



Top 10 Tips for Saving on Great Food

Are you ready to start saving? Here are some simple ideas for shopping on a budget at Whole Foods Market. Remember, the real value is that you're getting real food here, not artificial ingredients!

1. Keep track of what's in your pantry and fridge, so you buy only what you need.
2. Check our specials online or at the store, shop for bargains and plan your meals around them.
3. Plan meal ideas for a week, shop with a list and stick to it.
4. Buy produce in season. For example, strawberries in winter usually cost more than in summer.
5. Buy bargains in quantity, but only if it's something you normally use, can store properly and won't waste.
6. Plan ways to use leftovers, giving them new life in soups, casseroles, salads, wraps and sandwiches.
7. Freeze sale goods, quantity purchases or leftovers in meal-size amounts in freezer-weight plastic.
8. Shop when you have time to compare the pricing of similar items on the shelf.
9. Don't shop when you're hungry...or when your kids shopping with you are hungry!
10. Shop the bulk grocery bins, especially when you need just a small amount of something.

Bonus Tip: Check out our *Great Cut, Great Price* program in Meat and Seafood for the perfect portion every time!



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