



Grocery Shopping on a Budget

Follow these guidelines to care for your self and your wallet while at the market



Before the Store:

- Go through your fridge and pantry, this will help you figure out what you need
- If you have food available, grab a snack! Having a full stomach will help you resist impulse purchases
- Create a list, keeping in mind the week ahead and what you will need to succeed
- Decide on a budget before hand that is enough for everything on your list plus a little wiggle room for something extra

At the Store:

- **Buy in bulk if possible! This is best for non-perishable items, sale items, household goods or anything else you continually pick up**
- **Buy generic brands**
- **Shop sales and use coupons, many stores release weekly ads that showcase these**
- **Sign up for the rewards program at the stores you frequent, offers are often member specific**

After the Store:

- Use perishable items first and freeze what you cannot eat for smoothies, broths, etc. Even if you save money at the store you're losing every time you throw food away
- Meal prep for the week - this will help you save time in your busy schedule and help you resist the temptation to spend money on take out

Resources:

- **Apply for Nutrition Assistance** - there have been new exemptions some college students to qualify for SNAP - check your eligibility here:
<https://www.arizonaselfhelp.org/>
- **Visit us at the Pitchfork Pantry** - we are here to help you meet your nutritional needs. Check out our Instagram page for information on pop-ups and pantry shopping.
- **Check out Fast Web** to find targeted scholarships, internships, and jobs:
<https://www.fastweb.com/>
- **Contact ASU Advocacy and Assistance** to discuss more about your individual situation and what resources may be available to you:
deanofstudents@asu.edu