

## SHOPPING TIPS TO CUT COST:

- **Do not shop for groceries when you are hungry.** You will always over buy.
- **Make a list** before going to the grocery. This will prevent impulse buying. Remember to stick to your list while at the store!
- **Inquire about memberships** to receive additional discounts.
- **Keep an eye out for low cost** or sale items that are easily stored for future use. Some examples include canned goods, boxed cereals, pasta, and many more.
- **Stick to basics** instead of prepared foods. Although prepared foods will save some time in preparation, they will cost much more in the end. These foods are usually high in sodium and preservatives.
- When purchasing perishable foods, only buy what you know will be used.
- **Buy store brand foods** over name brands.
- **Buy fresh fruits** when they are in season.
- **A big advertisement** for an item doesn't guarantee that it is on sale. Sometimes items are displayed to get your attention so that you will buy the product.
- **Compare unit prices** on similar items to find the better buy. The unit price is located on the shelf below the product. Take a look at the following two items and see if you can find the better buy.



Apples  
794 mL  
\$1.69

\$.23 /100mL

Apples  
540 mL  
\$1.09

\$.20 /100mL

— The Better Deal!



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