



# How to Shop Smarter at the GROCERY STORE

**DON'T LEAVE THE HOUSE**

**Hungry**

*Only shop while on a full stomach. This way, you won't buy to satisfy your lingering hunger pangs.*



**Check**

**YOUR PANTRY AND FRIDGE BEFORE YOU LEAVE**

*Make sure you know exactly what you have in the house before you head to the store.*



**DON'T BUY INTO EVERY**

**Bargain**

*Product discounts always look tempting – but you aren't saving anything if the item is one you never use.*

**SALE**



**DO STICK TO YOUR**

**List**

*Only shop with a detailed list in hand – and stick to it! You'll spend much less that way.*



**DON'T GRAB THE BIGGEST**

**Cart**

*Keep your cart or basket as small as possible. You'll be less tempted to throw another impulse purchase inside.*



**DO SHOP WITH A**

**Budget**

**IN MIND**

*Determine how much you want to spend before you set out. This way, you'll be motivated to keep your costs down.*



**DON'T FORGET YOUR**

**Coupons**

*Before you head out, check your circulars, or coupon apps like Couponcabin and Flipp, for in-store discounts on regular items.*



**DO SHOP THE**

**Seasons**

*Cooking with seasonal produce is a lot cheaper than buying whatever suits your mood.*

