

# 10 common mistakes when shopping make you spend more money

Invite you to consult 10 common mistakes when shopping that cost you more in the article below!

1. 10 reasons why you eat endlessly
2. 19 interesting psychological tips to make life easier
3. 10 great benefits of aloe vera you may not know yet

Most of us often visit supermarkets every day, however we rarely think of some of our wrong shopping habits. Things that seem normal may be seriously affecting the daily spending budget.

To help you discover that, we've compiled a list of the most common shopping errors. More importantly, you will save money and buy quality food.

Let's review **10 common mistakes when shopping** to not only save money but also choose quality products. Invite you to read!

## 10. Shopping for wrong products



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Most people often find it difficult **to limit the amount of products** that we buy in supermarkets. However, nothing is impossible when practically embarking on choosing healthy products.

If you can't "resist" the filling of a snack into the shopping cart, try shopping in the area of the previous vegetable: fruits and vegetables will take up a lot of space in the cart, so there will be no more plenty of room for you to hand-pick a little food that's not good for your health.

## 9. Do not update products regularly

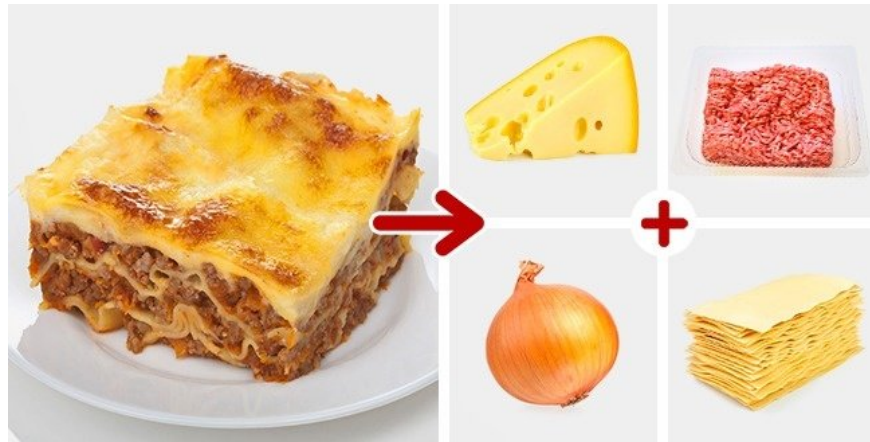


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Try to remember or even write down the price tag of the products you regularly buy. Knowing their prices is important, it is a way to help you not be "*fooled*" by super-promotion stickers, but in fact, they are lifted up and brought out "*fierce sale*".

The next time you come to the supermarket shopping, you will be able to save money and make good use of more genuine discounts.

## 8. Don't go ahead of the list of items to buy



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This not only relates to shopping lists but also your family's dining menu next week. Because before each meal from Monday to Friday you will always know what products are needed to prepare dishes.

By making a list of items, the food you need to buy will help you not miss any items for your food and **minimize the purchase of useless items** .

## 7. Don't care about the weight of the product but just look at the price



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Suppose there are 2 packets of butter with the same size on the shelf - one of them is a bit cheaper. The question is, which avocado package will you buy?

Don't rush to choose a package of butter with less money but instead **check the weight of the product** . From there, you will know which items are really more expensive.

See also: 14 harmless foods but if overdose can cause death

## 6. Ignore the supermarket's own brand



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Almost every supermarket sells different items under their own brand. These foods are less expensive than those of well-known manufacturers. At the same time, their quality is not inferior and the only difference between them is the less attractive and simpler packaged packaging. Besides, such products are manufactured with the same factory serving famous brands.

