



SAVE ON GROCERIES

Tips and Tricks

A necessity of life, food is often a big expense for students. Don't go without! Shop smart and save by checking out all the alternatives to the traditional grocery store.

1. Shop on TUESDAY. Students get a 10% discount on Tuesday from Sobeys and Atlantic Superstore. Make sure you carry your ID☺!

2. Victory Meat Market at 334 King Street offers a 5% discount daily for students.

3. Sign up for Community Food Smart: Bulk Food Bag Program:

<https://www.unbsu.ca/new-page-1>. Community Food Smart is a bulk food buying club. Every month members have the opportunity to purchase **a bag of produce** for only \$15. Forms and money can be submitted to the **Student Union Welcome Centre, located in the Student Union Building.**

4. On Saturday from 6:30 am - 1:00 pm go to the **Boyce Farmers Market** located at 665 George Street (<http://frederictonfarmersmarket.ca/>) to explore a variety of food options and some unique crafts too, it is a Saturday morning tradition in Fredericton! Also check out the **North Side Market** open Saturday & Sunday: <https://thenorthsidemarket.ca/>.

5. The **Student Health Centre** has a **Dietitian** committed to providing both one-on-one counseling as well as campus based nutrition programs. Dietitian services are available to all **full-time** UNB students at no cost. To book an appointment drop into the Health Centre on the 3rd floor of C.C. Jones Student Services Centre or call (506) 453-4837.

6. Eat before you shop. You're less likely to make impulse purchases when you're not hungry.

7. Shop for sales. Check out flyers, coupons, and websites for deals. Here is a good sight: <https://www.tiendeo.ca/fredericton/grocery>.

8. Create your meal plan and shopping list around these foods.

9. Pay with cash. You're more likely to stick to your budget.

If you are experiencing financial difficulties, please contact **UNB's Financial Aid Office** by e-mail at finaid@unb.ca or by telephone at (506) 453-4796 to explore available funding options.