

Be a Frugal Foodie

Are you saving for a goal?
Find the money in your food.

CONVENIENCE COMES AT A PREMIUM PRICE



Are you buying packaged food for convenience?

You'll save money if you do the cutting and shredding yourself. Convenience doesn't pay.



VS

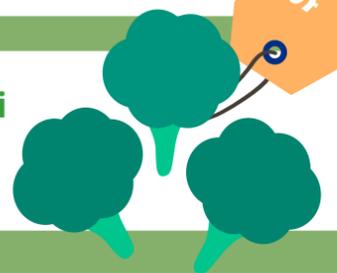


Avoid prewashed and precut fruits and vegetables, shredded cheese and other overpriced foods.



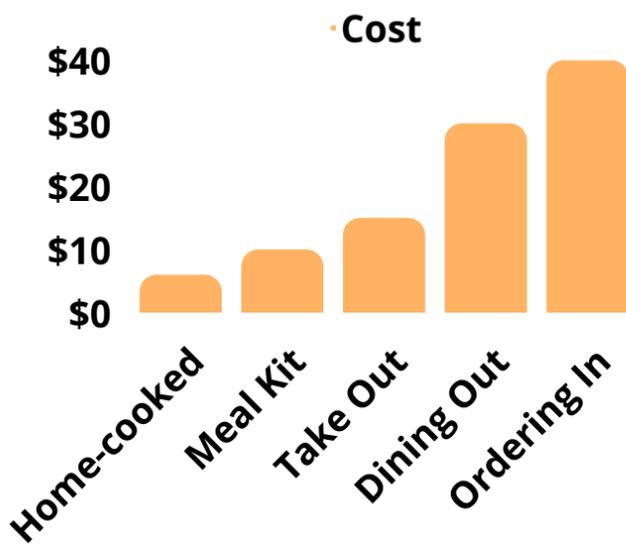
64%

Savings on buying a broccoli bunch instead of pre-cut, pre-washed broccoli florets



Cooking tacos at home is not only healthier but it pays!

\$3/kg



Plus with home-cooked you have leftover ingredients to use for another meal. Bonus!



Packaging shapes and sizes can make it difficult to compare prices

Check price tags to see if there is per unit breakdown. If you're still not sure, take out a calculator.



snack pack

VS



family pack

\$1.55/100g

\$68/100g

56% IN SAVINGS



concentrate

VS



ready-made

\$1.10/L

\$2.39/L

54% IN SAVINGS

GOLDEN SHOPPING RULES FOR EXTRA SAVINGS

Use cash or debit

Save as much 15% if you spend only the money you have instead of what your credit card can handle



Make a Meal Plan

Use what you already have before it goes bad then buy what you need

Build a Shopping List

Save up to 23% by making a list on paper or on a shopping app

Never shop hungry

Hungry shoppers spend more and buy more packaged and junk food than less hungry shoppers

Bring your own bag

It not only saves money, it's good for the environment

