

# 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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