

# 5 Sure-fire ways to shrink your food bill and grow your savings



## Never Shop Hungry

You'll end up buying more than you need—not just at the grocery store, but everywhere you shop!

Did you know that research shows people even bought more office supplies on an empty stomach?

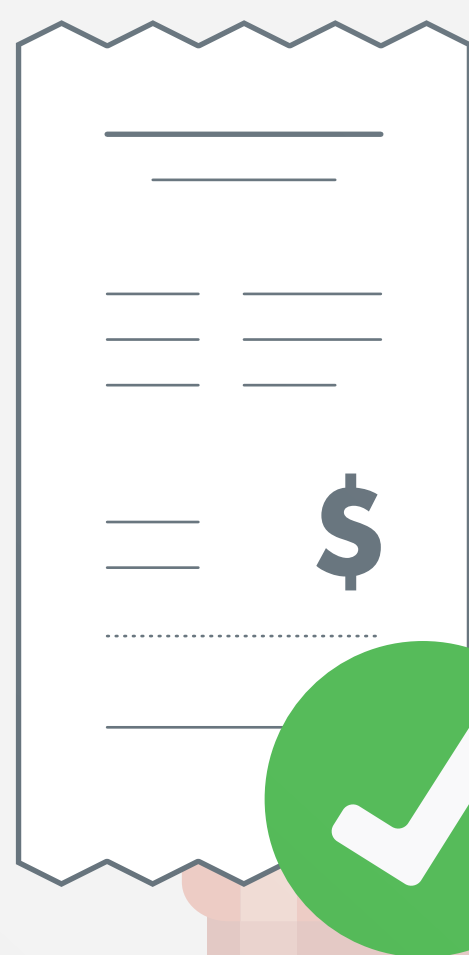
## Outwit The Supermarket



Grocery stores are designed to make you spend more, with the expensive items at eye level and rows of pricey prepackaged food in the middle aisles.

Try to do most of your shopping on the periphery of the market, and bring a list to resist those "impulse buys" at checkout.

Shoppers who use the self-checkout lane have been shown to spend 40% less because there's less time to be tempted by the candy, gum, soda and magazines in the checkout line.



## Get The Receipt

Any time you shop, it pays to check the receipt.

It only takes a few seconds to check and see if you've been over-charged, which happens more than you think when grocery scanners don't pick up sale prices. Keep your eye out.



## Know The Numbers

Next time you shop, it's worth trying out a different market to make sure yours is cheaper for what you need.

Grab the receipt from your last trip and compare the 8 items you buy most often.



## Coupons: A Mixed Bag

Coupons can be a great way to save, but they're almost always for name brand items.

Shop the store brand and you'll save more over the long run. When you do use coupons, make sure it's for items you'd be buying anyway!

Check out [couponmom.com](http://couponmom.com) for deals.

[Download](#) your free Chapulín Toolkit today for helpful money-saving tips and a simple budget worksheet.

Start saving more money for the people who need you the most.

