

Grocery Store Cheat Sheet.

isla vista
FOOD CO OP
6575 Seville Road
Open 8am-10pm everyday



Produce Department Tips & Tricks:

Grown Close to Home:

- Items that are sold by the pound help stretch your budget (and keep your produce fresher) because you can buy smaller items in “single servings” rather than making larger quantities of something you might not use all of.
- Weigh any items sold by the “Each” to get the most value for your dollar. Nature makes produce in different sizes!

Grown Close to Home:

- Look for “locally grown” signs as close to home as possible for the freshest tasting produce, and plan to use it rather than store it. |
- If there’s a grocery store in your neighborhood, you can stop in more often just for produce once you have your pantry stocked!
- Local produce also drops in price as the season gets further along, offering great value, taste, and more money to our local farmers.

In the Grocery Aisles:

Unit Pricing Is Your Friend

- Item shelf tags are really useful when price comparing items that are different sizes or packaged items versus bulk bins. “Unit Pricing” shows you the price per ounce based upon the total price of the item. You can easily see if bulk popcorn is a better value than buying a package, with the added benefit of buying only a little!

Good, Better Best

- “Good, Better, Best” is a strategy that’s used in most stores to offer customers multiple options of items that are of different quality. Combine this with unit pricing to find your best value, depending on what you’re looking for. At the Co-op, we also use the How Good Program to help you make great choices beyond the basics.

Straight Up Savings

- In-store sales, sales fliers, while supplies last sales, owner sales, and more! Sales are your friend, and they change regularly. Stores also have different sales happening at different times, so it’s great to find your flow incorporating a few stores if possible.
- Coupons! Coupons come in many ways and places. Manufacturers coupons can be found in stores, directly attached to products, as well as online at the website of the product you’re seeking. Spend some time looking for online coupon resources, and combine them with in-store offers for super savings! (including at the Co-op, with our Co+op Deals Saler Flier, Co+op deals Coupons and manufacturers coupons!
- Every Day Low Price Programs (like our Co+op Basics) are a way to find savings on specific items in stores. Many grocery stores choose specific categories of items to price really low, and make up for their profit loss by selling a higher volume. At the Co-op, our program is specific to our pantry stocking staples with a few treats added in.