

Making a list can save on grocery bills

Making a list and checking it twice — may yield substantial savings on groceries. Why a list? "Impulse purchases drive up food costs," said Mary Meck Higgins, Kansas State Research and Extension nutrition specialist.

"On average about 40 percent of grocery purchases are impulse buys." That means a consumer shopping with a list and sticking to it who spends \$50 a week on groceries

might, save \$20 a week, or more than \$1,000 a year. If spending \$100 a week, savings could add up to \$2,000 a year. Higgins' tips include:

- Keep a shopping list in the kitchen, since return trips take time

and add cost.

- Organize a shopping list by category and in the same order as the store aisles.
- Plan ahead, in thinking through meals and menus.
- Shop the outside aisles of the

store where the least-processed foods - fresh fruits and vegetables, meat, eggs, dairy and bread are offered.

- Eat before shopping, and shop when the store is less crowded.
- Stick to the list.

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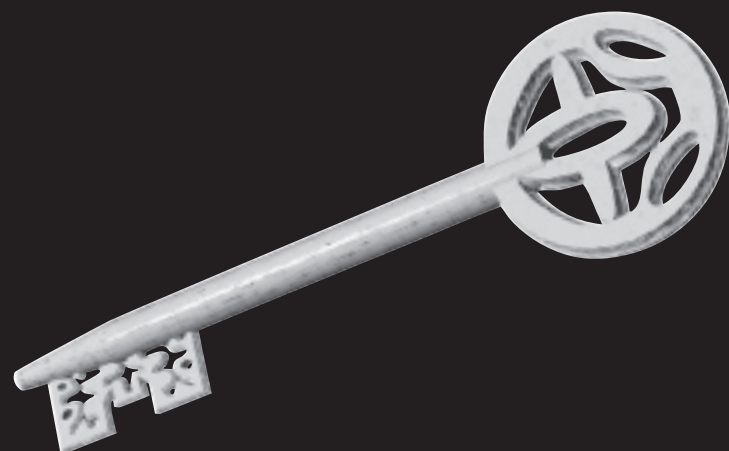
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