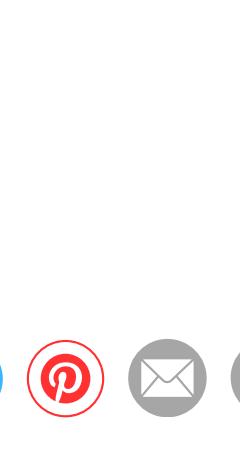
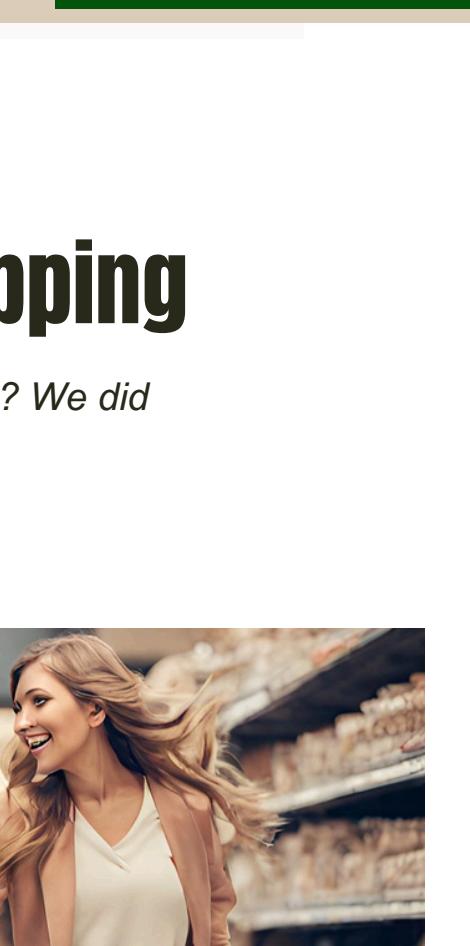


KOHL'S

Gifts, deals &
holiday feels

