



# Grocery Savings

Sure, a weekly shop at your local big supermarket is convenient, but it could be costing you. By shopping around, comparing prices and choosing the best value, you can save money on essentials, reduce financial stress and afford to treat yourself every now and then. Here are some local options to reduce your spending at the supermarket.

## A4 Community Care Services

📍 320 Ritchie Road, Pallara | [a4food.org](http://a4food.org)

Open Tuesday – Thursday 10am-4pm and Friday 10am-2pm

\$40 food parcels include: cereals, rice, pasta, crackers/biscuits, chocolate, spices, canned food, snacks, long life milk, soft drinks/juice, meat, bread, vegetables, fruit, fresh milk, cheese, yoghurt and frozen desserts.

Delivery available from \$10.

## Lighthouse Care

📍 1/16 Central Court, Hillcrest | 17-19 Monte-Khoury Drive, Loganholme | [lighthousecare.org.au](http://lighthousecare.org.au)

Open Monday – Friday 9am-5pm, Saturday 9am-12noon (Hillcrest) or 9am-4pm (Loganholme)

\$25 trolley includes a range of fresh produce, pantry staples, fridge and frozen foods, valued at over \$90 retail. Exact contents of the trolley change daily depending on stock availability.

Alternatively visit in store or shop online for individual items at reduced prices, including toiletries and cleaning products. Click & collect and delivery options are also available.

## Loaves and Fishes

📍 1/26 Monte Street, Slacks Creek | 2/8 Torrens Road, Caboolture South  
[loavesandfishes.org.au](http://loavesandfishes.org.au)

Open Monday – Friday 8am-3pm

\$50 hampers contain fruit and vegetables, meat, dairy, freezer products, pantry goods and some treats, valued at around \$300 retail. Hampers are always available but contents will vary depending on stock availability.

Discounted supermarket goods are also available for you to choose off the shelf so that you only get the products you'll use.

## Tribe of Judah Care Services

📍 101 Park Road, Slacks Creek | [facebook.com/tribecare](https://facebook.com/tribecare)

Open Monday – Friday 8am-5.30pm, Saturday 7.30am-5pm and Sunday 8am-4pm

Discounted supermarket goods. Follow them on Facebook for daily specials.

### Best Before vs Use By dates



Most foods have a best-before date. These foods are still safe to eat for a while after the best-before date, but they may have lost some quality. Foods that have a best-before date can be sold after that date, provided that the food is fit for human consumption.

Foods marked with a use-by date should not be eaten after that date for health and safety reasons. Foods past their use-by date cannot be legally sold.

Source: Food Standards Australia New Zealand (2023).



*If a food parcel contains an item that you won't use, consider sharing it with a friend or neighbour.*

## Factory outlets

Golden Circle | Capalaba and Morayfield | [gcfo.com.au](http://gcfo.com.au) |  
Hans | Wacol | [facebook.com/hansfactoryshop/](https://facebook.com/hansfactoryshop/)  
Inghams | Lytton | [facebook.com/InghamsLyttonFactoryOutlet/](https://facebook.com/InghamsLyttonFactoryOutlet/)

## Farmers markets

There are many markets around town where you can buy fresh produce and more, often at lower cost than the big supermarkets. You'll be supporting a local business and reducing the environmental impact of food miles too!

## Community meals

Many neighbourhood centres, charities and churches offer free or low cost community meals on a weekly, fortnightly or monthly basis. Ranging from breakfasts to sausage sizzles, a hot lunch with dessert or sandwiches to take away, community meals are an opportunity to satisfy your hunger while getting to know others in your community.



### Top tips:

- Check out supermarket apps or catalogues before you shop and meal plan around what's on special
- Loyalty is rarely rewarded; shop around for the best deal and immediate savings.
- Stock up on toiletries, cleaning products and long life foods while they're on special
- Compare unit prices to get the best value
- Freeze fresh items bought in bulk, or freeze leftovers to reduce waste

