



OUR "HOW TO" SERIES

# HOW TO SAVE MONEY AT THE

# Supermarket





Shop the specials – check the Coles, Woolworths and Aldi shopping apps to find the best prices on your favourite products

Use online shopping to avoid being tempted by end-of-aisle promotions

Menu plan, menu plan, menu plan! Not just dinners but breakfasts, lunches and snacks

Check discount stores such as Hot Dollar and The Reject Shop for cheaper dry foods such as pasta and shelf-stable snacks

Make a grocery list and stick to it

Take your lunch to work – there are so many lunch options available now. Invest in a thermos for warming soups or to keep hot dog frankfurts warm! Or try cruskits, bread rolls or wraps.

Don't shop hungry





Try to shop alone – pester power is real!

Limit buying soft-drinks and juices and stick to water. If you love fizzy drinks, invest in a sodastream and make your own at home

Try to reduce the amount of alcohol you buy. But if you love a few wines at the end of the working week, try a slightly cheaper bottle – Aldi is great for its affordable wines! Or use Boozle.com to find your favourite wine at the lowest price, locally to you

Try to limit your supermarket trips to no more than once or twice per week. The more often you pop into the shops, the more likely you are to overspend

If shopping online, google promo codes for Woolworths and Coles discounts

Avoid recipes that require obscure one-off ingredients





Use supermarket rewards programs such as Woolworths' Everyday Rewards or Coles Flybuys and utilise the savings

If shopping online, order through cash-back websites, such as Cash Rewards

Sign up for product testing and surveys such as Woolworths' Bunch program – these allow you to try a few new products for free

Give the no-name brands a go, you may be pleasantly surprised

Write a quick inventory of what you already have in your fridge, freezer and pantry and plan your shopping around these items.

Grow your own veges

Google suitable recipes that will use up the food you already have







Check unit pricing to ensure you are getting the best deal – often bulk packets work out cheaper per gram, but this only works if you know you will use it all before its expiry

Buy marked-down meat – if it is close to its expiry date, pop it in the freezer when you get home and use it to create your meal plan for the following week

Use apps such as Frugl and Wiselist to compare the supermarket pricings of your favourite foods

Buy seasonal fruit and veges

Bulk buy non-perishable items that you know you will need when they are on special – toilet paper, laundry detergent, flour, etc

Have 1-2 meat-free meals a week. Meat is one of the most expensive items we buy. Add more veges to your meals or bulk it out with beans or lentils. Or try fish for something different





Purchase Woolworths Gift Cards online through NRMA/RACQ at up to 5% off - it all adds up!

Shop at night. Many supermarkets start marking down items - especially meat - in the evening to clear their fresh stock, ready for the next day

Only buy what you need - there is no point buying a truck load of fruit and veg with good intentions if your family won't eat it all.  
Consider buying frozen veges to tide you over between shops

Consider bulk-buying with a neighbour or friend - Costco is a great option for this. Bulk foods are generally cheaper per kilogram.

Check pricing labels - just because an item is on special, does not mean it is the cheapest

Make meals from scratch rather than buying pre-made meals

