

HEALTHBREAK

MAY 2020

Easy Ways to Save Big at the Grocery Store

If it feels like you're spending more money at the grocery store lately, you're not alone. Food spending continues to grow at a rapid rate — in fact, Americans spent \$666 billion on groceries in 2016, more than \$100 million more than we spent in 2010.

There are a few ways you can cut spending and still enjoy what you eat:

- **Shop around.** It's more work and energy, but shopping at more than one store will save you in the long run, especially if you often opt for convenience and buy household items — like detergent and cleaning supplies — at the grocery store. If you have the time, hit a couple of different grocery stores or discount retailers.
- **Don't go to the store hungry.** Before you head to the store, eat a piece of fruit or another healthy snack. If you're hungry when you arrive, you're more likely to stray from your list and make impulse purchases.
- **Meal plan.** A large percentage of food in the U.S. ends up in the garbage. To reduce waste, experts suggest planning meals where you use the same ingredients in multiple meals.
- **Buy whole foods.** Whole foods tend to be less expensive than processed foods. Plus, you can buy them in larger quantities.
- **Think seasonal.** If you buy in-season produce, you'll cut import costs. If there's something you can't live without, look at frozen produce, which is just as healthy as fresh.
- **Be mindful of the checkout counter.** Try to avoid loading your cart with last-minute extras.
- **Buy in bulk.** Larger packages often cost less per unit. Many foods are available to purchase in bulk, including dried fruits, nuts, beans, and lentils.

Source:

<https://familynutritionprogram.org/eat-healthy-live-well/save-more-at-the-grocery-store/>

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