

Plan your shopping to save money

Planning your grocery shopping helps you save money, reduce your mental load, and waste less.

1. Take inventory

- Identify the foods that should be eaten during the week:
 - Ripe fruits and vegetables or those starting to wilt
 - Dairy products and other perishables nearing their expiration date
 - Leftovers from prepared foods (rice, meat, sauces, etc.)

2. Plan your meals and snacks for the week

- Check the weekly specials:
 - Compare flyers from different grocery stores.
 - Browse flyers using free mobile apps like [Flipp](#) and [Reebee](#).
 - Check anti-food-waste apps such as [Flashfood](#) and [FoodHero](#).
- Choose simple recipes with few ingredients. Get inspiration by checking what's in your freezer and pantry.
- Remember to include grain products, protein sources, as well as vegetables and fruits to balance your meals.

Flipp



Flashfood



FoodHero



For quick and simple recipe ideas:

- centrealima.ca
- [Budget Bytes](#)
- fondationolo
- ricardocuisine.com

The best discounts
are usually on the first
page!

3. Make a shopping list based on your chosen recipes

- Don't hesitate to make substitutions to use up items you already have at home!
- Don't forget your staples.

4. Repérer les aubaines à l'épicerie

- Opt for store brands, which are often cheaper and just as good in quality.
- Choose larger formats, as they are generally more affordable, provided you will use them all.
- Take advantage of discounts on products nearing their expiration date if you plan to consume or freeze them quickly.
- Take advantage of price matching: some stores, like Maxi and Giant Tiger, will match the price of a product to a lower price advertised by a competitor.
- Keep an eye out for discounts and buy larger quantities of your staples and items you consume regularly. Freeze portions as needed.
- Buy imperfect fruits and vegetables sold at reduced prices in some stores.

[Learn more about price matching policies](#)



For more tools, go to www.centrealima.ca

Tip

Make a grocery list as the staples (spices, condiments, flour, etc.) are used up and keep it visible in the kitchen.



Compare prices

Look at the price per 100g shown on labels to compare the price of different products.

