

## **Tips from the List Team**

---

- **If the store is out of a sale item get a RAINCHECK from the Customer Service counter.**
- **Cash in on coupons that the store offers, and coupons that are given at the check-out.**
- **Take advantage of gas discounts.**
- **Buy non-food items at discount stores where you will find better prices on items like paper goods and toiletries... save the grocery store for food only.**
- **Buy bulk pantry items when they are on sale.**
- **If you're not going to be home, don't buy highly perishable items or freeze them.**
- **Use highly perishable food first; cook seafood and ground meat within 3 days or freeze.**
- **Buy seasonal fruits and vegetables**
- **Season with olive oil, salt (kosher, if possible), and pepper when you are grilling or broiling meats and vegetables.**
- **Use the microwave to speed up cooking times of items that aren't ready with the rest of dinner.**
- **Cut and wash vegetables for the week the night that you're cooking.**
- **Make extra portions at dinner for lunch the next day.**
- **For quick kid's snacks and treats, bake muffins, cookies and brownies ahead of time and freeze wrapped in individual servings.**
- **Keep your food preparation counter and dinner table clear of papers and clutter, so it is a stress free environment.**
- **Try something new!**