

STRETCHING YOUR Food Dollar

Americans spend an average of

\$5,174 PER YEAR

on groceries, or roughly

\$431 PER MONTH.



On average, food prices are up 11.4%. What are some causes of this increase?

- Rising inflation
- Supply chain shortages
- Increased energy costs

In addition, your grocery bill is influenced by your diet, budget, region, and number of people eating in your household.

**Flip for tips on
how to save!**



WAYS TO SAVE ON YOUR Grocery List



- ☐ Go in with a list and stick to it.
- ☐ Opt for whole items over pre-packaged.
- ☐ Buy generic brands.
- ☐ Buy wholesale or in bulk.
- ☐ Buy items when they are on sale.
- ☐ Clip coupons from your grocery store and the product manufacturer.
- ☐ Compare prices between stores.
- ☐ Utilize your store's rewards program.
- ☐ Utilize cash-back programs from your bank or credit card.
- ☐ Research rebate apps.
- ☐ Bring your own bag for a discount.



Source: [cnn.com](https://www.cnn.com)

