

How to Save Money on Food



Inflation Is Real

Are the trips to the supermarket costing you a lot of money nowadays?

Categorizing and paying attention to your groceries receipt daily can unlock what's costing you too much, and perhaps, the reason why you cannot save more money every month.

Start by breaking down the information on your receipt and by looking at the meats you are currently consuming; beef, pork, chicken, seafood, and other. Look at the price per pound and the quality of the meat. Check for expiration dates to make sure it last longer in your refrigerator. Meats are really the bulk of where your money is going.

In addition, look at the produce prices per pound or bunches. Once again, make sure that the quality and freshness of the groceries are good. Canned food, pastas, rice, and beans and other ingredients also must be taken into account as you purchase more food items.

I recommend keeping a record of this information. Always compare prices on all the things you buy. Once you have compiled this information, identify the items you like the most and the ones that give you the best value. This information will help you be better at selecting what you buy.

By being aware of what you consume and what you pay, you will be able to lower the cost of your food and eliminate waste, which will help you make the most of your money.

It Pays Off to Be Aware

For instance, maybe you are eating too much beef which generally can cost more than chicken. Aside from saving money, chicken can be a healthier alternative, which can help reduce the chances of future illnesses. If you eat seafood, strategize your meals to eat once a week because seafood prices are a lot more expensive. Compromising some of your favorite meals can lead to stretching your dollar even more.

The point of this perspective is to be aware of the things you can do to survive the high cost of food prices right now. Allocating your resources strategically can be a better way to do the best you can with your money. Remember, every day you work so hard to make your money, don't waste it!

Make the Best of What You Have

Putting meals on the table daily does not need to cost too much. Additionally, you will have a better outcome in terms of communicating about these issues with your loved ones. Each member of the family can make suggestions and contribute to finding ways to make your dollar go farther.

Cooking and spending time at the kitchen should bring you closer to your spouse and children. Find out what's in the pantry stored and use what has been there for too long. Go through the refrigerator and eat leftovers, specially from homemade meals, which in my opinion are the most tasty and better alternative than what you can find outside in fast food restaurants.

In America, you will find many ways to experiment with all kinds of food choices; such as Italian, Chinese, Mexican, Korean and many other types of foods to choose from. Planning your meals for the week ahead of time can significantly reduce the cost for breakfast, lunch and dinner for every member of your family.

Eliminating waste can add up more money into your checking account, which you can use for other things needed; such as gasoline, medications, or even eating at your favorite restaurant now and then. You have unlimited choices. Make them work for you!

To learn more about other ways to maximize your money, click here... <http://bit.ly/3y9KxU6>



Art De La Rosa
Financial Advisor/Realtor
USC Graduate/Author
(626)820-9013

DRE Lic#: 01791246 - CA Lic#: 0D32909

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