

# Session Three

*"If you're someone who gets easily overwhelmed in the grocery store with all the decisions to make – which bread, which peanut butter, which checkout line – and you kind of feel like the grocery store is always winning and your budget is always losing, then I have a solution for you."*

Have you noticed that the pantry items you need to buy most often are located in the middle of the aisle?

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Grocery stores want you to walk past \_\_\_\_\_ items in order to get to the \_\_\_\_\_ items in an attempt to get you to put more items in your shopping cart.

It's not just WHAT you shop for but HOW you shop when it comes to what ends up in your cart. There is more to getting good deals on groceries than just knowing the best prices. Use the following techniques to get in and out of the store quickly and without extra items.

## 13 Strategies to be a Savvy Shopper

### 1. Set a timer.

You'll spend less time \_\_\_\_\_ and more time focusing on getting everything on your list

### 2. Wear headphones with upbeat music.

Do you pay attention to the music at stores?

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Does it typically slow you down and make you browse?

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### 3. If at all possible, don't shop the weekend.

When is your usual grocery shopping day?

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Are you battling crowds?

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### 4. Use the smallest grocery cart you can or a hand basket.

The size of the grocery cart has \_\_\_\_\_ in size since it was first invented in 1937.

When was the last time you used a hand basket at the grocery store?

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### 5. Don't shop with your senses.

Do you get hungry when you shop because of all the tasty smells?

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### 6. Skip the samples.

When you sample an item at the grocery store do you feel compelled to buy the product?

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### **7. Skip aisles you don't need.**

Every aisle has \_\_\_\_\_ showing what items are in it. Are there aisles at your store that you always skip over?

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### **8. Keep a running total.**

Do you pull out the calculator on your smartphone and keep track of your total?

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### **9. The same items are in different places.**

Have you found all the locations for cheese in your local store?

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Has multiple locations of items prolonged up your search for the lowest priced item?

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### **10. Use the butcher services.**

Did you know your butcher can cut up larger meats for you?

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Check to see what services they offer at your local store.

### **11. Compare fresh seafood to frozen.**

When you buy seafood do you typically plan to cook it that night? Or will frozen benefit your meal plan better?

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## 12. Fixed price strategies.

When it's a fixed price per item – like \$1 each – buy the \_\_\_\_\_ or \_\_\_\_\_ one you can.

When it's a fixed price for something you eat individually – like \$2 for a bunch of bananas – buy the package that has the \_\_\_\_\_ items in it.

When it's a fixed price for something you may or may not eat individually – like \$3 for a bag of potatoes – weigh 3 or 4 different bags and buy the \_\_\_\_\_ one.

## 13. Shop in a different direction.

Which direction do you typically walk in your store?

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Have you ever switched it up?

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*"The gap between real food and doing it on a budget cannot be solved with a list of grocery store hacks. It requires a system that works, and Grocery Budget Bootcamp has proven time and time again to help families plan better, shop faster, spend less and ultimately save more money."*

Which one of these shopping techniques do you think would help you save the most money? Why?

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# About the Author



Tiffany Terczak is a work-at-home mom of two and the creator of **Don't Waste the Crumbs**, a popular food blog focusing on affordable family-friendly recipes, meal planning hacks, grocery budget tips and natural living tutorials.

She's also the creator of **Grocery Budget Bootcamp**, the only online course teaching how to afford REAL FOOD on a budget, step-by-step.

She loves to encourage other busy moms with strategies and tips that are simple, practical and work!

Tiffany and her family currently live on a small homestead in South Carolina.

## Connect with Tiffany



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