

Shopping Co-op on a Budget

It isn't easy to balance a commitment to sustainable, local and organic foods with a tight grocery budget- So here are some tips that will help you get the best value for your food dollars at the co-op:

- Check out our **Co-op Deals sale flyer** on our website or in store. The sales change every other Wednesday- Stock up on your favorites!
- Join the Co-op! With our monthly **Owner Deals and 10% off Owner Coupons**, it pays to be a member-owner!
- Our **Weekly Produce Specials** are the freshest values- Visit our website or stores every Wednesday to see what's on sale next!
- Check out our **Seven Days of Deli Deals** when grabbing a quick meal or snack at our deli- There's something different on sale each day!
- **Shop our bulk aisle!** This is where some of our best deals are- You can buy only the amount you need and avoid paying for fancy packages or labels. Plus, it's better for the environment!
- Use our monthly **3 Days, 3 Ways Recipes** to plan meals, condense your cooking time and use seasonal ingredients.
- **Bring your own** bags and egg cartons- For each reusable bag you fill with groceries, we'll give you a 5¢ credit. For each egg carton you reuse, we'll give you a 10¢ credit- It adds up!
- Stock up by placing a **Special Order** for cases of products. Visit our Customer Service desk to find out how to get our 10% Member Case Discounts on your favorite items!
- Use our **Coupon Exchange** at our Customer Service desks- Leave coupons you won't use and take coupons that are your favorites!

Shopping Co-op on a Budget Tips for at Home

- Plan out your meals for the busiest nights in your household. Make sure to have all your ingredients on hand and prepped if possible!
- Pack leftovers from dinner as your lunch for the next day... Or eat them for breakfast!
- Include eating out at restaurants as part of your food budget– Most Americans spend 50% of food dollars prepared foods away from home.
- Keep a refrigerator message board to alert your household about leftovers or perishable items that need to be eaten.
- Make a shopping list- Only 20% of shoppers use a list– Be one of the 20% that stays on track!
- Invest your time, rather than your money- Choose to cook less processed foods.
- Learn to cook! Our cooking classes teach new techniques, recipes and offer tips for eating natural foods on a budget.



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