

40 Ways to Save Money on Groceries

1	Check store weekly/monthly ads for sales.
2	Use a shopping list when shopping for groceries and stick to it.
3	Write down what you have in the kitchen so you won't duplicate purchasing those items.
4	Make a meal plan for the whole week based on what you have and what are on sale; match items to make meals.
5	Use Apps such as Ibotta and Checkout51 to earn cashback.
6	Go buy bulk in club stores (e.g., Costco, Sam's club) or farmers market and share with family/friends to split the costs, if needed.
7	Cook based on the number of people to serve; no food wasting!
8	Use leftover for next day's lunch.
9	Use leftover creatively for new meal. For example, use leftover dinner chicken for chicken salad.
10	If you still have quite a lot of food left by the end of a week, try to make the next week a "no grocery shopping" week; be creative and only use what you have in the refrigerator and pantry to make meals.
11	Stack store coupons and manufacturer coupons.
12	Do not shop for grocery with an empty stomach.
13	Shop dollar stores for non-perishables, such as cereal, rice, and noodles.
14	Skip flavored drinks such as juice, ice-tea, etc.; you can make cheaper and healthier drinks yourself following recipes.
15	Join store loyalty programs to get special member's price and cashback rewards, etc.
16	Food nearing its "sell by" date tends to have a reduced price midweek, so Wednesdays are usually good days to search for those manager markdowns.
17	Double-check the BOGO deal—do you have to buy two? If so, do you really need the second one?
18	Avoid non-food products (e.g., batteries, skincare); you can buy those at lower prices elsewhere.
19	Invest in a water-filtering pitcher or water filtration system to avoid buying bottled water.
20	Weigh your produce and only buy the amount you need.
21	Leave kids at home; they may ask for things that you don't plan to buy.

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22	Bring your own shopping bag—some states have introduced plastic bag bans and fees.
23	Buy discounted gift cards for stores from Raise.com, etc.
24	Buy store brands instead of name brands.
25	Skip prepared and pre-cut items. You can easily do those yourself.
26	Remove stalks and leaves to reduce the weight for items that are paid for by the pound.
27	Calculate the unit price to find the cheapest items.
28	Avoid impulse purchases for gum, chocolate bars, magazines, etc. at the register.
29	Buy fruits in season. For example, watermelon is much cheaper (and tastier) in summer than in winter.
30	Make your own condiments. I often use Greek yogurt with a few drops of lemon for my salad dressing.
31	Buy dry beans instead of canned beans—much cheaper and healthier.
32	Check items on the upper shelving space or lowest shelves; the eye-level shelving space is usually for higher priced products.
33	Buy frozen fruits and vegetables; they are just as nutritious as their fresh counterparts, but cost less and last longer.
34	Check your receipt for price errors; you may get the items free if you are overcharged.
35	Keep your receipts for multiple purposes: exchange & return, surveys, coupons, rebates, etc.
36	Limit the number of trips to supermarkets. Try a big trip per week; more trips cost you more.
37	Stock up items, particularly non-perishable items, when they are on sale.
38	Store your food and organize your refrigerator properly to keep food fresher and longer.
39	Cook from scratch—make your own pancakes, waffles, biscuits, etc., which are cheaper and more delicious than frozen ones.
40	Grow your own vegetables, starting with easy ones such as chives, mints, etc.