



# MAKING THE MOST OF YOUR FOOD BUDGET



Inflation has made grocery shopping even more of a financial challenge. Here are some ways to make the most of your food budget.

## At the store

- Make a plan and always shop with a list.
- Use grocery store apps to find the latest coupons.
  - Paper coupons are still great, but most of the deals are also available on the app and some are only available there.
- Check the clearance section.
  - Meat that's near its expiration is still good, as long as you either cook or freeze it when you get home.
- Ask what day your grocery store restocks.
  - Many items will be put on sale to make room for new stock.
- Make use of the frozen section for more affordable fruits and vegetables.
- Consider buying non-perishable items like pasta, rice, beans, and oats in bulk as they are often cheaper that way.

## At home

- Wash and store fresh fruits and vegetables right away to keep them fresh longer.
- If you have produce that's about to go bad, try freezing it to use later instead.
- Prepare a double batch of some meals and freeze for later.



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