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TEXAS A&M AGRI LIFE EXTENSION

# Newsletter - Wise County

July 14, 2020



## Saving More at the Grocery Store

Now millions of people are working from home or have lost their jobs due to COVID-19 pandemic. Saving money on food is an essential item that no matter who you are, or your circumstances, you must purchase it.

Here are some good news and ways to save on food and you can even combine these money-saving shopping tips to save even more.

### **How to Receive Senior Discounts on Groceries**

Everyone likes to save money, even senior citizens. Many business owners recognize that senior citizens do not always have the flexible



spending options. Taking advantage of these discounts, you can extend your income to go further and you will be able to enjoy a higher quality of life because of using this discount. There is no legal requirement for any business to offer Senior Discounts.

**How Old Do You have to Be to Receive a Senior Discount?**  
Stores that offer the discounts vary on age requirements and most establishments determine this on their own. Many restaurants offer these discounts for those over the age of 55, and some retailers begin offering discounts to those who are over the age of 60, but you do need to ask to get these savings options.

Did you know that you may be eligible to receive exclusive discounts on groceries just for seniors?

Everyone must go to the grocery store, Senior discounts on grocery purchases can be limited, and each store has its own senior discount policy and eligibility requirements. Call or stop into your local store to find out if you qualify.

- **Walmart:** offers very few discounts to seniors. Some locations can offer reduced cost to seniors some days each week.
- **Kroger:** Some locations offer a senior discount card.
- **Albertson:** Discounts apply but vary by location.
- **Savers:** Many locations offer discount up to 10%.
- **Big Lots:** Some locations offer discount savings cards, and some locations offer up to 10% off through their discount program.

Other discounts may be available to seniors.

It is essential to simply ask for a discount when paying for the services you desire. Most locations are happy to give you a bit of savings if you just ask for it.

Source: [www.seniorliving.org/finance/senior-discounts/](http://www.seniorliving.org/finance/senior-discounts/)

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### **Get the Most of Your Coupons.**

Using coupons is one of the easiest ways to save. There are some stores that are better to use your coupons at though to save even more. Some stores allow coupon stacking which means you can use more than one coupon for the same product.

Here are some examples:

**Target:** Combine a target coupon, Cartwheel offer or coupon and a manufacturer coupon.

**Dollar General:** You can use 1 General Dollar store coupon along with a manufacturer coupon.

**CVS:** Combine 3 offers for the same product, you can use your Extra Care Bucks (ECB) combined with one manufacturer coupon and one store coupon.

Some stores reserve the right to prohibit excessive quantities of coupons.



### **Store Brand vs. Name Brands.**

This is a good way to save money. Buying store-brand items instead of more expensive branded products such as paper towels, milk, cereals, and other items can cut your cost down by around 20% to 25%.

### **Buy What you Use.**

Buying in bulk is not the time to try out a new product. If you have never used it or it just seems yummy at the time, shop your regular grocery, and try if before you commit to a large quantity. Make sure you are getting a good deal on the items you do use. To save some money you may have to do some math. Look at the per unit, ounce, pound price which is generally shown. Take the price of the item, and divide by the unit, ounce or pound, and compare this to how much you pay at your local grocery store and you will know if you are getting a better deal or not.

### **Perishable Items.**

You can get great deals on fruits, veggies, and other perishable goods. If you cannot use them all, do not buy them. You can process the items and can them or freeze them. This is cheaper than fresh items so keep this in mind if you truly want to compare the savings. Before you buy, you want to know the shelf life and keep the size of your household in mind. You do not have to stock up on everything at once.