



NEWSLETTER

Housing Commission of Anne Arundel County

"HOUSING CHOICES AND AFFORDABLE COMMUNITIES"

www.hcaac.com



Stretch Your Food Bill Ten Money Saving Grocery Shopping Tips



1). Do your homework

Planning before you head off to the supermarket will help you shop more economically. Take the time to do a quick inventory of your kitchen to determine the food that you need. Prepare your shopping list and make notations of applicable coupons that you may want to use. Read the newspaper and circulars for the best deals.

2). Choosing the Right Store

For basic grocery needs many grocery stores now offer excellent product and price selection, frequent shoppers programs, and double coupon days. However, for bulk buying, you may want to tackle the warehouse clubs or super-stores. Non-perishable items are often at unbeatable prices at these types of stores.

3). Eat First!

Grocery stores know the power of the sweet smell of freshly baked bread, and other foods to entice you into buying more. Remember, everything looks good when our stomachs are screaming, "feed me!"

4). Coupons, Rebates, and Frequent Shopper Programs

You can save hundreds of dollars a year by taking advantage of product incentives. Even the less enthusiastic coupon clipper can shave an average of ten percent off their bottom-line by cashing in a small handful of coupons

per trip. In addition, if your store offers a frequent shopper program, why not sign-up! You will receive advanced notice of special loss leaders, double-coupon days and other money saving information.

5). Store Brands - Try it, You May Like it!

The days of generic type packaging and bland tasting food in store brand products is over. Companies have worked hard to improve their private-label brands and often the taste is equal to the national brands. If you find the product meets your standards, you can save an average of 40 percent off your annual grocery bill.

6). Setting Limits on Impulse Buying

Avoiding spontaneous shopping trips is one of the best deterrents to impulse buying. A well thought out shopping list that you stick to will help cut-down on grabbing for things that you do not need

7). Comparison Shopping

To determine the true value of a product, read the unit price, not just package price. The unit price information is usually on a sticker located on the shelf that holds the item. The package price only tells you the cost of the entire item. The unit price shows the cost per pound, ounce, etc. Also, be certain to check "expiration" and "use by" dates for the freshest products.

8). Beware of Marketing Strategies

Knowing some of the tricks of the trade will ultimately save you money. Beware of end-of-the-aisle dump bins, island displays, recipe related item placement, and "middle-shelf" items. This is typically, where higher priced and impulse products are placed.

9). Learn to Be a Label Reader

Ingredients are listed in order by the quantity actually used when making the product. The ingredients used the most are listed first. So for example, if you are looking for avocado dip you will want to see avocados listed in the first part of the ingredient list, not the last part. If you are looking to cut fat from your diet, watch being sold with words such as lite or fat-free which have a broad usage allowance.

10). Watch the Scanner

It may mean you need to put down the magazine but this is not the place to get lax. Keeping your eyes peeled to the scanner has dual advantages. First, it will keep the cashier more alert. Secondly, it will allow you to stop the checkout process if an item is showing the incorrect price. Keeping the store circular nearby is also helpful in disputing and incorrect price. You can also ask the cashier to stop ringing while you accompany the employee to the aisle to check the price of an item.

COMMUNITY SAFETY SPOTLIGHT

MAURICE PRICE
COMMUNITY SAFETY COORDINATOR

“WANTS” GOT NOTHING TO DO WITH IT!

There is a difference between our “wants” and our “needs”, what we desire and what we deserve!

We want big, bold and beautiful homes that stand out! What we need are livable homes where our families are safe and sheltered and our apartments are

clean and serviceable!
What we desire are streets, long and lush with greenery and canopy topped trees; where every drive-way is decorated with a luxury car to our liking! What we deserve are streets that are safe for our children to play, where our curbs are not littered with trash from the ice-cream truck or beer cans from the local liquor store!

We seem driven by what we WANT and what we DESIRE and at times it drives

us to do “whatever” to get those things. We will take short cuts, bend the rules and even break the law to meet our wants and desires.

What if we used the same energy to meet our needs and those of our neighbors? What if we lived according to what we deserve, what our children and families deserve? If we do according to our needs, our wants and desires will usually follow close behind!

CASEWORKERS CORNER

STEPHANIE HNIDA
CHSP COORDINATOR/HUMAN SERVICES CASEWORKER PWE

Has the rising cost of food taken a toll on your budget? Here are a few more tips to save on food costs:

Pick products on the top and bottom shelves. Smaller sized items with a higher price per unit are often places at eye level.

Avoid buying prepared or packaged goods. When buying these items, you’ll pay for the convenience.

Do not buy non-food items at the grocery store. Again, you’ll pay for the convenience. Health, beauty, & toiletry items are cheaper at bargain and dollar stores.

Join free grocery savings clubs. You could save up to 20% off your total bill.

Make a list of items you need before going to the store. Remember to stick to your list and avoid impulse buys. Use the sale flyer to help plan your meals. Also, don’t go to the grocery store on an empty stomach.

Buy frozen seafood instead of fresh. Vacuum-packaged shrimp and fish products cost up to 40% less than fresh. Also, most fresh fish has been previously frozen during transportation.

Buy beef and chicken in bulk or family sized packages. You could save between 20-50%. If portions are too big, split the cost a friend or family member. Take turns making meals with a neighbor, friend, or family.

Learn about nutrition programs in your community. The Department of Aging provides nutrition sites throughout the county for seniors and disabled adults. See your Human Services Caseworker for details or a list of programs you might be eligible for.

Buy store brands instead of name brands. Did you know the same manufacturer that makes a brand name product often makes the store brand?

Use coupons. Look for double-coupon days. Also, check the websites couponcart.com or coolsavings.com for deals and coupons.



IMPORTANT NUMBERS

www.hcaac.com

Section 8, Mainstream Housing, H.O.P.W.A. & Caseworkers.....410-222-6205
Facilities Management Office (Maintenance Request).....410-553-9675

IMPORTANT COUNTY TELEPHONE NUMBERS FOR SENIORS

County Information	410-222-7000	Social Services	410-421-8500	Taxi Program	410-222-4222
Department of Aging	410-222-4464	Weekday Nutrition	410-222-6240	Transportation	410-222-4826
Partners In Care	410-544-4800	Pascal Senior Center	410-222-6680	Meals on Wheels	410-431-5257