

Savvy Grocery Shopper

Tips on how to save money while shopping for food.

Check out list of [Affordable Grocery Near UC Berkeley Campus](#)



Farmers market – Great for seasonal produce.

Tip: the last 30 minutes of the farmers' market, vendors often slash prices down to sell more produce.

Check out: *Downtown Berkeley Farmers' Market (on Saturdays) @ 1931 Center St, Berkeley, CA and Berkeley Farm Stand (Monday to Friday from 3:00pm – 7:00pm) @ Downtown BART Plaza*

Click on these links for more details on [Berkeley farmers' markets](#) and [Berkeley farm stand](#).

Downtown Berkeley's Farmers' Market & Farm Stand accepts CalFresh EBT (SNAP) AND has [Market Match](#) food incentive program (e.g. spend \$10 of CalFresh benefits on produce, receive extra \$10 to spend on produce). Learn more about CalFresh here: <http://calfresh.berkeley.edu/>



Bulk buys shopping – Costco or other grocery stores

Tip: If you do not have a Costco membership, find a friend that does and shop together. You can split the bulk goods while getting the wholesale price at any grocery store.

Check out: Costco @ 4801 Central Ave, Richmond, CA



Welcome dried beans to your grocery list – Often less than 25 cents per cup, dried beans are an affordable protein and a nutrition powerhouse!

Tip: Canned beans are also a cheap protein source, but dried beans from scratch is cheaper! Check out how to start cooking your own here: <https://food.unl.edu/cook-it-quick-documents/cooking-dry-beans.pdf>



Utilize your smart phone – There are many **FREE** smartphone Apps that can help you save money while shopping. They can help you keep track of coupons and earn cash back for special item purchases.



Target (Cartwheel is embedded)

Use the app to search for discounted food items ahead of time or while you are grocery shopping. Scan the barcode of discounted items, show your Target account screen to your cashier and you receive your discount at checkout.



Safeway

Great way to keep track of coupons and search for items that are on sale. You can even build a shopping list so you can focus on what you need.



Ibotta

Look up grocery deals/coupons by store and get cash/gift cards back after submitting your receipt and showing your proof of purchase.



Checkout51

Take a photo of your receipt and get cash back for certain items bought. Deals are not listed by store but certain food items. Cash out and receive a check by mail!