

# TIPS FOR TRIMMING YOUR GROCERY BILL

When reviewing ways to save a considerable amount of money each month, your grocery bill might offer the most savings with the least amount of changes. Whether it is just you or you have a family of four to feed the savings can be significant. Follow these tips below and see how quickly the savings add up.



**Eat healthy.**  
It is less expensive.



**Make a weekly meal plan.**



**Develop a shopping list from the meal plan.**



**Clip coupons based on a shopping list.**



**Use the store's frequent shopper card.**



**Lower waste by not over-buying perishable foods.**



**Don't forget digital coupons.**



**Stick to your shopping list.**



**Comparison shop different stores.**

Food expenses can seem to be overwhelming but with the above ideas and a conscious effort to eat leftovers, the savings can really begin to build up each week. Don't be surprised if you start saving at least \$100 and up to \$200 per month on your grocery bill. Smart shopping doesn't really take that much time once you get into the habit.