Skip gifts



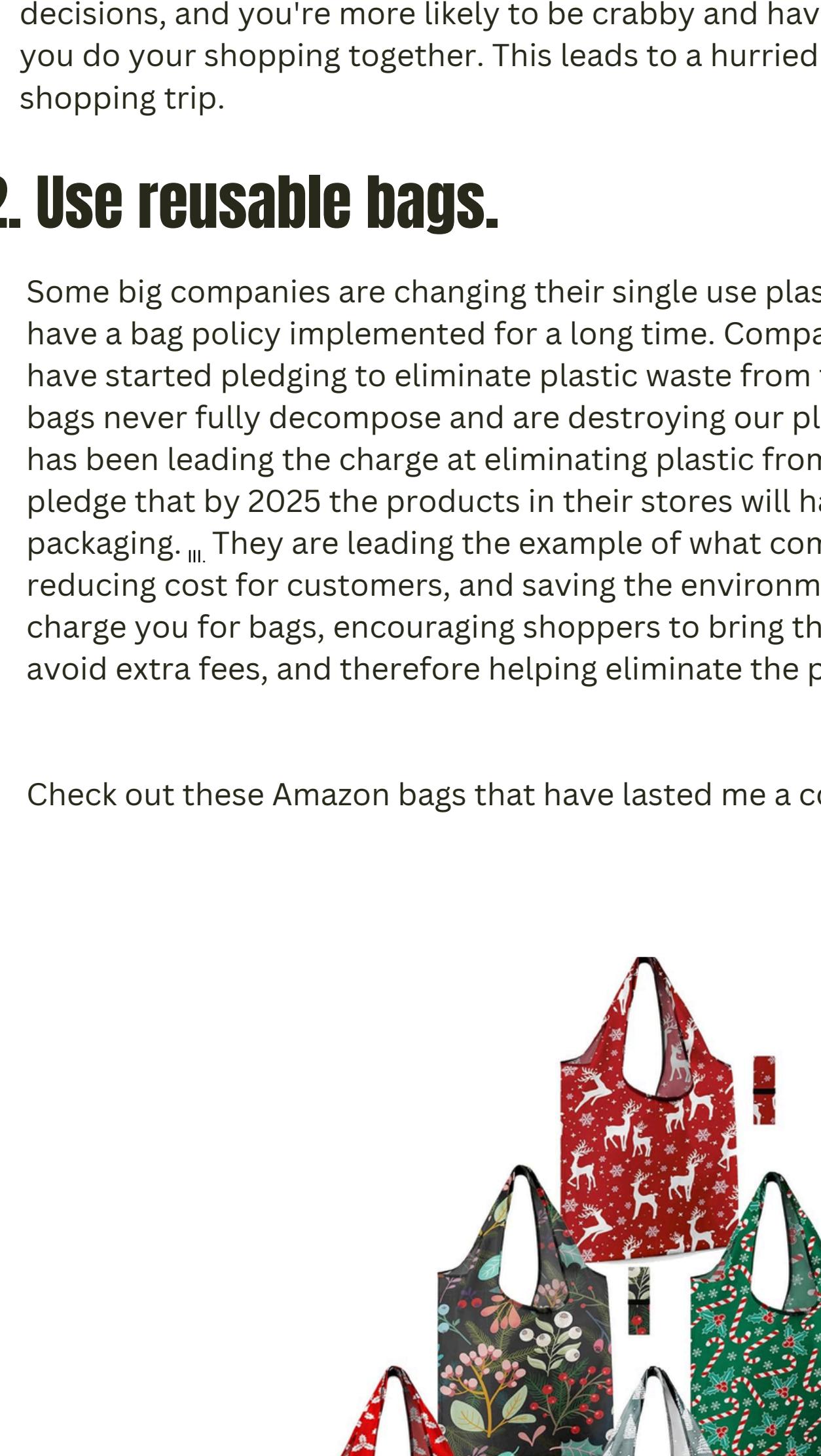
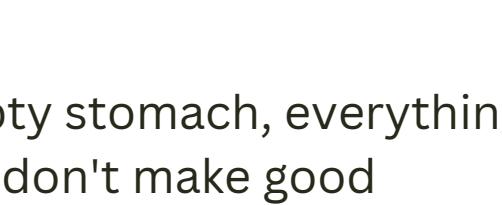
Shop gifts for the whole family

