



APPS TO HELP YOU SAVE MONEY ON FOOD

FROM YOUR AFA EAP

Flashfood: This is an app that can help you save up to 50 percent on supermarket staples like milk, bread, butter, eggs, and more. These foods have been marked down because they're nearing their "use by" date, so instead of throwing everything out and sending the food to a landfill, Flashfood works with grocery stores across North America to sell these items at a deep discount. All items on sale are still fresh and safe to consume. Shoppers can browse through deals from local chains, including Stop & Shop, Giant Eagle, Meijer, Tops, and others

Too Good To Go partners with local grocery stores, restaurants, bakeries, and cafés. Instead of donating or throwing away unsold food, businesses offer special "surprise bags" filled with goodies at a huge discount. Via the app, you can browse through deals and reserve a bag, then pay for everything and pick it up during a selected time frame.

Basket is a crowdsourced grocery shopping app that helps you compare grocery prices at stores within a 5-mile radius. All you have to do is create a shopping list, and Basket compares prices for you. Basket updates in real-time, so you'll see today's prices and coupons, if applicable. Current users state they save time and as much as \$100 a month using the app.

Food On the Table: Aside from creating your personal shopping list, this app supplies you with a list of recipes, tells you the specific ingredients that you need, *and* gives you the cheapest place to find these ingredients. You can also insert your own personal recipes, and this app will automatically search for the cheapest place to buy the ingredients. Additional features include emailing your recipe and sorting the categories by which you shop (meat and fish, spices, etc.). This means it not only saves you money, but time as well.

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