

1. Do not shop on an empty stomach, grocery shop after a meal. A hungry consumer buys significantly more than someone that is not.
2. Make a shopping list. Sticking to your shopping list can produce serious savings.
3. Bargain shopping at more than one store can produce savings as high as 10-15% total.
4. Buying prepared foods is expensive. As an alternative, prepare your meals ahead of time, or double the recipe when cooking. Freeze the second portion for a busy day.
5. The highest markup items on the shelves are at about chest level. By simply reaching up or kneeling down you can find cheaper or generic alternatives.
6. Try to shop when you are alone. This is one of the few times, you don't need little helpers. Your budget will thank you.
7. Do not grocery shop when you're tired, you'll buy more sweets and foods that are higher in carbohydrates. When you're angry you tend to go for crunch food, junk foods such as: chips.
8. Clip coupons. This may appear to be fruitless, but saving \$6-\$10 every time you grocery shop will add up.
9. Log on to the supermarket's web page for on-line coupons.
10. Call the toll-free numbers on your favorite products' labels and tell the customer-service rep how much you enjoy them. Some reps will offer cents-off (or even free) coupons for the product itself; if not, ask.