

Your price book will help you evaluate whether it's a good deal or not since you now know each unit's regular price. Do a little crunching before you decide to put it in your shopping cart.

If you find a really good deal, stock up! Remember to stock up only on non-perishables. It's no use buying a huge bag of fruit, if it's going to end up rotting in your fridge. Canned goods, flour, rice, pulses are some items that can store well for a long time. Your aim here is to stock your cabinet and fill your freezer with the highest quality foods at the lowest possible price.

If you do stock up on perishables, then re-package and store them in smaller bags -Divide them into daily portions and freeze them. You can also be a smart bulk buyer by sharing the costs with friends or family. Buy in bulk and split up the food accordingly. This can be a great time saver too if you both swap shopping trips.

5) Coupons-A great way to cut your grocery bills in half!

Don't ignore coupons because they seem like too much work. Some savvy shoppers have been able to save anywhere from 50% to 80% off their grocery bills by being coupon masters. You can buy coupons in your Sunday paper or browse online stores that offer free printable versions that you can use at your grocery store.

How do you save money here? Buying direct from the farmer helps to cut out the costs that go into processing, packaging, distributing and ultimately displaying the product at a grocery store. Locally grown produce can also be much more delicious in addition to being inexpensive!

Seasonal food items taste much better than out-of-season items and you can even store them in bulk with a little preparation. Freeze vegetables like carrots and peas or use fruits and veggies to make jams, chutneys, juices etc.

Stop by at a fruit orchard for seasonal bargains or shop at the farmer's market on the weekend while running errands. You can also buy seafood directly from fishing boats if you live anywhere near the ocean. Another option is to trade money or labor at local co-operatives that have a large community garden.

8) How to get free food

Being net-savvy can help you get plenty of free food. There are plenty of sites that will mail you free samples if you fill in some basic information. One woman was able to save more than \$200 on just grocery bills. Open a separate account to send and receive email since you are liable to get a lot of junk mail too. Make sure to never enter sensitive information like your credit card or bank account details to avoid being scammed.

Legitimate companies are happy to let you try their product for free in the hopes that you will pass on the information to your friends and family, if you happen to like it. Some of the best sites for free things are-