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The Best Ways to Save on Groceries

Buying groceries is a normal part of everyday life. It's spending that you have to manage to survive. But it's too easy to get to the checkout and experience sticker shock when you don't go in with a plan. Don't worry. There are many ways to help you save on groceries and make the most of your money, just follow these straightforward tips.

Simplify Your Meals – Meal planning is a great way to save money. Every week, create a meal plan that allows you to use ingredients in multiple recipes. That way, you can ensure food doesn't go to waste, and you don't spend too much on food items. Search for recipes using Ziscuit's Recipe Marketplace, where users share and store their favorite recipes.

Set Your Grocery Budget – Before you head to the grocery store, set a realistic budget and stick to it. You can estimate the costs of your grocery list before you head to the store. That way, you know what to expect and avoid going over budget. Ziscuit can help you create a grocery list and review pricing to help you find low-cost ingredients.

Use a Digital Pantry to Track Stock – Use a digital pantry to help you keep track of the food items you already have. After you store food, it's easy to forget what you already have when you're at the store. You can quickly pull up the digital pantry to check before you buy. Duplicating purchases leads you to spend more and leads to more waste.

Use Ziscuit to Compare Prices Across Multiple Stores – Every grocery store has a different pricing structure. Where one item might be cheaper, the others on your list may be more expensive. When saving money is the top priority, use Ziscuit's Grocery Store Search Engine to find low-cost groceries at your local grocery stores.

Practice Disciplined Portion Sizes – When making meals, be mindful of the portion sizes to ensure you aren't making too much food or overeating. Planning out portion sizes works for restaurants and can work for you, and even help you shed a few pounds.

Consider Generic Brands – Name brands can cause you to spend top dollar on what you perceive is the best quality. Private and store brands often use the same manufacturer and are the same product as some of your favorite brand name items. You can save a lot of money by choosing private or store brands.

Avoid Impulse Purchases – Going to the grocery store should be well-planned to avoid impulse purchases that can add up. Here are a few quick tips:

- It's better to leave the kids at home when you make your way to the store. Kids are notorious for seeing their favorite foods and asking for what's not on your grocery list.
- Eat before you go grocery shopping. Shopping on an empty stomach can lead you to grab things that look delicious and weren't in the plan.

Ditch the Grocery Delivery Service – While convenient, grocery delivery services can rack up the costs in delivery fees, mileage, and even tips for drivers. You end up making them rich, and they make you go hungry.

Try Alternative Proteins – Beef, chicken, and pork are staples year-round for every household. You can save a lot of money by trying alternative proteins like deer or duck meat during hunting season. Whether you are a hunter yourself or buy from your local hunter, you can buy in bulk and store it in your freezer almost all year.

Your groceries can become a large chunk of your monthly finances, but you don't have to experience sticker shock. Cut your grocery budget by following these simple tips, and you can save money and reduce food waste.

When it comes to your recipes, don't risk it. Just [Ziscuit!](#) Register to use Ziscuit today and be entered to [win \\$100 in FREE groceries.](#)

About Ziscuit, Inc.

Founded in 2020, Ziscuit's (www.ziscuit.shop) mission is to ensure that good food is available to everyone everywhere. The Atlanta-based startup has built a grocery search engine that delivers INSTANT savings to shoppers and high-value traffic to retailers, i.e., the Kayak of groceries. 49M Americans struggle to put food on the table because of high grocery prices. Ziscuit's algorithm instantly shops consumer grocery lists with neighborhood stores and suggests combinations of store options that save consumers time and money. Ziscuit Beta testers save \$10-\$15 per shopping trip (1,000%+ more than using coupons). Sign-up for Ziscuit's product launch at <https://www.ziscuit.shop/>