10 tips
Nutrition Education Series

save more at the grocery store

10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose

Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons

Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.

3 look for savings in newspaper

Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program

Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale

Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons

Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find

Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.

8 find a coupon buddy

Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands

Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 stick to the list

Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.