

BUDGET STRETCHING IDEAS

Shopping Creatively At A Time Of Rising Grocery Prices

(NAPSA)—Even though prices keep rising, you needn't feel low about your food budget. The answer is to shop creatively and keep your eyes peeled for value items. Here are some simple tips that will help stretch your grocery budget:

- First, think beyond the supermarket. Sometimes drug- or hardware stores offer lower prices on kitchen items, especially staples such as spatulas, pots and pans.

- Visit different stores when you can. Or at least skim the advertisements and circulars that come in the newspaper or mail. That way, you'll really know if an advertised sale is a deal.

- Look for value items that are not only well priced but are good quality, too. For example, Arizona Beverages has about 25 of their premium iced teas—including Green, Lemon, Peach and Diet flavors—prepriced at 99 cents. Many of these beverages come in generously sized 23-ounce cans, so you are getting more for your money. According to many ongoing health studies, tea—especially green tea and white tea—has been shown to benefit body functions such as immunity, cardiovascular function and mental alertness. All the Arizona Iced Teas are brewed with 100 percent natural tea, and they never have preservatives, artificial colors or artificial flavors, so you won't be negating the positive health benefits of the teas.



Looking for quality products in value sizes can help you stretch your grocery budget at a time of rising grocery prices.

- When shopping for meats, look for those that are in less demand because they often cost less. Skip the beef steaks and pork chops and try the pot roast and pork shoulders. Buying larger packages of meats can often save dollars. At home, you can divide them and put them into smaller storage bags and freeze.

So what should it cost to feed a family of four? According to the U.S. Department of Agriculture, a thrifty weekly food bill for a family with two children ages 6 to 8 and 9 to 11 should run about \$119. A low-cost food bill should run about \$152; moderate, \$189; and liberal about \$229.

To learn more, visit the Web site at www.drinkarizona.com.