

# SAVING WHILE SHOPPING

It is easier to save when shopping when you have some tips and tricks to help you!

## LOOK UP AND DOWN!

- Products at your eye level are the ones they want to sell.
- Look up and down to see if there are better options available!



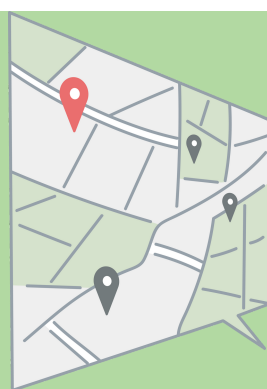
## WATCH OUT FOR TREATS BY THE TILL

- Treats are often put next to the till so that you will buy them without thinking.



## STORE LAYOUT

- Every day items are often put right at the back of the store so that you have to walk through aisles of treats and goodies before you get to what you need.



## DON'T SHOP WHILE HUNGRY!

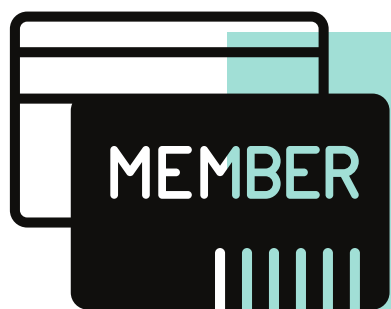
- Shopping when you are hungry makes the food look more appealing, making you more likely to buy more!



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## MAKE A SHOPPING LIST

- Making a list and sticking to it can help you buy exactly what you need.
- You can also make meal plans for the week to make the most out of your shop.

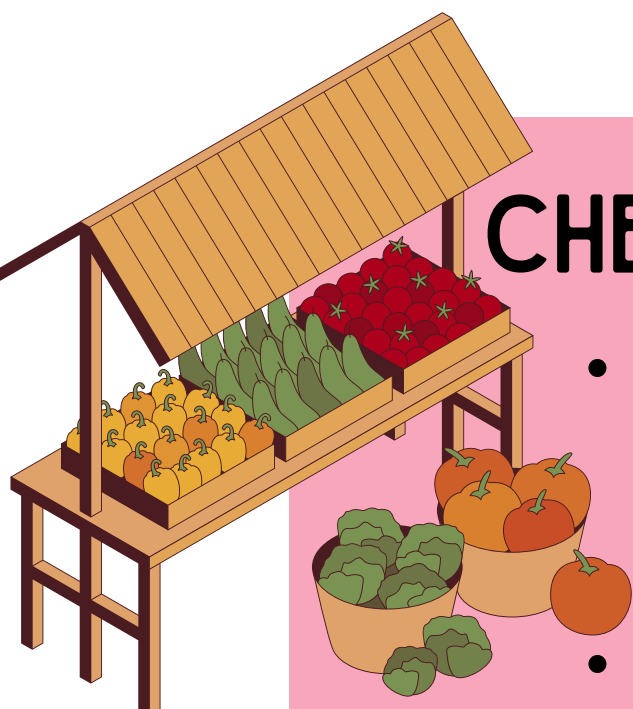


## USE FREE SUPERMARKET LOYALTY SCHEMES

- Some supermarkets offer free loyalty schemes that get money off your shop.
- If you always shop at the same supermarket this could save you money.

## CHECK THE BRAND

- Products labelled, 'Premium,' 'Finest,' or 'Special' are usually more expensive.
- Branded products will be more expensive than own brand products
- Products labelled as 'Value' are usually the cheapest option.



## CHECK OUT THE MARKET

- Go to local shops or local market stalls and compare the prices to your local supermarket.
- There may be hidden bargains!