

# Cost Saving & Purchasing Tips

Here are some simple tips to cut costs when shopping for your breakfast program.

## Grocery Shopping Tips

### Read Flyers

Review flyers for grocery stores in your area. Using your menu as a guide, be flexible to take advantage of sales while still focusing on making healthy choices.

### Buy in Bulk

Buying larger quantities can often be more cost effective. Consider storage space and usage before purchasing.

### Check Unit Pricing

Checking the unit price ensures the items you buy in bulk are cost effective. The unit price is the cost per litre, kilogram, etc. It can usually be found on the price tag attached to the shelf. Unit price is the cost divided by the quantity.

### Shop in Season

Produce that is in season is generally fresher, tastier and less expensive.

### Coupons

Look for coupons online, in your local paper, or in the grocery store.

### Store Brands

Store name or no name products are usually of equal nutritional value and at a lower price. If changing from one brand to another, ensure it meets the Food and Nutrition Policy for Nova Scotia Public Schools. Find it here: <http://ow.ly/6J2S30dDb6h>

## Alternative Shopping Ideas

### Food Distribution Company

There are many great options such as Armstrongs, GFS, Sysco, Pete's, and more.

### Work with your Cafeteria

Add the food order for the breakfast program to their discounted food service order.

### Buy Local

Connect with a local farm or check out your local farmer's market for great produce prices.

### Partner with Other Breakfast Programs

Combining food orders with another school is a great way to cut cost and reduce food waste.

### Shop Wholesale

### Grow your own Food

Creating a school or community garden is a great way to have fun and save money on food.

