

\$ Dollar Store Food Finds

When budgets are tight, some people turn to their local dollar store for food bargains. Here are some things to keep in mind when shopping for groceries at a dollar store!

Know the foods offered

If you have more than one dollar store in your area, visit them often to see how they compare. Some stores offer canned fruits and vegetables while others offer more snack foods (with little nutritional value). A quick internet search can be helpful if you don't want to go in person.



Don't be afraid to try different brands

Dollar stores often sell national brands as well as regional foods that you may not see very often. Compare the ingredients list and if something is similar to a brand you know, it may be worth a try!



Know your prices

Just because a food is sold at a dollar store doesn't mean it is the cheapest price in town. Compare prices of similar items.



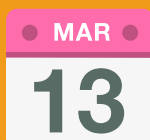
Check the package size

Dollar stores may sell items in smaller packages compared to traditional grocery stores. Keep this in mind when determining if something is a bargain.



Watch expiration dates

This tip applies everywhere. Buy only what you can eat before the date stamped on the package to get the best quality for your money. With the exception of infant formula and washed, cut and packaged produce, most foods can be safely eaten after the date on the package.



Read food labels

Read the label to know exactly what you are buying. For example, canned fruit can be packed in juice or heavy syrup. Cheap food isn't always the most nutritious so read the ingredients list.

Ingredients: peaches, pears, water, corn syrup, sugar.