

SMART GROCERY SHOPPING CHECKLIST

BEFORE YOU SHOP

- ☐ Check pantry, fridge, and freezer
- ☐ Plan meals around what you already have
- ☐ Make a grocery list
- ☐ Avoid shopping unless needed

MEAT & PROTEIN SAVINGS

- ☐ Check 30% off meat section
- ☐ Buy roasts instead of pre-cut steaks
- ☐ Freeze or cook discounted meat right away

DEAL & PRICE CHECK

- ☐ Check flyers (current + upcoming)
- ☐ Compare unit prices (per g / ml / item)
- ☐ Change bid liners
- ☐ Look for 40% off or better deals
- ☐ Know the usual price of staples

BULK & STOCK-UP STRATEGY

- ☐ Buy larger packages if cheaper per unit
- ☐ Stock up on non-perishables when prices are low
- ☐ Check storage space before buying bulk

IN-STORE SMART CHOICES

- ☐ Stick to the list
- ☐ Buy store brands for pantry staples
- ☐ Choose ingredients over convenience foods
- ☐ Skip paying for food processing

REDUCE WASTE & SAVE MORE

- ☐ Use appliances efficiently (Instant Pot, oven batches)
- ☐ Freeze produce you won't use right away
- ☐ Batch cook meals
- ☐ Store leftovers or freezer meals

Shop intentionally — not impulsively