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How To Budget For Groceries

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Sticking to a list in the grocery store is an effective way to keep yourself accountable and not spend money on processed or pricey items — there's no need to take a stroll down the candy aisle if it's not on the list.



DO you ever sit down and make a list of the things you needed at home before you go out for grocery shopping? If so, what are some of the ways you can maintain a healthy budget?

Making a list before leaving the house must be a priority we should all practice.

Having a budget done and ready will help us in a way that we won't face any problems while out grocery shopping.

Here are some ways on how to budget on groceries from website: mint.intuit.com;

1. Track Spending

Before you figure out what you should be spending on food, it's important to figure out what you are spending on food.

Keep grocery store receipts to get a realistic picture of your current spending habits.

2. Allocate a Percentage of Your Income

Consider using a grocery calculator if you're not sure where to start.

While people spent about 30 percent of their income on food in 1950, this percentage has dropped to 9 –12 per cent today.

Consider allocating 10 percent of your income to food as a starting point, and increase from there if necessary.

3. Avoid Eating Out

This is the least fun tip. Eating out is a quick and easy way to ruin your food budget.

If you're actively dating or enjoy going out to eat with friends, be sure to factor restaurants into your food budget — and strictly adhere to your limit.

Coffee drinkers, consider making your favorite concoctions at home.

4. Plan Your Meals

It's much easier to stick to a budget when you have a plan.

Plus, having a purpose for each grocery item you buy will ensure nothing goes to waste or just sits in your pantry unused.

Don't be afraid of simple salads or meatless Mondays. Not every meal has to be a gourmet, grandiose experience.

5. Keep a Fridge Grocery List

Keep a magnetized grocery list on your fridge so that you can replace items as needed.

This ensures you're buying food you know you'll eat because you're already used to buying it.

Sticking to a list in the grocery store is an

NOTHING beats a glass of Nutri-C to quench your thirst and keeping yourself hydrated in this hot weather is extremely important. You can beat this flu season by getting your daily dose of Vitamin C with Nutri-C Powdered Juice.

Proudly distributed by Superb Distributors Pte. Ltd, Nutri-C powdered juice drink is a healthy, refreshing and nutritious drink.

Rich in vitamin C, Nutri-C contains multivitamins and minerals that helps you maintain a vigorous stamina daily.

Nutri-C Party is available in many different delicious, concentrated flavours that you can choose from, namely orange, mango, tropical, soursop, strawberry, lime, apple and melon.

Nutri-C powdered juice comes in 250g & 750g size and contains 100 per cent vitamin C, and comes together with calcium, vitamin A, E, B Phosphorus and Folic Acid. NutriC effective way to keep yourself accountable and not spend money on processed or pricey items — there's no need to take a stroll down the candy aisle if it's not on the list. 6. Eat Before You Go to the Store

If your mother gave you this advice growing up, she was onto something.

According to a survey, shoppers spend an average of 64 per cent more when hungry. Sticking to a budget is all about eliminating temptations, so plan to eat beforehand to eliminate tantalizing foods that will cause you to go over-budget.

Sticking to a food budget takes planning and discipline.

While it may not seem fun at first, you'll likely find that you enjoy cooking and trying a variety of new foods you wouldn't have thought to use before.

Party comes in 32g packets which makes up to 1 litre of refreshing juice which is also very economical and budget friendly.

Why Vitamin C is so important some people may ask?

Vitamin C repairs and regenerates tissues, aids in absorption of iron, prevents scurvy (weakness), and decreases bad cholesterol.

Research indicates that vitamin C can help fight cancers by combating free radicals and help neutralise the effects of nitrites (preservatives found in some packaged foods that may raise the risk of certain forms of cancer).

Vitamin C can also lessen the duration of a common cold, help delay or prevent cataracts, and support healthy immune function.