

Title:

Saving Money on Your Grocery Bills

Word Count:

912

Summary:

Do you want to make dinner a SIMPLER, HEALTHIER, and LESS EXPENSIVE experience for your family? Start saving money, time and energy today!

Keywords:

meal plan, grocery shopping, cheap, family meal plan, saving money

Article Body:

How is your grocery bill month to month? Do you end up spending more than you wanted every month?

The following are easy ideas to help you save money when you go to the grocery store and when you cook.

Be creative

If you forgot or forget something at the store think about what else you might be able to use.

Use leftovers

For example, if you have stuff left over from week one, use it the next. Use up all salad stuff.

Be a smart shopper!

I think that often people are not prepared when they do go grocery shopping and end up spending more than they wanted.

First, do the preparation work at home. Look at the local ads before you go. Make meal plans.

Second, be flexible! Recently, while at a grocery store, I saw a special on good quality split peas.

Third, do not go to the shops hungry! Why does it seem that you rush off to the grocery store?

Be prepared

When you leave to go shopping, pick a time where you do not feel rushed. This will better help you.

Have staples on hand

Here is a list of things to have on hand for cooking and baking. These are the items I have found.

Honey

White Flour

Wheat Flour

Cornmeal

Quick Oats

Shortening or Lard

Oil (olive or grape seed are best)

Potatoes

Yeast

Frozen Vegetables (whatever is cheap and your family likes)

Mustard

White Sugar

Brown Sugar

Vanilla

Herbs/spices (like garlic, cumin, ginger, parsley, oregano, etc.)

Bouillon Cubes (Chicken)

Bread Crumbs

Soy Sauce

Worcester Sauce

Butter (tub)  
Sticks of Butter  
Cornstarch

Start meal planning!

What is a meal plan, you might be thinking. A meal plan is exactly that, putting together a p

Save money through a meal plan! Make a meal plan according to ingredients. Put recipes and m

Save time through having a plan and shopping lists - When you go to the grocery store, you wil

Spend more time together as a family - With a meal plan, you will consequently eat more at hom

Save energy - With a meal plan you will make fewer trips to the grocery store. A meal plan en

Eat healthier - You will not be going out as much with a meal plan ready for you, this will he

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