veggies, soups. Look for lower sodium options and those without added sugars - this way your getting more nutritious options. Canned foods have a longer shelf-life vs. fresh produce can go bad quicker than you may be able to consume them.

Purchase frozen foods

For a more nutritious option, select frozen produce that is just the actual fruits/vegetables themselves without sauces. Frozen foods have a longer shelf-life vs. fresh produce can go bad quicker than you may be able to consume them.

Purchase store/generic brand items

Ex: Replace brand name shredded cheese with store or generic brand shredded cheese

Use coupons

Coupon websites, grocery store apps with coupons downloaded to the app (show at checkout), etc..

Shop at discount grocery stores

Aldi, Market Basket, etc.

Stick to your list!

Going to the store without a list can be costly. You can overbuy items you might not need, or make impulse purchases!

Check the price per unit on items

Ex: \$/lbs of a big jar of applesauce may be lower than \$/lbs of little cups of applesauce.

Create a pantry stock list

Keep an inventory list of your current fridge, freezer and pantry stock. This way you know what you have when you go to the grocery store. If you have a moment like "do I have this?" - you can now check without buying and going home to see 6 in your storage...



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Opt for unpackaged produce

A prepackaged bag of cut up lettuce will be more expensive than a head of lettuce.

Pay with cash

This will help you stick to your budget easier because people tend to spend more when using cards.

Keep an eye out for what's "on sale"

Stock up on these items if you have the budget for it.

Check high and low shelves

Some grocery stores know that shoppers are more likely to pick what's at eye level. The cheaper products may be higher or lower.

Buy what's in season

When foods are out of season, they are scarce, and thus more pricey.

Meal plan ahead of time

Make a grocery list - only buy what you planned on for the week!

Consider grocery store rewards cards

If you frequently shop at the same store, cards may be beneficial because they may allow you to earn points and get various sale options.

Practice cooking meals at home (and use those leftovers!)

Ordering/eating out tends to be more expensive

Bring your own bag!

Lots of stores will give you a discount on your total bill for bringing a reusable bag OR they will charge you for each disposable bag used.

Buy in bulk

Are there food and household items you use in larger quantities? Ex: purchase your snack bars in bulk!

Shop plant-based protein

Not only are they good for your health, but they're also environmentally friendly!

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