

# 13 Strategies to be a Savvy Shopper

It's not just WHAT you shop for but HOW you shop when it comes to what ends up in your cart. There is more to getting good deals on groceries than just knowing the best prices. Use the following techniques to get in and out of the store quickly and without extra items.

## 1. Set a timer.

On the iPhone: clock > timer > adjust school wheels > start

On the Android: app drawer > clock > timer icon > set the time > play button

**2. Wear headphones with upbeat music.** Jog.fm (available as an app too) lets you choose songs according to how fast you want them to be. A 9:00 mile, or 160 bpm, is a great fast shopping pace.

**3. If at all possible, don't shop the weekend.** Subconsciously, the crowds make you spend more to be part of the group. As a general rule, Mondays and Tuesdays are best to avoid the crowds.

**4. Use the smallest grocery cart you can, or even better, a hand basket.** Grocery carts are getting bigger and the result is spending up to 40% more.

**5. Don't shop with your senses.** You don't have to literally plug your nose, but remember that almost everything you smell is designed for you buy something you didn't necessarily need.

**6. Skip the samples.** They're designed to entice you to buy something you weren't intending to, and you don't have to say "thank you" for the sample by buying the product.

**7. Skip aisles you don't need.** It's the ultimate way to turn your nose up at temptation.

**8. Keep a running total.** Seeing how close you are to your budget for the week is especially helpful in fighting impulse buys. At the same time, knowing you have extra wiggle room allows you to take advantage of rock bottom prices.

**9. The same items are in different places.** Understand the layout of your store so that you can accurately compare prices of similar items.

**10. Use the butcher services.** They're extra hands and time in the kitchen that you don't have to pay for.

**11. Compare fresh seafood to frozen.** Unless you live by the ocean, chances are the "fresh" seafood isn't really fresh, and it's more expensive anyway.

**12. Fixed price strategies.** My top 3 tips for getting the most out of produce when it's a fixed price.

**13. Shop in a different direction.** Shopping counter-clockwise can save you serious dollars over time!

