

MONEY-SAVING IDEAS



Shopping And Cooking Money-Saving Tips

(NAPSA) — Savings expert Kim Danger has teamed up with Uniroyal® to produce her free eBook, “Shopping and Cooking Efficiently,” packed with grocery and shopping tips. These tips can have you raking in the savings.

Plan menus ahead of time.

Determine how often you want to shop and how many meals you'll need to cook in that time frame. Note any perishables nearing their expiration date and plan your meals around them as much as possible to avoid wasting food. Check sell-by dates and buy the freshest food possible. It lasts longer. Remember, fruits and vegetables are usually less expensive when in season. After shopping, store food right away to preserve freshness.

Make a shopping list. This tip may seem too simple but many people spend more by forgetting to make a list. Making a list will help you to stick to your budget. And don't shop when you're hungry.

Get to know your coupons.

Often, the generic version costs less than the more expensive counterpart even WITH a coupon. Aim to combine your coupons with in-store sales—a lot of grocery stores also offer in-store coupons or let you sign up for a store discount card. Also, try to find stores that will double your coupons. Watch the store's weekly ads. Keep your coupons organized and in one place. Clip every coupon you can and get involved in a coupon exchange.

Save money on the way to the store. Make sure your tires are well maintained. Before getting into your car, check your tire inflation pressure. A tire that is 20 percent underinflated can reduce fuel economy by up to 3 percent.



Find many ways to save between the grocery store and the kitchen in a free eBook.

Do not buy used tires and buy the same tire for each of your wheels.

Look down. If you want low prices, look lower on the shelves. More-expensive brands invest in buying product placement at eye level. Lower-priced items are typically placed on the lower shelves.

Make it fun for kids. Limit each child \$1 to spend on something in the grocery store. You set the guidelines; it could range from something new in the produce section to a candy bar in the checkout line.

Use your freezer. Wouldn't it be great to cook for one day and eat for a month? Start by choosing meals with similar ingredients. For example, when making foods like spaghetti sauce and lasagna, make one big batch of sauce to use in both. When it comes to chopping onions, garlic or celery, do everything all at once and then divide items according to the recipes you're using.

The eBook is available for download at www.uniroyal.com/moremileageforyourmoney. The Web site's series of 14 videos featuring Kim Danger can also be found on the “Miles for Less Club” YouTube channel www.youtube.com/miles4lessclub.