

Grocery shopping on a budget doesn't have to be a daunting task. The following tips should prove helpful, when making the most of a dollar.

How to Save More Money Buying Meat

Buying cheaper cuts of meat can cut down on overall grocery expenses. Simply use marinades or tenderizers to improve upon them. Go one step further by using these same cuts in recipes that can be prepared in a Crock Pot. Slow cooking is an excellent way to tenderize any meat.

Purchasing "Family Size" packages of meat also saves money. These larger packages can easily be broken down into meal or individual sized portions, depending on cooking preferences. An added benefit of freezing smaller packages is their reduced "thawing out" time.

Venison lovers often save money by stocking up on it, during deer season. Believe it or not, a large number of hunters never pick up their venison once it has been processed. So, processors are typically more than happy to sell it to the general public. One inquiry phone call is all it takes.

Saving on Groceries with Menu Planning

Menu planning takes a bit of thought but is well worth the effort. Going grocery shopping with a specific list saves both time and money. For most people, it reduces impulse shopping tremendously.

Planning menus makes it easier to create two meals out of a roast or single package of chicken. It is the solution for busy cooks who get into the rut of preparing the same dishes over and over again. Save even more money by planning a menu around the weekly grocery store ad.

The Best Way to Save Money – Shop the Perimeter

The vast majority of grocery stores are set up the same way. Their perimeters contain fruit and produce, meat and dairy items. Store specials are typically located on these outside walls, as well. Shopping the perimeter means avoiding processed foods that are *always* more expensive. It also means eating healthier.

Saving Money with Grocery Store Coupons

Grocery store coupons are virtually everywhere. Using them can be one of the best ways to save money. It does take some time to build up an adequate supply. However, once that happens overall savings should steadily increase. Many avid coupon users cut their grocery bill by as

much as 70% to 80%, on a regular basis. For them, obtaining coupons for groceries is half the fun.

There are many more ways to save money on groceries, besides the ones discussed here. It all boils down to a matter of personal preference. Whether it's using coupons, perimeter shopping or buying less expensive cuts of meat, the end results are the same... winning the grocery game.

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