

# The Active Consumer

## Reduce Your Spending



(NAPSA)—Many people spend more than anticipated at the grocery store—just because they were hungry. All sorts of things can cause an unnecessary rise in the bill. An association dedicated to helping its members aspire, focus and succeed in a competitive economy, offers these tips to keep your grocery bill under control:

**Eat Fresh.** Fresh fruits and vegetables are often less expensive than prepackaged or canned goods. You can cut your cost by exploring a nearby farmers market.

**Look for bargains.** Many shoppers chose items from the middle shelf because they're easy to pick up and toss in the cart. Scope the top and bottom shelves for savings.

**Stick to your list.** You know what you need. If it's not on the list you probably don't need it. Only stray to combine offers and get a great deal.

Members of Americans for Financial Security enjoy access to significant savings on an assortment of products and services such as the \$1,000 Grocery Coupon Order Book.

For more information, visit [www.afswebsite.org](http://www.afswebsite.org) or call 800-492-1016.