



Potty Pointers

Look for Bargains in Your Grocery Store

A trip to the grocery store can be a challenge when you are trying to make your money last to the end of the month. Entering a grocery store can be like walking through an advertisement. Displays and packages may tempt you to buy foods you do not need. Here are some tips to help you stretch your food dollars:

- Once inside the grocery store, give the shelves a once over. Grocery stores tend to put items they most want to sell on the shelves between knee and shoulder height. The higher-priced items are the ones about chest level. These are easy to grab and toss in the cart.
- Stick to the outer aisles. In general, the healthier, less-processed foods are on the outer aisles. Here is where you will find your fruits and vegetables, dairy and meat.
- Don't forget to check the clearance section of the grocery store for items such as soap, cereal, and household products. Look for these items piled in shopping carts throughout the store. Buy these products only if you know they are a good deal. Do not buy cans with dents.



- When shopping for meats, shop early. Meats get snapped up quickly. Try to use the bargain meats the day you buy them or freeze them for later use.
- Don't be tempted by all the displays at the checkout. This is the store's last attempt to get you to spend money you don't have or money you had not planned on spending. Be sure to have a snack before shopping; you will be able to resist all those treats by the checkout counter.