



Shopping For Food

Use a Shopping List to Save Money

1. Plan your meals.
2. Check grocery ads for sales and specials and plan your meals around those items.
3. Check what food you already have at home.
4. Make a shopping list.
5. Put foods on your list in the same order as they are in the store.
6. Put refrigerated and frozen foods last on your list.
7. When you shop, only buy what's on your list!



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