

# Shop Smart – Save Money: Tips on Saving Money on Groceries

This Session  
Will Cover:

- Tips & tools for saving money on groceries
- Simple meal planning to save time & money
- Tips on creating a food budget
- Coupons & much more!

For more information  
please contact



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**Free Virtual Session**

**Tuesday, April 30, 2024  
11 am – 12 noon, ET**

**Register at:**

**[https://bit.ly/Shop\\_smart424](https://bit.ly/Shop_smart424)**

As food prices continue to rise, it is more important than ever to save on groceries. This session provides simple tips on saving money at the grocery store. It includes free resources and tools to help you save money.

N.C. Cooperative Extension is an equal opportunity provider. Accommodation requests related to disability should be made by 4/23/24 by contacting Traci Dixon at (252) 459-9810 or [traci\\_dixon@ncsu.edu](mailto:traci_dixon@ncsu.edu).