

We calculated, and these are the cards you should use for groceries.



8.5% RETURN

Chase Sapphire Reserve

\$1500/mo for May & June

Chase Freedom

Up to \$1500 combined for April, May, & June



7.6% RETURN*

Amex EveryDay

Preferred Credit Card

*Must make at least 30 transactions in the statement period, up to \$6k per year

Max out these cards?

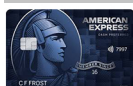
Move on to one below!



CASH BACK

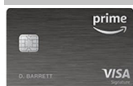
6%

Blue Cash Preferred® Card from American Express



5%+

Amazon Prime Rewards Visa Signature Card
Amazon Business Prime American Express Card



*Amazon Fresh and Whole Foods Market

FLEXIBLE

6.5%

American Express® Gold Card



This is our best overall card for US supermarket spend

5.1%

Chase Sapphire Preferred Card



*\$1500/mo for May & June

5.1%*

Amex EveryDay® Credit Card



*Must make at least 20 transactions in the statement period, up to \$6k per year

PROGRAM SPECIFIC

7%



United Club Card
United Club Infinite
United Presidential Plus
*\$1500/mo for May & June

6%



Hilton Personal Cards
*No cap on spend at U.S. supermarkets for May, June, & July

4.8%



Delta Personal Cards
*No cap on spend at U.S. supermarkets for May, June, & July

4.5%



Hyatt Personal Cards
*\$1500/mo for May & June

4.2%



Bonvoy Personal Cards
*Up to \$5,000 combined for May, June, and July (per card)

4.2%



Mileage Plus Explorer
*\$1500/mo for May & June

3.9%



Avios Personal Cards
*\$1500/mo for May & June

3.9%



Southwest Personal Cards
*\$1500/mo for May & June

These calculations use the valuations we publish monthly at onemileatatime.com/value-miles-points/. Your points values might be different, but remember you can always earn at least a 3.4% return on all purchases with cards like the Citi Double Cash.