

Top 5 Ways to Spend Less on Groceries



When you're on a tight budget, groceries are usually one of the flexible areas where you can save money.

There are a lot of ways to save, but here are the 5 that will make the biggest impact on any grocery budget.

cook at home

You might not want to hear it, but cooking at home has a great potential to save money on your groceries. Compared to eating out, it's almost always cheaper to cook at home.

Even if you already cook all your meals at home, look at the ingredients you use. Are there any ways to cut back even more?

use cash back apps

Cash back, coupon and price comparison apps make it easy to spend less on groceries without much extra effort at all.

I like **Checkout 51**. **Get \$5 just for trying it! [CLICK HERE*](#)**

I literally just check off any cash back offers that match what I bought then take a photo of my receipt. It's so much easier than coupons!

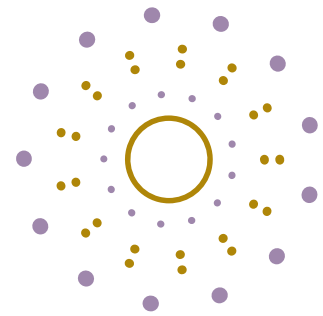
eliminate food waste

You wouldn't buy 4 bags of groceries then toss one in the garbage before you put it in your fridge, would you? Despite that, the average American family tosses more than 25% of the food they purchase!

If you find you ever toss slimy cucumbers, limp carrots, or questionable leftovers, find ways to prevent that next time!

Here are some tips:

- buy only what you'll use
- plan your meals
- have a leftovers night once or twice a week
- store your food properly



change what you eat

Eat more:

- pantry staples like oats, dried beans, pasta, seeds, canned tomatoes
- seasonal produce

These foods are inexpensive and healthy

Eat less:

- animal products like meat & dairy
- bottled beverages like soda, juice, alcohol, & bottled water
- preportioned food like pre chopped veggies or ready meals

These foods are usually the most expensive parts of a grocery bill.

try a different store

Grocery store prices can vary drastically from one store to the next! Check out the prices of other stores in your area to see if your usual groceries are less expensive there.

If you have to drive 10 extra minutes to save \$10, it works out to \$1/min=\$60/hr. Totally worth it!

Also, after the initial investigation, this requires zero extra effort which is a huge frugal minimalist win!

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