**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 ONLY--Make sure you carry your IDJ!

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

**3.** Sign up for Community Fresh Food Bags: <http://www.communityfoodsmart.com/>Community Food Smart is a bulk food buying club. The UNB Student Union also runs the Fresh Food Bags, Hamper Food Boxes, Breakfast Food Program, Campus Garden, Workshops & more!

**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** openSaturday & Sunday: <https://thenorthsidemarket.ca/>.

**5.** UNB’s Student Health Centre has a part-time dietitian committed to providing both one-on-one counselling as well as campus-based nutrition programs.  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 site: <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**](mailto:finaid@unb.ca) **or by telephone at (506) 453-4796 to explore available funding options.**