

BUDGETING FOR GROCERY SHOPPING: TIPS AND STRATEGIES

Grocery shopping can be expensive at times, but you can save money with some planning without sacrificing the quality of your meals. This blog will provide you with practical tips to help you manage your grocery budget better.

3 TIPS TO MANAGE YOUR GROCERY BUDGET

1. Plan your meals

Plan what you will eat and make a shopping list based on your plan. This helps you buy only what you need and avoid buying extra things that you may not get around to eating and eventually throw away. Check out additional information on meal planning [here](#).

2. Shop smart

Buying in bulk of items that you use more often that don't spoil quickly can save money over time. Comparing prices through apps or websites at different stores can help you determine stores that may have deals, coupons or loyalty programs.

3. Check expiration dates

Check expiration dates: First in and first out, place new items behind older ones in your pantry or fridge. This helps you use older items before they expire. While freezing foods for later, many fruits, vegetables, and meats can be frozen to last longer. Freezing will also help maintain the nutrients with these products. For more information on how to freeze foods, visit "[Freezing and Food Safety](#)."

Discovering local food banks, pantries, and community kitchens can help you find items from your shopping list without needing to purchase them from stores. Visit the [Nevada Department of Agriculture: Food & Nutrition webpage](#) and [Feeding America](#) for local resources.

In addition, Nutrition.gov offers a "[Nutrition on a Budget](#)" guide that provides information on discounts, coupons, and other strategies to help you save money, as well as tips for buying and preparing budget friendly foods.

Saving money on groceries may take a bit more time and planning. However, by following these tips you can keep your costs down and still enjoy good meals!

Originally posted in July 2024, written by Justine Habbian, PhD, RDN.

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