Cost Saving Tips for the Supermarket

Plan your meals for the week and stick to a shopping list.
Using a meal planner and shopping list are good ways to ensure you only buy what you need.

Tips

- Buy generic brand items, particularly for bread/pasta/milk there is often little taste difference
- Avoid products with excess packaging e.g. choose a large bottle of juice instead of single serve juice boxes
- Stick to the perimeter of the store and only go down the aisles you require items from
- Limit food items that may have inflated costs because of current ‘food fads’ and health claims e.g. coconut oil or goji berries
- Buy fruit/veges in season and try fruit and vegetable shops or markets or consider buying frozen and tinned fruit and vegetables
- Take advantage of specials, especially if the food items can be stored safely for use later on e.g. bulk meat for the freezer, frozen meals. However, be aware that specials may only save you money if you use the items regularly
- Add legumes to dishes to make meat go further (e.g. lentils or kidney beans to a mince dish) or swap the meat component of a meal for legumes to decrease cost
- Try blocks of cheese as these will usually be cheaper than pre-sliced

Freezing meals/cooking in bulk
This is a cheaper way to have convenience meals and great if you are cooking for one.

Tips

- Items containing liquid will usually freeze best e.g. Casseroles, pasta sauce, soups.
- Consider freezing bread and small muffins/cakes to extend use by date. Tip: Keep these well wrapped
- Buy meat when it’s on special and freeze in individual portions for cooking at a later date
- Avoid wasting older veges by making vegetable soups that can be frozen to have later
Using Leftovers
Using leftovers is a great way to reduce your grocery bill

Tips

- Have leftovers for lunch the next day
- Casseroles/sauces/bakes can be frozen in individual portions for use in the next 3 months
- Cooked meat can be used as a sandwich filling, in soup, pasta sauce or as a ‘bake’
- Tomato based pasta sauces could be used as a jacket potato filling or to make chicken parmigiana
- Sausages can be used on sandwiches, in pasta sauce or as a pizza topping
- Cooked vegetables could be used in a salad, in omelettes/ quiche or as a pie filling.

- Leftover cooked veges could also be used to make patties – just mix with tuna or mashed legumes

For information on budgeting visit:
www.moneysmart.gov.au

And remember to enjoy a healthy and nutritious diet!

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