

Shopping on a Budget



Lien buys groceries for her family. She comes from a big family so their groceries are expensive. She knows a lot about shopping on a budget. This helps her save money.

Lien shares her ideas:

Make a grocery list before you go shopping so you only buy what you need.

Look for flyers at the store. Look in the flyers for sale items you use often like rice and canned goods. Buy these items when they're on sale.

Go grocery shopping on a full stomach. Hungry shoppers spend money on things they don't need, like chips and pop. Shopping on a full stomach will help you buy the healthy items on your list.

Lien's ideas for saving money can help us. What are your ideas for grocery shopping on a budget?