



# How You Save Money on Food

By Bill Bradley, RD

Congratulations to Pamela Babcock who won the 4 cookbooks raffle!

A few months back I asked all of you to tell me your food related money saving secrets. Here is a sampling of the creative feedback I received to my questions. Thank you for sharing your tips!

## 1. What are you doing to save money on food?

- I keep a stocked pantry at home. I stock up on items that are on sale and items that we use all of the time. If there is a specific store where I know that the price is better, I will make a point to buy from that store.
- I plan my menus ahead of time and purchase sale items.
- I try to cook a homemade meal every night.
- I have been incorporating more meatless meals as the price goes up on meat at the grocery store. Lentil soup with a mix of frozen and fresh vegetables. Eggs are always a low-cost item to purchase that allows for a lot of flexibility for breakfast, lunch, or dinner. The fruit I purchase are a blend of fresh, frozen, and canned as well to allow for flexibility with rising prices of produce.

## 2. Do you buy into online food services like Misfits where you get weekly produce?

- I have been using Misfits. It is like getting a farm share of organic produce in the mail each week. The cost is really good, and it gets me eating more vegetables.

3. Are there stores you shop at that have particularly good value?

- I find Market Basket has better prices than other stores.
- I shop at Aldi's when I can and Walmart.
- I am a big fan of Market Basket. I do have to say Whole Foods has had some surprisingly good deals on produce with the Amazon QR.

4. Do you use coupons?

- Yes, I find Hannaford's digital coupons that I can clip and add to my rewards card. It is very convenient and easy to use. I'm always surprised at the dollars that come off at checkout.
- I have been noticing a decline in valuable coupons for food I eat over the last few years.

5. Do you use circulars in supermarkets?

- Yes, I look to see what's on sale, stock up if possible and plan meals around it too.
- Yes. I try to buy things that my family needs when they are on sale. I often buy several and keep them in my pantry.
- I always look at the circular on Friday to review what's on sale and then base my meals around that. I go through my recipes and then make my list.

6. Do you have any money saving secrets you can share about saving money on food?

- I bake and cook at home. I use basic ingredients to make recipes that make more meals rather than buying convenience products.
- A good tip is to only buy what I need or sale items that won't go bad.
- Don't go to the grocery store hungry, you always walk away with more than you need. I also like to power grocery shop. I will go first thing in the morning and give myself 1/2 hour to get the entire list. Stay to the list and don't get distracted by the junk. All the "good stuff" is on the perimeter of the store and the junk is in the middle.

Thank you for all your thoughtful responses! Hope this helps others who want to spend less at the supermarket.