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Saving Money at the Grocery Store

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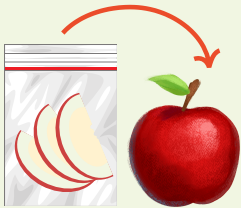
Buy Frozen Fruits and Vegetables

Frozen fruits and vegetables are fresh and last longer in the freezer.



Shop at Cheaper Grocery Stores

Shop at stores like No Frills, Food Basics and Walmart for cheaper prices.



Buy Whole Fruits and Vegetables

Buy whole fruits and vegetables instead of pre-packed or pre-cut.



Plan out grocery visits

Make a list of your groceries to avoid buying foods you don't need.



Buy foods in season

Buying foods in season will be cheaper.



Swap Name brand products for generic brands

Generic brands like NoName or GreatValue are cheaper than brand name products like Kraft or Kellogs.