



Tips and Tricks for Saving Money at the Store!

February 16, 2022

Resources

1. **Economic Research Service: Summary finding, Food price outlook (2022):**
<https://www.ers.usda.gov/data-products/food-price-outlook/summary-findings/>

- **Federal Trade Commission: Saving money when you shop (2022):**
<https://www.consumer.gov/articles/1006-saving-money-when-you-shop#!what-it-is>

- **Iowa State University Extension and Outreach:**
<http://www.extension.iastate.edu/foodsavings/>
 - Items located under the plan and shop tabs located at the top of the page have a lot of great information.