



**Quaker Oats Credit Union**

## 7 Ways to Save Big at the Grocery Store

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You don't have to go to the extremes you see on "Extreme Couponing," to save money at the grocery store. A little common sense and some planning can make a big difference on your bill.



**Here are 7 ways to keep more money in your pocket before every grocery run.**

### **1) Clip coupons**

If someone handed you a \$10 bill, you wouldn't throw it away, right? So why toss those weekly newspaper coupon inserts? Think of a coupon as cash. In fact, some retailers actually ring up coupons as cash towards your payment.

### **2) Maximize coupon sources**

Coupons aren't just found in newspapers anymore. There are a number of websites were



you can download them for free. You don't even need a high-dollar printer. Just make sure the coupons are legible when you print them and cut them out neatly.

### **3) Make a list**

Don't leave home without your list when you go grocery shopping. This will cut down on wandering the aisles, which can lead to impulse buys.

### **4) Skip the hand basket**

A study found shoppers who use a basket tend to impulse buy. So push a regular shopping cart down the aisles to help you stick to your list.

### **5) Locate clearance shelves**

Supermarkets don't make them easy to find, but they are a treasure trove and should be your first stop. Stockers regularly comb shelves for slightly damaged goods (say, a torn box) or pull merchandise that is being rebranded. These "Manager's Specials" items are marked down as much as 50%.

### **6) Shop late in the day**

This is when you'll find discounts on perishable items such as meat, produce and bread. Make friends with the butcher. Often all you have to do is ask for a discount at day's end. If they've got excess inventory, likely they'd rather sell it than toss it.

### **7) Learn how to stack**

Stacking is when you use both a store's coupon and a manufacturer's coupon toward the purchase of a single product. (For instance: a \$1 Target coupon for Colgate toothpaste plus a \$1 manufacturers' coupon for that same toothpaste equals \$2 off at Target). With stores like Walgreens, Target, RiteAid and Whole Foods generating their own coupons, this is a way to double your buying power.

*Source: [www.livingonthecheap.com](http://www.livingonthecheap.com)*

