

Low Cost Goods

Shopping in Surrey

During the week most stores open between 9 a.m. and 10 a.m. and close between 5 p.m. and 9 p.m. and some may even be closed on Sunday. Grocery and drug stores are open later and will be open on Sundays. In Canada, people do not bargain for lower prices in stores that sell new items.

Food Bank

The Surrey Food Bank is an organization which distributes food items to individuals and families who cannot afford food. All clients must register, live in Surrey or North Delta and provide proof of income, address and dependents. For information call 604-581-5443 or visit <http://www.surreyfoodbank.org>

Low Cost Stores

There are several low cost stores in Surrey. For your grocery needs you can visit Superstore, No Frills and for clothing, furniture and household items visit Salvation Army and Value Village.

Money Saving Tips for Around the House

Below are a few tips that you can use for around the house and within your daily routines:

- Turn off the lights and anything electrical when you are not in need of them
- Cook with covered pots. It takes much less energy to cook if the pot is covered
- Plan meals for the weeks / month ahead prior to going to the grocery store
- Make a shopping list and stick to it
- Buy store brand foods instead of national name brands
- Use coupons
- Shop on double or triple coupon days
- Turn off the water while you brush your teeth
- Check on prescription drugs to make sure using your health plan saves you money
- Only wash full loads and in cold water
- Sell the clothes that your kids or you have grown out of at second-hand stores
- You can also find wonderful, slightly worn or new clothing at second-hand stores
- Learn to cook food that doesn't come in frozen trays
- Drink water from the tap, instead of pops or expensive juices
- Borrow books and movies from the library
- Take advantage of free community events
- Buy groceries in bulk or in the warehouse packs to save money.

Money Saving Tips for Work

- Use a Thermos bottle to take your own coffee to work
- Bring your lunch to work, rather than eating out.

Money Saving Tips for the Car

- Car pool if possible
- Get the cheapest price possible on auto insurance – shop around
- Know your gas stations and fill up when you're near the low-priced one
- Use public transit
- Plan your trips to save gas.

