

The 5 Myths Of Saving Money On Food

Almost everyone needs or wants to save money for time to time. Some expenditures can not be changed easily; like rent, car payments, insurance. Saving on food is a goal many try to accomplish. Some don't succeed at it as well as they can or quit after awhile like a smoker trying to quit. One of the budget items people can adjust is money spent on food and dining. It is not as hard as believed if approached with forethought and learning what works for others. The average American family today dines out and uses convenience foods far more often than families did 25 years ago. This budget area offers an excellent way to spend less while still eating well. To save the most know certain shopping truths. To know how something works, you sometimes need to know what doesn't work.

5 myths of saving money on food

1. To save money you have to use coupons. False. You can save money on food without using coupons, but it takes a little more planning. Two for one item sales and special holiday sales can help particularly.
2. Wholesale stores are always better to shop at. False. While certain items bought in quantity offer significant savings, the choice of what you need or want may not be there. Check the price to be sure it is a better price!
3. Store brands are always the cheapest buy. False. Sales frequently bring brand names close to store brands. Add a coupon or buy at a 2 for 1 sales price, brand names are less.
4. You save more money by shopping several stores. False. How much is your time worth? How much more will you spend on gas? Would you be able to stick to a set list when you shop more than one store? On a weekly basis, our finding is one particular store will usually be your best buying location.
5. Buying the largest package sizes save more. False. The larger volume package does not always save money. Plus, is there any waste? Can you use it all?
6. It takes a long time to prepare to save money. False. Our weekly grocery trip is planned in less than one hour, rarely longer except for big events. Most of it I do sitting in front of my favorite TV show.

Each of the above six myths are incorrect. Want to save money? Take a look at how you are shopping and what assumptions you are making. Taking time to check out those assumptions may save you from making some costly mistakes.

About the Author

The Food Safety Consortium consists of researchers from the University of Arkansas, Iowa State University and Kansas State University.

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