

ACADEMIC

JOB PREP

LEGAL

VISA

WELFARE

How to slash your grocery bill.

Your food bill is the largest bill outside of fixed expenses and therefore it is a great place to start to reduce your expenses. Here are some tips to help!



STUDENT
ADVOCACY
& SUPPORT

TIPS

Don't shop hungry.

If you shop on an empty stomach, you are more likely to buy more food than needed and make unhealthy food choices.

Plan your meals.

Know what you need for upcoming meals and only buy the products to make those meals.

Shop with a list

Shopping with a list helps you to stick to your budget by buying only the items that you need. It also allows you to make better food choices as you won't be as tempted to buy unhealthy snacks.

Buy in season.

Fruits and vegetables will be the best quality and the lowest price when they are in season.

Shop with cash.

Take only the amount of cash you have decided to spend on this trip. If you come across a fabulous bargain and don't have enough cash, you can always return to the store to stock up.

Buy in bulk only as appropriate.

If you can't use it before it goes bad, it is a bad deal.

If possible cook more than you need and freeze half.

This saves on cooking costs and the leftovers can be used for lunches or another night's dinner.

Look high and low.

Expensive brand names are purposely positioned at eye level.

Consider generic and store brands.

Many times the produce is identical to the brand name except for the lower price. If you are concerned that people will not eat generic brands, simply take the goods out of the packaging and place into containers, e.g. biscuits.

Avoid individual - size packages.

Buy the big bag or size and divide into smaller portions at home.

Only buy an essential item on sale.

Avoid buying items just because they are on sale. If you're buying an item on sale, make sure that it is an item that you need and that you're not just buying it because you think it is a bargain.

Think...

"Can I do without this?" Rather than "Do I need this?"