FOOD AND NEWS TRENDS

10 Tips for Grocery Shopping

How can you save money at the store every week? We did the research- so you don't have to.

BY ASHLEY , SCHAEFER | PUBLISHED NOVEMBER, 2023



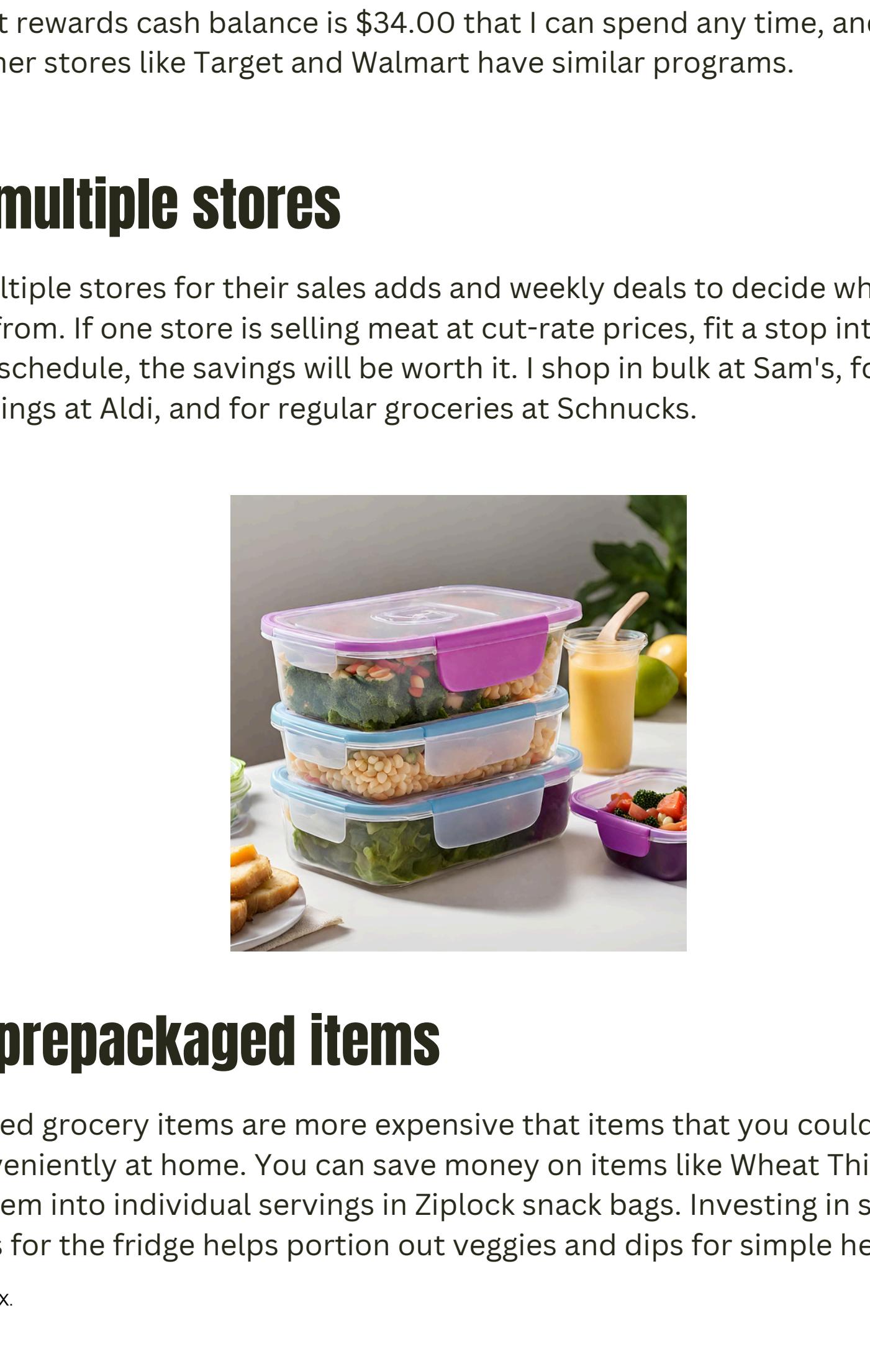
1. Never shop hungry.

We all know that when we go to the grocery store on an empty stomach, everything and anything sounds good to eat. When you are hungry you don't make good decisions, and you're more likely to be crabby and have a fight with your partner if you do your shopping together. This leads to a hurried and stressful and expensive shopping trip.

2. Use reusable bags.

Some big companies are changing their single use plastic bag policies, or already have a bag policy implemented for a long time. Companies like Target and Walmart have started pledging to eliminate plastic waste from their shopping bags.ⁱ Plastic bags never fully decompose and are destroying our planet.ⁱⁱ Aldi is a company that has been leading the charge at eliminating plastic from their stores, including a pledge that by 2025 the products in their stores will have a 100% recyclable packaging.ⁱⁱⁱ They are leading the example of what companies should strive for in reducing cost for customers, and saving the environment. Aldi and other retailers charge you for bags, encouraging shoppers to bring their own recyclable bags to avoid extra fees, and therefore helping eliminate the plastic bag waste.^{iv}

