
Save time in the supermarket, by Hectic Helpers

Posted by Registered01 - 2008/09/08 16:27

Discover how to save time and money in the supermarket

You would have to be living with your head in the sand not to have noticed the rise in your grocery bill over the last year or so. Every time you go through the checkout it seems to cost more. Part of this is due to the fact that prices on grocery items have increased, but part of it also has to do with the amount of spare time we seem to have. More and more people are buying prepackaged meals rather than making their own from scratch.

Here are my Top 10 hints for saving time and money in the supermarket

1. Shop around– Check your junk mail for supermarket specials. Most people live within 5 or 10 minutes of at least 2 of these, so whoever has the most items that you use on sale should get your business that week. Saving \$2 at the pump on your petrol is good, but saving \$5 on your cleaning products etc at the competition's supermarket is better.
2. Keep a notebook on or next to the fridge – Every time you use something in the pantry or fridge, add it to the list so you can restock when you are at the supermarket
3. Plan your meals – Take 10 minutes to sit down and plan your meals for the week. You don't have to specify which meal is for which day, but a list of 7 meals attached to the fridge, makes the decision a lot easier when you get home, and less tempting to use prepackaged or takeaway food.
4. Make a list – Once you have worked out your meals, the ingredients make the basis for your shopping list. Take a look in the pantry and the fridge as well as in the laundry and bathrooms for things that are running low. Add the things that you have run out of during the previous week and hey presto – there's your list!
5. Break your list into supermarket sections – Put all of your fruit and vegies, dairy items, deli items etc together on the list so you don't forget items and have to backtrack in the supermarket. You'll be amazed at how much time this will save.
6. Buy in bulk –When something you use on a regular basis is on sale, buy a few of them. If they are on super special (eg nappies), buy lots. If you have a chest freezer, buy in bulk when meat is on sale (late in the afternoon or first up in the morning), or go to one of the larger butchers and stock up. They usually have great specials when you buy in bulk.
7. Don't shop when you are hungry – We've all heard it before, but it's true. If you go shopping when you are hungry, you are more likely to impulse buy foods because they are appealing to your hungry stomach.
8. Take a pen – Cross off each item as it goes into the trolley. You will save time by not having to constantly reread the list. The things that aren't crossed off are the only things you need to look at. Plus, there's less chance you will forget something.
9. Only buy what's on your list – Don't waste your hard earned time or money on things that aren't on your list (unless of course you realise that you only have 1 roll of toilet paper left at home)
10. Shop in quieter times – Shopping during the week first thing on Saturday or Sunday morning. There are less people to clog the aisles and the registers so you will be done in no time. There is also less chance that you will impulse buy at the register.

If all of that still seems too hard, you only need to do items 2,3 and 4 and then give Hectic Helpers a call and we will take care of the shopping for you. We'll even deliver it you at home and put it away!

Hectic Helpers offer a range of errand and personal concierge services. We can assist with coordinating tradespeople, doing your grocery or gift buying, decluttering your home, making your holiday reservations, planning your next party or just taking away the headaches of your office admin. The to-do-list specialists can be contacted on 0409 827 185 or kay@hectichelpers.com.au. Visit us at www.hectichelpers.com.au

WOW Gold

Posted by pp1234 - 2011/10/20 17:28

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