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How to Save at the Grocery Store

Utah State Extension
Utah State University

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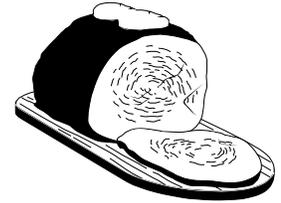
HOW TO SAVE AT THE GROCERY STORE

- ✓ Go to a large supermarket and use a shopping list.
- ✓ Use coupons if they make items you need cost less.
- ✓ Shop only once a week or less. The more you shop, the more you spend.
- ✓ Leave children at home. Trade babysitting with a friend.
- ✓ Don't go to the grocery store hungry. Hungry shoppers tend to buy more food.
- ✓ Shop when the store is not crowded.
- ✓ Read labels to determine the food's nutritional value.
- ✓ Compare quality, store brands are often just as good as name brands and usually cost less.
- ✓ Compare prices, unit price stickers tell you how much something costs per ounce or pound. They help you compare the cost of different size packages.
- ✓ Buy in bulk if the price is lower and divide the product into meal-size portions. Freeze part for later use.
- ✓ Replace staples, like flour and sugar, when they are on sale.
- ✓ Buy unadvertised sale foods if you use the food items often and have room to store them.
- ✓ Get refrigerated and frozen foods last.
- ✓ Watch for mistakes at the checkout line. Make sure you get back the correct amount of change.
- ✓ Go home directly after shopping and store foods properly.



FRUGAL FARE

HAM AND POTATO SKILLET



2 cups ham, diced
1 small onion, chopped
1 Tbsp. margarine
1 Tbsp. brown sugar
1 can (10 3/4-oz.) cream of mushroom soup

1 cup milk
1/2 tsp. salt
1/8 tsp. pepper
3 cups potatoes, thinly sliced
1 cup carrots, sliced

Sauté ham and onion in margarine and brown sugar. Add soup, milk, salt and pepper; mix well. Stir in potatoes and carrots. Cover and simmer over low heat 35 minutes or until vegetables are tender; stir occasionally. Yield: 4-6 servings.

Substitution: Use 3 cups frozen hash brown potatoes; simmer 5-10 minutes.

SKILLET CHICKEN WITH RICE

2 chicken breasts
1 Tbsp. oil
1 cup rice
1 medium onion, chopped
1 green pepper, sliced
1 tsp. garlic powder

1/2 tsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. pepper
2 cups water
1 can (8-oz.) tomato sauce

Remove bone and skin from chicken; cut into strips. Sauté chicken in oil until lightly browned. Add rice and continue to sauté two more minutes. Mix in onion, green pepper, seasonings, water and tomato sauce. Cover and simmer over low heat 25 minutes or until rice is tender. Yield: 4-6 servings.

OODLES OF NOODLES

1/2 lb. ground beef
1 small onion, chopped
2 cups Rotini noodles
2 cans (14 1/2-oz.) tomatoes
1 3/4 cups water
1 pkg. taco seasoning

1 can (15-oz.) kidney beans, drained
1 can (15-oz.) whole kernel corn, drained
1 cup cheese, grated

Cook ground beef and onion until done; drain fat. Add noodles, tomatoes, water, taco seasoning, kidney beans and corn; mix well. Cover and simmer over low heat 20 minutes or until noodles are tender. Add cheese and stir until melted. Yield: 6-8 servings.

WIENIE BEANIE

4 hot dogs, sliced or
4 strips bacon, 1 cup diced ham, or 1/2 lb. ground beef
1 small onion, diced
2 cans (16-oz.) pork and beans

1/2 cup catsup
2 Tbsp. brown sugar
1 tsp. mustard
1 tsp. Worcestershire sauce

Cook meat and onion, drain fat. Add remaining ingredients and simmer over low heat 15 minutes. Yield: 4-6 servings.