## 5. Do not try new products

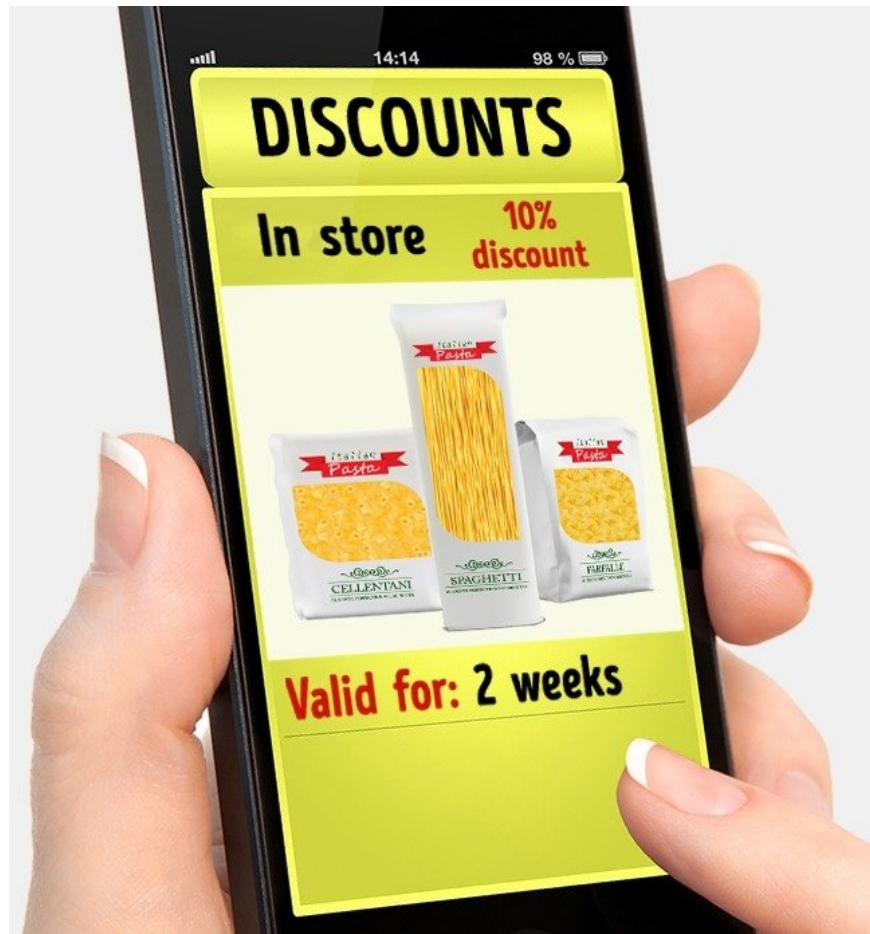


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Many of us are reluctant to change purchases in another brand but remain " *faithful* " to a single firm. However, new, lesser known brand manufacturers often sell quality goods at significantly lower prices.

Therefore, **do not be afraid to test products in new brands** because it not only saves you some money ( *new products all have promotions to attract customers* ), you may discover many delicious dishes, healthier.

