## Let's Shop

## As you begin to make purchasing decisions consider using some of the following comparison shopping techniques to help you make the best choice!

COMPARE: Look at the specific price per unit. Compare generic or store brands, which may be less expensive. Look at the list of ingredients, weight and number of servings in a package to get the size you need.

CHECK FOR SALES: Most stores advertise weekly sales on specific items and brand names.

USE COUPONS: Print or online coupons can help you save on a variety of discounted items. However, make sure you are not deciding to buy something just because it's on sale. Only purchase items you will actually use and in quantities that make sense for you.

BUY IN BULK: If the product is something you'll use regularly and can stay fresh, buying in larger quantities (bulk) can help you save.

STAY LOCAL: If possible, consider staying close to home to do your shopping. If you travel between several stores you spend both time and money (transit, gas) which may end up making your shopping even more expensive.

