

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 bed linens
- 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