

SAVING AT THE STORE

July 2020

All great shoppers know that saving money at the store has much more to do with planning than it does luck. When you shop for groceries, make sure you have a game plan, make smart choices, and be conscious of what goes into your cart.

1. Seek out advice. Your friends and family might have some tips on where they shop and get the best deals.

2. Have meal before you shop. Hungry shopping means impulse buying foods that look and sound good, so eat before you go!

3. Read the newspaper flyer. This flyer usually has their weekly sales giving you the chance to prepare for what you'll buy ahead of time.

4. Use your coupons! It's no secret that coupons can save a lot of money, but only use them when you're ready for the product. Otherwise, save it for another time.

5. Check the store/off brands. These are typically similar quality but cost much less than name brand.

6. Look up and down on the shelves.

Typically store place the most expensive option at eye level, so check the top and bottom shelves for less expensive options.

7. Ask for a rain check. When sale items run out, stores will often allow you to pay the sale price after the item is restocked.

8. Join the store's loyalty program. Most grocery stores offer some sort of loyalty program for shopping there with sales and discounts on different items.

9. Purchase in season produce. In season produce tends to be better quality and less expensive.

10. Look beyond the store. Farmer's markets and roadside stands have great options at a discounted price.



PEACH SMOOTHIE POPS

This recipe makes 12 servings

Sourced from USDA / CSFP

CSFP Ingredients

- 1 1/3 cups instant nonfat dry milk
- 2 cans canned peaches, drained

Additional Ingredients

- 1 cup water
- 1 cup ice cubes
- 3 TBSP sugar

Directions

1. Place all ingredients into blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks or pour into ice cube trays and place toothpicks in each cube.
3. Freeze until solid.

TIP: you can substitute the peaches for any kind of fruit you like!