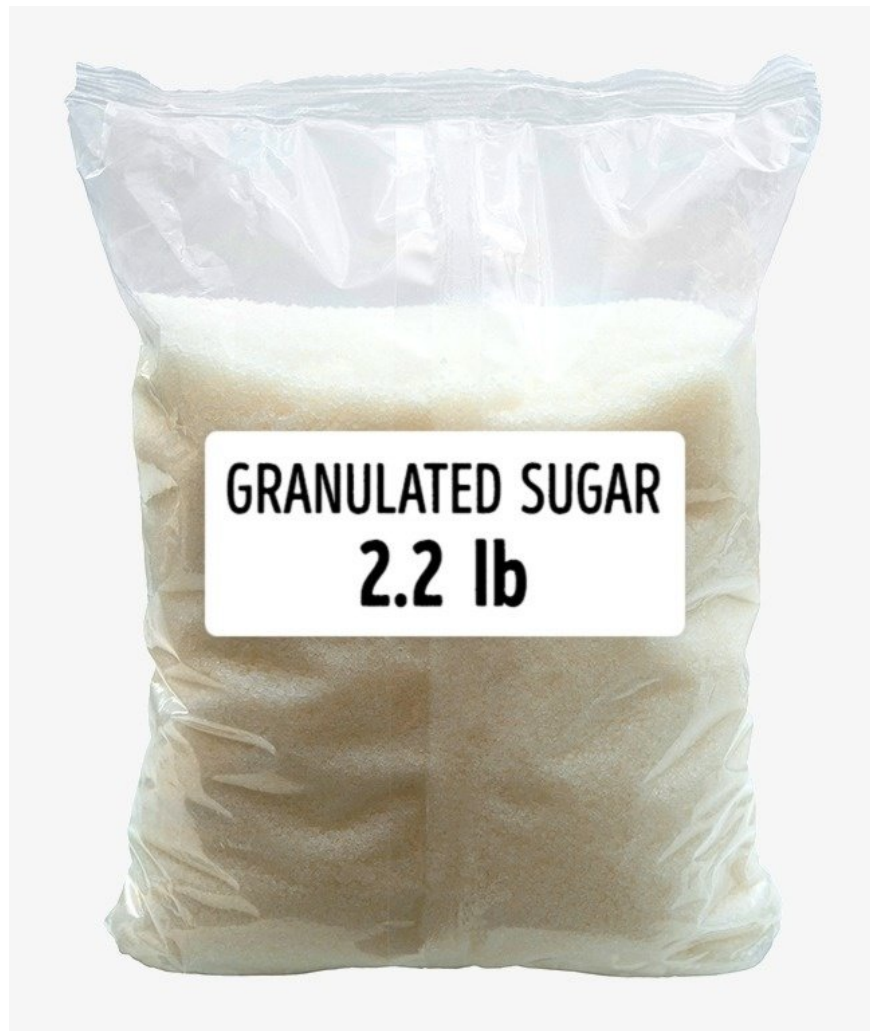
#### **4. Not paying attention to the discount**



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On special occasions, many shops and supermarkets offer attractive discounts. You can fully consult, choose, compare and seize this opportunity to buy products that are still of good quality at a *lower* price.

### **3. Avoid cheap products**



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Many cereals, sugar, salt, spices and other similar products can be purchased at very reasonable prices. For example, sugar packed normally is as good as products sold in attractive packaging.

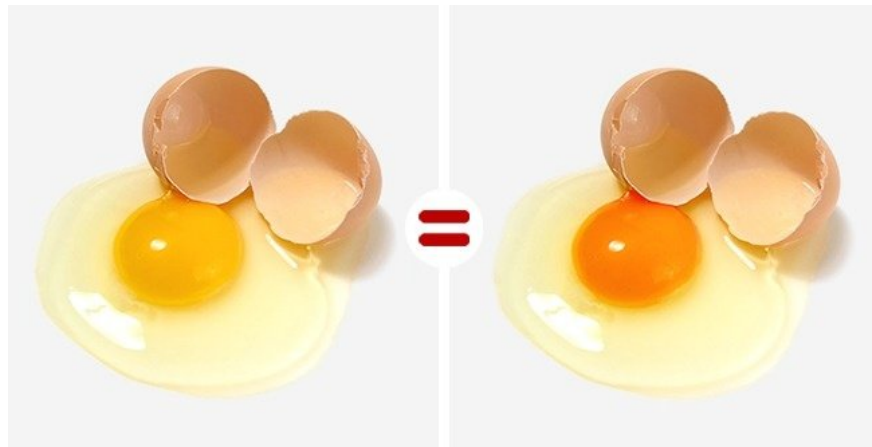
## **2. Select the nearest food, outside the shelf**



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To find the best fresh produce, look at the back of the shelf. The store staff revealed that the latest fresh foods were left in the back. Products on the edge of the shelf will be prioritized for products that are about to expire.

## 1. Marketing art



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Vegetable oil " provides vitamin E ," non-GMO "salt," eggs have orange yolk . All these marketing marketing tricks have a great effect on sales but before buying Any " exclusive " product, ask yourself if those products are really special?

**Vitamin E** is present in sunflower seeds, so it will definitely be in sunflower oil. On the other hand, *Genetically Modified Organism* ( **GMO** ) - genetically modified organisms can be found in foods of plant or animal origin (

*so this type does not include salt* ). For eggs with light-colored yolks - manufacturers can achieve this by adding special ingredients to chicken food.

See also: [12 food quality testing tips to avoid poisoning](#)

Having fun!

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