

Title:

Can You Still Grocery Shop On A Budget?

Word Count:

434

Summary:

When you go grocery shopping, do you find yourself coming home with more than you went out for

- 1) Plan your menu a month ahead. Stick with nutritional meals with lots of grains and vegetables.
- 2) Be specific...

Keywords:

finance,budgeting,grocery shopping,

Article Body:

When you go grocery shopping, do you find yourself coming home with more than you went out for

- 1) Plan your menu a month ahead. Stick with nutritional meals with lots of grains and vegetables.
- 2) Be specific! Write out which ingredients you'll need for each recipe you use and how much of each.
- 3) Take a little extra time and make the things you would normally buy. Bread, croutons, and g...
- 4) Map out the route you will take through the grocery store. If you know what you need and wh...
- 5) Go at a time of the day that is the least busy. Early mornings or early afternoons are usual...
- 6) Budget your time as well as your money. Give yourself an amount of time to get your shopping...
- 7) Plan something fun to do to reward yourself after a successful shopping trip. It also helps...
- 8) Only go to the store when you absolutely have to. Frequent trips are not only time-consuming...
- 9) Buy in bulk when you can. This too cuts down on the number of trips you make to the store.
- 10) Realize that the world isn't perfect. So when you go to the store and realize you've left

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