
5 EFFECTIVE IDEAS FOR YOUNG ADULTS TO SAVE MONEY ON FOOD

It has always been a matter of neglect to save money on food. Food is the thing on which people have a binary opinion as to either eat it or leave it. By thinking smartly, things can go under budget and you can push your limits to get the thing which you crave for.

People usually do not go with a plan when it comes to the task of having-something-to-eat. They just go with the mood, find a decent place and order whatever they feel like. Nobody cares for the budget and eventually they end up with a costlier bill. Here are some tips on how to save money on food which will surely help you to get some savings:

- **Never go hungry:** It is the worst time for anyone to shop for food items when feeling hungry. All the delicious looking items are always placed at the section nearer and clearly visible to the customer. Studies show that the hungry folks end up shopping 30% extra as compared to the normal shopping scenarios. This 30% could be used as a saving or buying something under budget.
- **Go with a shopping list :** Before going to the supermarket, it is advised to make a shopping list of the necessary items needed to buy for the daily household. Sticking on to the list helps in staying focused to necessary items only and doesn't distract you towards catchy and mouth-watering items. A shopping list is actually an expense under budget. Studies state that a shopping list helps in making the expense under budget and also prevent wastage of time in shopping for unnecessary items or buying irrelevant things.
- **Hunt for cashbacks :** With the rise of online shopping, many shopping apps provides decent cashbacks in the wallet account. 10% cashbacks, 20% cashbacks, Rs. 200 cashbacks are some very common schemes for the same. For almost every food item category, there is an app and for every app, there is a cashback. For newly registered customers, it goes like a jackpot. Sometimes the cashback goes up till 50% off on the listed price.
- **Coupon code saves money on food :** Lots of local small-scale businesses are expanding their businesses to a large scale. Companies have collaborations with other companies in the food category, grocery shopping companies, and payment banks. Shopping at one stop helps in getting a coupon code for the other. Referral points is a well-known scheme which almost every company follows. On referring a particular app to some customer, the company offers a coupon code or reward points which helps in getting a direct discount for various food apps.

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- Bulk shopping on time : Bulk shopping is always the cheapest. List out the thing which can take in bulk. For example grains, toilet paper etc. Do not mark those things which have a very short expiry date. Example: medicines, ketchup etc. Generally, bulk items provide majorly 18% of profit to the customers in a long run. But, shopping at the right time is really important as sometimes tend to reduce the number of items. Therefore, buying in bulk is good only when shopping is done on time.

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