

25 Grocery Hacks That Actually Work

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1. Shop with a list to avoid impulse buys.
2. Never shop hungry-eat first.
3. Use store loyalty apps for exclusive discounts.
4. Buy generic/store brands-they're often identical.
5. Check unit prices, not just shelf prices.
6. Stock up during sales on non-perishables.
7. Freeze leftovers to avoid waste.
8. Use coupons strategically-not just because you have them.
9. Buy seasonal produce for lower prices.
10. Shop early in the day for markdowns.
11. Compare prices across nearby stores.
12. Avoid pre-cut fruits and veggies-they cost more.
13. Stick to the store's perimeter-less processed food.
14. Buy in bulk only if you'll use it all.
15. Look high and low on shelves-middle is most expensive.
16. Try discount grocers and ethnic markets.
17. Plan meals around what's already in your pantry.
18. Use cashback grocery apps like Ibotta.
19. Buy meat in larger cuts and portion at home.
20. Skip bottled water-use a filter.
21. Make coffee at home instead of buying.
22. Grow herbs or vegetables if you can.
23. Use a calculator as you shop to stay on budget.
24. Avoid shopping more than once per week.
25. Make a 'leftovers night' to clean out the fridge.