



Eat Well. Spend Less



50

Hacks to Save You Hundreds at the Grocery Store























































































































































































































































































































































































































BEFORE you head to the grocery store:

MEAL PLANNING STRATEGIES

Meal planning

- Plan all meals and snacks ahead of time. Need a **meal planner**? Flip to page 5.
- Set a food budget.
- Do an **inventory** of your pantry and fridge. Plan meals from what you already have in stock, rather than shopping for a recipe.
- Make a **grocery list** of items you need. If it's not on the list, do not buy it.

Deals

- Use a **grocery price comparison app** (examples: Flipp, Reebee, Checkout51, Google Shopping) to find deals on items you need.
- Use a **grocery app** to see what's on sale nearby (example: Flashfood).
- Plan meals around **weekly flyers** (tip: check mid-week when new deals are released but the previous week is still in effect).
- Sometimes going to different stores for specific items can reduce costs.
- Visit **international grocery stores** for deals on produce and spices.
- Keep a list of **stock prices** for commonly-purchased items to help recognize when something is actually a 'deal'.

Discount programs

- Check if the grocery store has a member discount or **loyalty program** (examples: PC Optimum, Scene+, Moi Rewards).
- Downloading a **mobile store app** may provide access to digital coupons and rebates.
- Find out if your grocery store has a day of the week they offer **special deals**.
- Some stores, restaurants, and cafes offer surplus food for a small fee. Locate these through **anti-waste apps** (examples: Too Good to Go, Food Hero)

BEFORE you head to the grocery store:

MEAL PLANNING STRATEGIES

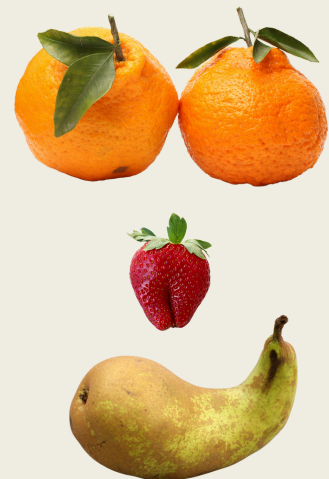
Seasonal produce

- Plan meals using fruits and vegetables **in season**, as they are more economical when abundant. For a seasonal guide, click [here](#)
- Visit local **farmers markets** in the summer.
- Once you have your seasonal produce, it's all about storage. Use foods that have a shorter shelf-life first.
- Buy seasonal produce in bulk and **freeze extras**. Berries, peaches, avocado, corn, kale, and spinach are examples that freeze well.
- Grow your own herbs or vegetable garden.



The 'almost perfects'

- Consider **imperfect produce** from local farmers or distributors, often offered at a significant discount. Some stores, like Loblaws, have a section. Some companies, like the Odd Bunch (Ontario) or Peko Produce (British Columbia, Alberta) offer a delivery service.



Frozen produce

- Consider purchasing frozen fruits and vegetables, especially those not in season. They are picked at peak ripeness.
- Since frozen produce has a **long shelf-life**, stock up when on sale.
- Large bags of frozen vegetables and fruits are great buys because you can use what you need and keep the rest in the freezer.



BEFORE you head to the grocery store:

MEAL PLANNING STRATEGIES



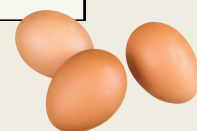
Reduce food waste

- Check **expiry dates** on packages prior to purchase.
- Use up food you have on hand before it spoils. For meal ideas using what you have, try a **recipe app** (example: SuperCook).
- If you tend to forget what's in your fridge or freezer, write down what you have along with the expiry dates and hang on your fridge.
- If you purchased an item in bulk and will not be using it all, clean/cut/freeze as soon as you get home.
- Assess **ripeness** of fruits and vegetables if you need them to last a few days. For a guide on picking produce, click [here](#)



Redefine meals

- Consider **breakfast foods** for dinner- eggs are often an economical option.
- Choose recipes that use **less ingredients** (tip: Google search '5 ingredient recipes' for ideas).
- Embrace **left-overs**. These can be used for lunches, as well as in sandwiches, soups, and casseroles.



Incorporate plant proteins

- Replace animal protein with plant proteins in meals (examples: beans, lentils, tofu).
- Opt for **dried beans** instead of the canned.
- Limit processed vegetarian 'mock meats' as it will often cost less to make it yourself.

When you are AT the grocery store:

SHOPPING STRATEGIES



Smart Shopping

- Go shopping on a **full stomach** to avoid to impulse buying.
- Check if the store offers **price matching**. Save-On-Foods, No Frills, Real Canadian Superstore, and IGA are a few that do.
- Ordering groceries **online** and picking up in store can help you stick to your grocery list.
- **Walk** or ride your bike to the grocery store, when possible. This can help ensure mindful purchases.

Portion sizes

- Compare product **price per unit** (100 g or 100mL) for the most cost effective option (on the shelf sticker).
- Sometimes buying in **bulk** results in a discounted price. Do this for non-perishable items, like rice, flour, oats, pasta, and dried beans.
- Buy meat, poultry, and fish in **bulk** when on sale, and freeze extras. For food storage tips, click [here](#)
- If you need a small amount of an ingredient, check **bulk bins**.

The convenience tax

- Choose **whole foods** instead of processed.
- Prep from **scratch**. While pre-cut or prepared products are convenient, you pay for it in the price.
- Bring your own grocery bags.
- Do not buy bottled water unless you live somewhere with unsafe drinking water.

Marketing

- Be aware of marketing that encourages purchase of convenience or processed foods. Food may be on display because it is high profit.
- Just because there is a 'sale' does not mean it is a good deal.
- The more expensive products are often placed at **eye level**.
- Choose generic or **store brands** instead of brand names.

Weekly MEAL PLANNER

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	BREAKFAST	LUNCH	DINNER	SNACKS
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TUE				
WED				
THU				
FRI				
SAT				
SUN				