

Tips for a Better Food Budget Management



- Maintaining an inventory of the foods in the pantry and refrigerator;
- Noting items as they go short;
- Checking the contents of the pantry, refrigerator and freezer when planning the weekly purchases.

Basic tricks for grocery planning



- Check current food prices: prices advertised in flyers are not always discounts;
- Large formats are more economical and produce less waste than the same amount in individual format. Make sure to use the product entirely to avoid waste;
- Bulk products are not always economical: compare with house brand products;
- House brands are comparable in quality to manufacturer brands and often have lower prices;
- If possible, buy seasonal fruits and vegetables – they are fresher and more economical.

Planning the menu of the week

- Take time during the week to plan the menu;
- Plan using perishable foods at the beginning of the week;
- “Recycle” leftovers by using them as lunches;
- Plan meals according to Canada’s Food Guide to vary and balance menus.



Preparing the grocery list

- Eat before going to the grocery store: when you’re hungry, everything seems irresistible;
- Products placed at eye level are often the most expensive. House brands are often on higher or lower shelves. Large packages are placed close to the floor;
- Check “best before” dates of products, this will avoid you buy expired products;
- Do not buy cans that are bulging, rusty or dented;
- Do not buy frozen foods that are frosted, discoloured or which contents form a solid mass;
- Verify the invoice of your purchases when you arrive at home if it is not possible to do so during your checkout, as it often contains errors.

The art of grocery shopping

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