

EATING ON A BUDGET

The cost of food can make feeding families a challenge. With planning and diligence, it is easier to prepare healthy meals and snacks within your food budget.

Before you go to the store

- Check weekly ads to see what is on sale.
- With help from your family, plan all meals for the week.
- Check your pantry and refrigerator for items on hand.
- Make a list.
- To save time, organize your list to match the layout of the store.

Use low-cost protein foods.
Eggs, beans, peanut butter and yogurt are good protein choices.

At the store

- Shop alone if possible.
- Shop with a full stomach.
- Shop only once per week.
- Use coupons only for items you would normally buy.
- Buy only what is on your list.
- Stock up on nonperishable foods when they are on sale.

Money saving ideas

- Plan at least one meatless meal each week.
- Limit pre-prepared foods as they cost more.
- Use leftovers for another meal.
- Freeze leftover vegetables to add to a soup.
- Buy nonfood items, such as soap and paper towels, at a discount store.

Where to find bargains

- Look on the top and bottom shelves for better prices.
- Buy fresh produce that is in season.
- Look through bargain bins.
- Consider store or generic brands.

