

Frugal Grocery Shopping Tips

Grocery shopping, a dreaded task in many households, maybe its lugging the kids along in tow, or maybe it's the long lines that you dread but most of all many people dread the tab. As the cash register is pinged again and again we look in disbelief as the numbers climb higher and higher. Just what can we do to save a little cash? Being a frugal grocery shopper takes some practice but here are a few tips that might leave you walking out of the store with a few more pennies still in your pocket.

1. **Proper planning.** Planning is always key. Planning your meals ahead of time can save you both time and money. Writing out a weekly menu and checking your pantry for items you might already have in stock as well as planning meals around those items can help you to save. You then make a grocery list of needed items and stick to it.
2. **Stock up.** Stocking up on frequently used items is a smart thing to do. You might bulk buy when the items you use frequently use are on sale or you might shop at a wholesale store to save on bulk items any day of the year. If you have a place to store them, items bought in bulk can really save you in the end.
3. **Cook from scratch.** Buying pre-made meals, frozen meals, or boxed kits can truly hurt your pocket book. They might be easier, quicker and tempting to use daily, however they won't save you any money. Cooking from scratch on the other hand can really save you a lot of cash. Plus, once you get in the routine of doing so, you can learn shortcuts prepare items in advance and truly have it just as easy as if you bought the boxed meal.
4. **Eat less meat.** I know for most men in the household that this will be a sacrifice. However, meat is usually the highest thing on your grocery tab if you take notice, so cutting out meat from a meal or two per week could surely making a different in the bottom line. Try it and see!
5. **Buy less junk!** Let's face it junk food is high. Pick up a bag of chips and notice how much air is in that bag and how few chips. Ladies, we are paying for air. Not to mention the fact that the calories in those snack cakes are high and it rarely fills up a hungry spot. Buying less junk can surely add up to savings on our groceries.