

Ways to **SAVE** on Shopping

Use our money saving tips to help you save on your shopping.

Here's our top ways to reduce the cost of your shopping:

Shop at discount supermarkets - Some supermarkets buy food with shorter shelf-lives so they can offer large discounts to the customers.

Supermarket own-brand items - Buying supermarket own-brand doesn't necessarily mean you're buying low-quality food.

Use loyalty cards - Using a supermarket loyalty scheme or card could save you money on your weekly shopping. You can use the points you gain to have money taken off your shopping or towards something else like a day out or an appliance

Find out the time they discount items - There is a time in the day when supermarkets reduce items that may be nearing their expiration or best-before date. You can get discounts on some items, up to 75% off. Each supermarket has its own time when they do this although they are usually in the evening. You can [find the discount times](#) on the Money Saving Expert website.

Use discount coupons/codes - You can find discount codes online, in newspapers and sometimes on social media forums. Remember to have these with you when shopping in-store or input them into the relevant field when shopping online.

Watch out for supermarket tricks - Some supermarkets will place more expensive items at eye level or add discount signs to items that are not the best value. Keep this in mind when considering your purchases.

Shopping online - The best thing about online shopping is that it's at your own comfort and leisure, and you can see a running total so no shocks when it comes to paying. Also, bear in mind some fresh produce in your delivery or collection may have a short use by or best-before dates.

Use a meal planner – Plan what you're going to eat for the week ahead for breakfast, lunch and dinner. Then create a shopping list of the items you need, and you only buy those items.

Other ways to **SAVE**

Our Top 3 Tricks for Shopping

1. **Never go shopping when you're hungry** - Make sure you eat something before you leave for shopping or bring a snack with you to eat and you will be less likely to impulse buy.
2. **Consider taking cash instead of your card when shopping** - Leaving your debit or credit card at home and simply taking cash with you means that you're less likely to go over your shopping budget. If you know you're only going to the shops to buy milk, eggs and bread, then taking £5 cash with you will mean that you have no choice but to spend that money on those items only.
3. **Take a shopping list with you** - This should stop you from looking around and being tempted by offers and other items in the store.

