Budget Tips

Pricey Points

✔ Food quality varies. Store brands are similar to national brands. Generic foods are usually of lower quality. Weigh the quality with the price.

✔ Quantity pricing is usually cheaper on a pound-for-pound basis.

✔ The more a food has been processed, the more expensive it is.

✔ The more packaging a food product is stored in (such as cans and envelopes inside a box), the more expensive it is.

✔ Raw ingredients are cheaper than convenience foods. For example, compare the cost of rice and beans vs. rice and bean dinner in a box or ground beef and buns vs. fast food hamburgers.

✔ Compare a national brand’s sale price with the store brand. Both brands are often on sale at the same time.

✔ Coupons are usually for national brands only. Compare the “after coupon price” with the prices of other brands. The brand name with a coupon may be more costly than the other brands.
Think Before You Reach

It’s not easy to stay on a budget. When you are in the grocery store there are many temptations to overspend.

- Some displays make you think the product is on sale when it really isn’t.
- Children often cry for cereal, candy and snacks they’ve seen on television.
- Finally, you might be hungry when you enter the store and let your stomach do the shopping.

You need to think before you shop.

- Always use a shopping list.
- Try to trade babysitting favors with a trusted neighbor or friend. This way the children are not part of the shopping experience.
- Be sure you shop when you’re not hungry. All of these will help you avoid unplanned purchases.

Ask yourself the following questions as you shop for food. Honest answers will help you stay within your budget.

- Is this food item on my list?
- Do I need this for my menu?
- Will I be able to use it up before it spoils?
- Can I make this for less money?
- Do I have time to prepare this from scratch?
- Will my family eat this?
- Do I really need this?

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