

## Ways to Save at the Store

With grocery prices still being high, saving money on food may be important to your family. Follow these tips to help save money when going to the store.

1. Try not to shop when you are hungry. If you are hungry, you will be tempted to buy extras that are not on your list.
2. Buy fresh fruits and vegetables in small amounts that you are sure you can use while they are still fresh.
3. When they are on sale, buy larger quantities of fresh fruits and vegetables you use often. (Examples- onions, potatoes, apples). Fruits and vegetables sold in larger bags are usually cheaper and many can be stored for quite a while.
4. Choose vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat foods are convenient but cost more. Fruits and vegetables with special sauces and flavorings added usually cost more, and certainly have more fat and calories.

