

B	I	N	G	O
Take a photo of your fridge and pantry to help sort what you still have	Avoid shopping on an empty stomach	Consider how often you visit a grocery store in a week [make one big trip vs multiple small ones]	FREE SPACE	Consider store brand items
Buy whole vegetables	Set a specific amount of cash for grocery shopping instead of using a card	Create a shopping list	Be cautious of the end cap [displays that highlight items between isles]	Read the fine print on sales
Use a Reusable Bag	Bring plastic/glass bottles for deposit	FREE	Consider local food bank or community pantry	Consider reusable water bottles instead of purchasing bottled water
Purchase fruits and vegetables that are in season	Consider simple meals if you are on a budget	Cut down on frequent impulse buys	Consider leftovers	Consider which items you want from a grocery store vs a local business [Example: bread]
Build budget habits	Have a "store specific rewards card" Example: Shoprite Card	Check expiration dates on perishable items to avoid waste	Use physical or digital coupons	Check for shrinkflation

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Check for shrinkflation	Take a photo of your fridge and pantry to help sort what you still have	Check expiration dates on perishable items to avoid waste	Purchase fruits and vegetables that are in season	Build budget habits
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