

Easy ways to cut grocery costs

Consumers might not think it, but eggs are an expensive commodity. As of August 2022, the U.S. Bureau of Labor Statistics reported the average price of a dozen Grade A, large eggs was \$3.12.

Eggs are just one example of foods that have become significantly more costly over the last year or more. Flour, butter/margarine and dairy products also have become more expensive. According to CNBC, food prepared at home now costs 10 percent more than it did a year ago. Comparatively speaking, restaurant prices have risen by 6.9 percent, making it more affordable for some people to eat out than prepare meals at home.

Despite rising food costs, it is possible to save money by cooking at home.

Purchase generic brands
Switching to generic brands can immediately bring about savings over “premium” counterparts. Generics cost less because manufacturers don’t have to offset the

cost of advertising. Many generic brands are made in the same facilities that produce name brand items.

Plan weekly (or monthly) meals
Take a few moments to jot down meal ideas for the week. This can streamline the process of buying meals and help a person use fewer ingredients. Plus, meal plans can be based around which items are on sale. One can meal plan from scratch, or utilize a meal plan from a website that helps utilize all ingredients in various ways, such as turning leftover meatloaf from one night into sloppy Joes on another.

Stick to a list
When meal planning, check out the pantry first to see what’s on hand, and then mark down the items needed. Buy only what is listed, resisting the urge to make impulse purchases. For those who can’t avoid throwing a few extra items in the wagon, utilize stores’ shop from home services, where it’s possible to keep track of what’s

being spent in real time. Simply check out and then do a curbside pickup.

Check product prices
When comparing prices, be sure to check out the net item, net pound or net ounce price. This enables shoppers to see if a sale is really a value, including whether it’s best to buy pre-packaged products or individual items.

Consider cheaper meals
Make the bulk of meals with less expensive ingredients, such as beans, whole grains and vegetables. Chicken drumsticks or thighs are generally cheaper than steaks or even chicken breasts and cutlets.

Reduce reliance on bottled beverages
Opt for water at home rather than bottled, if possible. Purchase iced tea powder or tea bags and whip up brews. Water with lemon juice can replace lemonade.
These are just a few ways to save money on groceries as prices continue to rise.



Blood Drives

Tuesday, Nov. 29
9:00 a.m. – 2:00 p.m.
Northwestern High School Gym
30889 Route 111, Palmyra
Appointment Required—Call 1-217-436-2011

Friday, Dec. 2
9:00 a.m. – 2:00 p.m.
Litchfield High School Gym
1705 N. State, Litchfield
Appointment Required—Call 1-217-324-3955

Your ad
could be
here!

217.854.2534

DON'T JUST KINDA TV **DIRECTV**

CHOICE* PACKAGE
185+ Channels

\$79.99*
MO.
For 12 mos. + taxes and fees.
W/24 mos. agmt. Prices higher in 2nd year. Regional Sports Fee up to \$11.99/mo. is extra & applies.

- ACCESS 70,000+ SHOWS AND MOVIES ON DEMAND.
Requires subscriptions to top-tier PREMIER programming. Other packages will have fewer shows and movies.
- DOWNLOAD YOUR DVR RECORDINGS to your devices at home and watch offline anywhere.**
- THE MOST LIVE SPORTS IN 4K HDR.
Limited 4K HDR programming available. CHOICE Plus or higher required for most 4K HDR live sports. 4K HDR compatible equipment, minimum programming, 4K account authorization and professional installation required. If 4K TV does not support HDR, content will be viewable in standard 4K. Other conditions apply.

*\$19.95 ACTIVATION. EARLY TERMINATION FEE OF \$20/MO. FOR EACH MONTH REMAINING ON AGMT. EQUIPMENT NON-RETURN & ADD'L FEES APPLY. Advanced Receiver Fee (\$15/mo.) req'd for HD DVRs. \$7/mo. for each receiver and/or Genie Mini/DIRECTV Ready TV Device on your account. New approved residential customers only (equipment lease req'd). Credit card req'd (except MA & PA). Rate's apply.

SIGN UP AND GET DIRECTV AND GET FIRST 3 MONTHS OF HBO MAX, CINEMAX, SHOWTIME, STARZ AND EPIX INCLUDED!
Access HBO Max only through HBO Max app or hbo.com. HBO Max also includes HBO channels and On Demand on DIRECTV. Online account registration required. Data rates may apply for app download/usage. EARLY TERMINATION FEE OF \$20/MO. FOR EACH MONTH REMAINING ON AGMT. *\$19.95 ACTIVATION. EQUIPMENT NON-RETURN & ADD'L FEES APPLY. New approved residential customers only (equipment lease req'd). Credit card req'd (except MA & PA). (See offer details).

Contact your local **DIRECTV** dealer!

TV Support Holdings
844.262.6184

DIRECTV
PREFERRED
DEALER

RNR
CONSTRUCTION
217-556-7079
new construction - remodels - drywall
siding - roofing - trim - flooring
general construction - windows - doors

facebook

Machinery Consignment Auction
Saturday, Dec. 17, 2022, 9 a.m.
Location: ½ mile North of Carlinville, IL 62626
on Route 4 North at Sievers Equipment Company.

Now taking consignments for farm machinery, farm related items, and farm close-outs. If you have items to sell, contact Rick as soon as possible.

Consignments will be accepted until Noon on Friday, Dec. 16th.
Visit our website for the latest pictures & updates:
www.rickstewartauctioneer.com

Rick Stewart-Auctioneer,
22934 Goby Rd, Waggoner, IL 62572. IL. LIC. 440.000462
PH (217)854-3191 or cell (217)473-2985

designer-landscapes.com/christmas-shop

The Christmas Shop
AT **DESIGNER LANDSCAPES**

NEW LOCATION: OUR NURSERY
4110 Morrisonville Ave., Farmersville, IL

Open 9-5 daily starting Wed., Nov. 23 (Closed Thanksgiving Day)

Fresh Trees, Evergreen Wreaths, Roping, Grave Blankets, Gnomes & More