

# Shopping @ the Co-op on a Budget in-store tips!

#1. Join the Co-op! We've increased your Owner Benefits Package to make your savings even greater: discounts, sales, coupons, worker-owner discounts, case discounts, and more! Check out the Why Own It pamphlet for the specifics!

#2. Look for our bi-weekly Co-op Deals Sales Fliers in-store and on the Co-op Blog. These sales are for everyone, not only Co-op Owners. Also look for in-store sales and new item sales- no flier for these special deals, you just have to look around!

#3. Check out the Co-op Basic Needs Pricing Program. This program features many, many items throughout the store that are priced well below our retail mark-up. Look for the bright green tags around the store to indicate these items.

#4. Look for coupons around the store. We regularly receive coupons from manufacturers and place them out for your convenience. We also feature Co-op Deals Coupon Books several times a year. Oftentimes, these coupons will match up with items already on sale, offering you even lower prices!

#5. Buy out of the bins! Dry beans instead of canned, herbs & spices in smaller quantities, and more. Buying out of the bins means that you can buy as little as you need without wasting food. Or paying for expensive packaging.

#5. We always have 25lb bags of top-selling rice and grains in our back room, and they are priced at low-markup Buyer's Club prices every day! Buying in bulk quantities is a great way to save, and planning ahead to share a bag with another family or friends ensures that you can share the cost and share the quantity.

#6. learn to cook, just the basics. It may cost more up front to stock your kitchen with essentials, but you'll save lots over time by making your own burritos, pizza, pasta, and more. Go in with your house on staples, share the cost, and share the ingredients!

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## Tips for @ home.

- #1. share resources! If you have housemates, go in on staples together: basic spices, cooking oils, 25lb bags of rice and beans, etc. You'll pay more up front, but you'll save as you use these ingredients instead of buying things meal by meal.
- #2. before you put away new groceries, make sure that you've thoroughly cleaned out the old stuff from the fridge and pantry. This is also a good way to incorporate leftovers into new meals!
- #3 plan out your meals ahead of time if you know you have a busy night of the week. Make sure you have your ingredients on hand already, so you don't feel tempted to order pizza instead.
- #4 pack leftovers from dinner as your lunch the next day!
- #5 include eating out at restaurants as part of your food budget. Many people spend as much as 50percent of food dollars on prepared foods away from home.
- #6 make a shopping list! Only 20percent of shoppers use a list. If you're shopping hungry, you're more likely to buy packaged snack items that are more expensive!
- #7 LEARN TO COOK! Invest your time rather than your money. Choose to cook less processed foods. It costs only \$1.35/lb for dry black beans that produce 4-6 cups when cooked, versus \$1.45 for 15oz of cooked black beans in a can.
- #8 make things that have many purposes! You can make a lentil loaf (super inexpensive, tastes just like meat loaf!) and eat it as is, fill a sandwich with leftovers, cube and toss in salad, toss with pasta, and more!
- #9 make an investment into a good set of reusable storage containers for both pantry items as well as leftovers. It's so much easier to maintain a system of eating through your food before it spoils if you have a consistent and easy way to keep things fresh.
- #10 make grocery shopping into an activity, and not a chore! Try a new produce item or dry good every time you shop.