

# Organizing Tips to Save Money at the Grocery Store

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Tuesday--February 16, 2009

## Tip #1: Create Reusable Menus

- Create weekly menus around items you have on hand needing to be used before they expire or spoil (free download of the “Blank Weekly Menu Planner” available at [www.simplyinorder.com](http://www.simplyinorder.com)).
- When putting time and effort into creating something such as a menu, a great organizing tip is to reuse it repeatedly.
- Keep your menus organized in a binder by month or by season.

## Tip #2: Shop with a Grocery List

- A grocery list helps eliminate impulse buys.
- Make your own shopping list in an hour or less by listing all the items in your pantry, refrigerator, and freezer and then grouping them into grocery store categories (free download of the “Master Grocery Shopping List” available at [www.simplyinorder.com](http://www.simplyinorder.com)).
- Photocopy your master grocery list 52 times for a years worth of forms. Keep these handy on a clipboard stored in your kitchen to quickly jot down items needing replenishing.

## Tip #3: Stock up on Best Buys

- Most grocery store items go on sale on a 12-week rotation cycle and can fluctuate in price by 50% or more. The key is to stock up on items at their lowest price and not necessarily when you run out.
- If you're unsure of the best buy price for your commonly purchased items, create a price book by tracking prices over the next few weeks. This will help you identify the high and low pricing of your common grocery purchases which helps you determine when to stock up (free download of the “Best Buy Tracking Sheet” available at [www.simplyinorder.com](http://www.simplyinorder.com)).

## Tip #4: Grow Your Own Food

- Organize seed packets in a container by the month they need to be planted. Keep seeds fresh in the refrigerator until planting time. (click here for a link to the USU Extension website <http://extension.usu.edu/saltlake/htm/horticulture/fruit-and-vegetables>)
- Bottle or can your extra garden harvest to use during off-season months to avoid spending high prices for fresh produce.
- Create your own seed packets from your garden harvest instead of buying them (a link to “Saving Seeds” from Martha Stewart Living is available by visiting [http://www.marthastewart.com/article/good-thing-saving-seeds?autonomy\\_kw=package%20seeds&rsc=header\\_1](http://www.marthastewart.com/article/good-thing-saving-seeds?autonomy_kw=package%20seeds&rsc=header_1)).
- For those living in apartments/condominiums or lack garden space, purchase frozen or canned varieties instead of paying high prices during the off-season.

## Tip #5: Start “Clicking” Instead of “Clipping” Coupons

- Load coupons electronically onto your grocery store Loyalty Card to receive savings at the check out simply by scanning your card. No more clipping, filing, and tracking expiration dates on coupons (more information on “Electronic Couponing” from CellFire visit [www.cellfire.com](http://www.cellfire.com)).
- If you prefer to “clip” coupons, keep them organized and grouped into grocery store categories within a file or binder. Coupons can be stored in plastic sheets that hold baseball cards.