



Grocery Savings Made Simple



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

Grocery Savings Made Simple is an outreach of <https://grocerybudgetbootcamp.com> and in turn, Crumbs Media, LLC.

Day One

“Readers have been telling me that their biggest problem in terms of real food and budgeting was connecting the two. They understood real food, and they understood budgeting, but there was gap between them. Grocery Budget Bootcamp is the bridge to fill that gap.”

What do you do now to save money on groceries?

One aspect of grocery budget savings is by _____ buying certain items at the grocery store.

Why do grocery stores carry “everything”?

The grocery store is in business to make money. Often this means selling items as a convenience for you, and charging a premium for that convenience. Anytime you’re at the grocery store, avoid buying these items to keep your hard-earned money in your pocket.

16 Items to NOT Buy at the Grocery Store

1. Paper Products

What are your top two most used paper products?

2. Plastic Products

Do you use plastic products in your home? How can you reduce how much you use?

3. Laundry Supplies

Do you tend to stick to one brand of detergent? Or do you buy whatever is on “sale”?

Have you considered making your own laundry detergent?

4. School and Office Supplies

Parents spend an average of \$_____ for back to school gear.

Have you ever bought pens and pencils at the grocery store? Were you surprised by the price?

5. Kitchen Tools

Have you ever bought a kitchen appliance at the grocery store? What was it?

"The cost of convenience comes with a price tag. Unless you want to pay more than you have to, don't buy these items at the grocery store."

6. Kitchen Supplies

When was the last time you needed foil? Did you buy it at the grocery store?

7. Batteries

Batteries are typically marked up _____% compared to other stores.

Where do you typically buy batteries?

8. Cleaning Supplies

What types of cleaners do you use? Generic, Name Brand, or Green (Natural)?

Have you considered making your own cleaning supplies?

9. Party Supplies

What three things would you need for your next birthday party?

Where do you plan on buying them?

10. Pet Supplies

Do you have any furry friends at home that need food?

Have you tried shopping for their food somewhere other than the grocery store?

11. Flowers

How long did your last bouquet of flowers last?

Were they from the grocery store?

12. Bottled Water

A 24 pack of 8oz water bottles for the kids lunches is _____% more than a gallon jug of water. You can save even more by using tap water and filling your own bottles. Invest in a filter if that is a concern with your local water.

What do you do for water on the go?

13. Personal Hygiene

What personal hygiene products have you bought at the grocery store out of convenience?

14. Beauty Products

Do you have go-to beauty products? Or do you like to try new things?

Have you tried making your own beauty products to save even more money?

15. Household Supplies

When was the last time you needed light bulbs? Where did you buy them?

16. Items in the Checkout Lane.

Grocery store checkout lanes are the number one spot for _____ buys.

When is the last time you were guilty of a checkout lane candy bar?

Identify 5 items you've been buying at the grocery store but shouldn't be?

1. _____

2. _____

3. _____

4. _____

5. _____

How much do you think you could save if you bought these items elsewhere?

Have you ever felt discouraged at the cost of healthy food, yet you're not sure where in the budget you can cut back?

"We all lead busy lives, which lead us to choose convenience whenever possible. The grocery stores capitalize on this and have intentionally put temptations in our path that appear to solve our problems, but they actually contribute to the reason why we feel like we can't get ahead with our budget."

Where to Buy Instead

Don't Buy at the Grocery Store...	...Buy It Here Instead
Paper Products	Warehouse stores first (i.e. Costco, Sam's Club), then big box stores (i.e. Walmart, Target).
Plastic Products	Dollar store for small quantities; warehouse stores for large quantities.
Laundry Supplies	Amazon and warehouse stores have competitive prices for name-brand. Otherwise shop the dollar store.
Office and School Supplies	Best deals are during back-to-school season, otherwise shop the dollar store.
Kitchen Tools	For basic tools, shop the dollar store. For better quality try Amazon or discount retailers like TJ Maxx and Marshalls.
Kitchen Supplies	Big box stores for small quantities; warehouse stores for large quantities.
Batteries	Start with warehouse stores, then Amazon.
Cleaning Supplies	Dollar store or homemade.
Party Supplies	Dollar store or big box store (be sure to compare prices).
Pet Supplies	Amazon or online pet retailers (i.e. Chewy or Pet Food Direct).
Flowers	For quality, a local florist.
Bottled Water	Warehouse stores first, then big box stores. Or switch to reusable bottles instead.
Personal Hygiene	Big box stores.
Beauty Products	Homemade saves the most, otherwise a big box store, then Amazon.
Household Supplies	For small quantities, shop a big box store; for large quantities a warehouse store or Amazon.
Anything in the Checkout Lane	Anywhere but the grocery store!