



Money Saving Grocery Shopping Tips

A Little Homework

Planning before you head off to the supermarket will help you shop more economically. Take the time to do a quick inventory of your kitchen to determine the food that you need and prepare your shopping list. A little homework will save you gas and you will make less *unnecessary* shopping trips.

Choosing the Right Store

For basic grocery needs, Super J stores offer excellent product and price selection. However, for bulk buying, you may want to shop at Big J's Wholesale Club. Non-perishable items are often at unbeatable prices at both Super J's and Big J's.

Specials

Specials occur at the end of the month and midmonth at Super J Supermarkets. Super J's monthly Publication CheckOut, promotes the products on Special at the end of the month. Apart from specials and deals the CheckOut gives buyers information on what is happening at Super J along with other money saving information, tips and advice. Get your hands on the CheckOut and the Specials flyers every month for great deals and to save money.

Perishables like vegetables, milk, eggs and cheese are important for your basket. You will always need fresh foods to eat. However to avoid waste and spoilage, plan your perishables purchasing carefully so that you do not overpurchase on these items.

Super J Loyalty Card

Super J offers the Super J Loyalty Card, to frequent buyers, so why not sign up! With the Super J Loyalty Card you will not only **earn points** on purchases, you will also get **discounts** on selected items.

Compare and Save by experimenting with Brands - Try it, You May Like it! Taking a moment to compare similar products will help you get the best value for your dollar. Do not be afraid to experiment with different brands as this will help you make savings off your annual grocery bill.

Bulk Buying

Many smart shoppers enjoy stocking up on food items in order to save money on their grocery bills and when done systematically, it can really pay off. Before you fill your cupboards with bulk items, you may want to review the average shelf life of those products you are considering purchasing. Ask yourself if you have adequate storage space, freezer space, and how much your family enjoys the products you want to purchase. Check Big J's for the best prices in bulk shopping island-wide.

Rotation - When you buy food, keep track of it. It is a good practice to rotate your stock at home. When doing so always check "expiration" and "use by" dates to ensure that **you use foods** by or before these dates and not end up wasting money.