Check out these Amazon bags that have lasted me a couple of years so far:^v

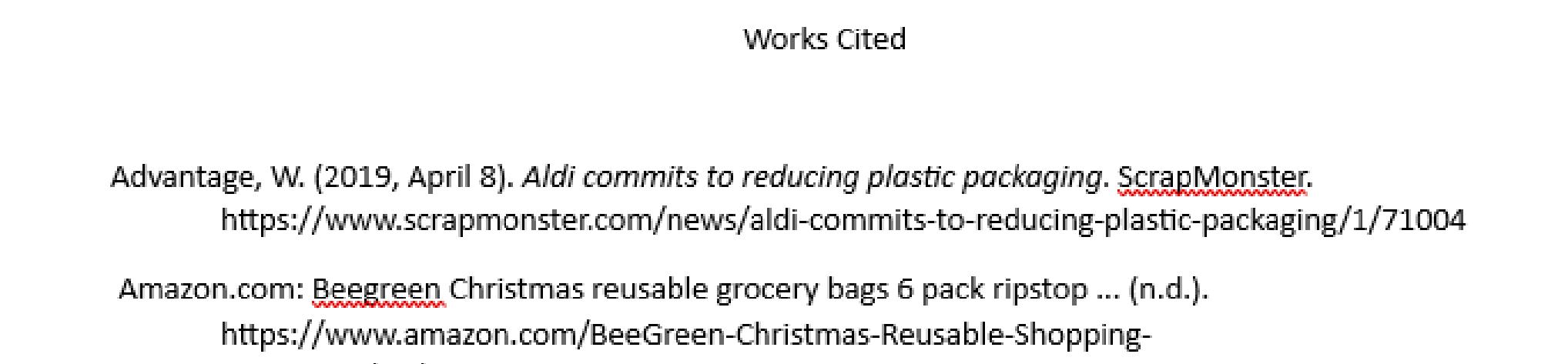


3. Meal plan

This suggestion cannot be stressed enough, meal planning is the most important step in my biweekly grocery shopping trip. Otherwise, it feels like aimless chaos shopping. Meal planning keeps you on task, helps you build your shopping list, and allows you to plan to use multiple ingredients in versatile ways.^{vi} There are many apps available to use, like *Mealime* that help you build your menu, and grocery list all in one, truly saving you time.^{vii}

4. Make a list

Making a list to go along with you on your shopping trip is necessary to achieve cost savings. When you have a list planned out and stick to it, you will avoid impulse purchases, or incomplete recipe ingredients lists. In the long run it will save you from the wasted time of an additional shopping trip. You will also save time at the store by not wandering around trying to find everything. Pro tip: Organize your list by aisle number, or use an app that does this for you. My Schnuck's app has a feature that allows you to build a list and it automatically organizes it for you by aisle!



5. Get a membership card

By joining a membership club like Sam's Club or Costco will save you money in the long run on items that you can't seem to stock up enough of. Do you kids insist on eating name brand Gushers? Sam's Club has a pack of 40 for less than Walmart sells a 12 pack. If you compare the price of the membership to the amount of savings you get buying in bulk, it is worth the cost to join. If you are a student Sam's Club offers a membership for a year for \$25, however, if you stack the savings from the app Student Beans, you can save an additional \$5 for a grand total of \$30 in savings!^{viii}

6. Loyalty Programs

Much of my shopping that isn't done at Sam's Club or Aldi is done at a my local grocery store, Schnuck's. Schnuck's has a loyalty program that allows me access to additional savings that I wouldn't be able to access without that in store app. In addition to these savings, I also earn 2% back in store credit to spend on groceries. My current rewards cash balance is \$34.00 that I can spend any time, and does not expire. Other stores like Target and Walmart have similar programs.

7. Shop multiple stores

Check multiple stores for their sales adds and weekly deals to decide where you will get what from. If one store is selling meat at cut-rate prices, fit a stop into that store into your schedule, the savings will be worth it. I shop in bulk at Sam's, for generic brand savings at Aldi, and for regular groceries at Schnucks.

8. Avoid prepackaged items

Prepackaged grocery items are more expensive than items that you could package more conveniently at home. You can save money on items like Wheat Thins by bagging them into individual servings in ziplock snack bags. Investing in some snack containers for the fridge helps portion out veggies and dips for simple healthy snacking.^{ix}

9. Generic brands

Generic branding purchases is an excellent way to cut costs on items that aren't picky about. If you are cooking with an item like canned vegetables, broth, crackers, or any number of items, people are not going to notice if you use something that is generic. Everyone has that name brand item that they don't want to compromise on, so be sure to check those companies for coupon savings.^x

10. Go shopping alone

If you can manage it, try to do your grocery shopping alone, or do a grocery pickup. These tactics can save you money from impulse buys. If you can get to the store without your children, you will not be swayed by their cute faces to buy items that are not on your planned list. You might even get to enjoy some alone time (and Starbucks).^x

Was this page helpful?

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