



Grocery stores located on or near campus

(all bus routes given from the Ohio Union on High Street):

Giant Eagle

2801 N. High Street
take COTA #2

and

777 Neil Avenue
take COTA #18

Kroger

3417 N. High Street
take COTA #2

and

2913 Olentangy River
take COTA #7 or 18

Target

Lennox Town Center
on Olentangy River
take COTA #84

Wild Oats

1555 W. Lane Avenue
(10% student discount with BuckID)
take COTA #84

Shop Smarter...Not Harder

The Ohio State University Student Wellness Center

Ten tips for shopping smart at the grocery store

1. You've heard it before and it really works...**never go to the grocery store on an empty stomach!** Grocery shopping on a full stomach will save you time and money at the check-out stand.
2. **Make a list** (you may want to do this on a full stomach, too) and stick to it! Marketers know that up to 50% of purchases are made on impulse, which is why they bombard you with options even as you wait in line to check out.
3. **Sign-up for preferred shopping cards** (i.e. Giant Eagle Advantage Card, CVS ExtraCare Card, etc.) and use them! You'll not only save at the check-out with these cards, but also at the fuel pump!
4. **Clip coupons** or print them off from manufacturer's websites . Keep an eye out for Double Coupon and Super Double Coupon weeks at local grocery stores such as Giant Eagle or Kroger.
5. **Only clip coupons for items that you would have bought anyway.** After all, it's not a deal if you wouldn't have spent the money otherwise.
6. **Stock up on your favorite brands and seasonal produce when they are on sale.**
7. **Take time to look around.** The most popular, and often most expensive, items are usually at eye or shoulder level on the shelves, but generic brands are usually available for much less just above or below them.
8. **Avoid prepackaged foods.** Although they can be convenient, they are also expensive and less healthy.
9. If you have the storage space, **buy in bulk.** Items such as rice, pasta and can goods often come in bulk sizes and will keep for months.
10. **Take a calculator,** or use the calculator on your cell phone to compare prices versus ounces or pounds so you can really identify the best deals.

