



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.

Use low-cost protein foods

Eggs, beans, peanut butter, and yogurt are good protein choices.

Money saving ideas

- Plan at least one meatless meal each week.
- Limit pre-prepared foods as they cost more.
- Don't overbuy fresh produce.
- Use leftovers for another meal.
- Freeze leftover vegetables to add to a soup.
- Shop local discount stores.
- Make meat an accent rather than the main focus.

Where to find bargains

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

Before you go to the store

- Check weekly ads to see what is on sale.
- Plan all meals for the week.
- Check your pantry and refrigerator for items on hand.
- Make a list of items you need to buy.
- To save time, organize your list to match the layout of the store.

At the store

- Shop alone if possible.
- Shop with a full stomach.
- Shop only once a week.
- Use coupons only for items you would normally buy or need.
- Buy only what is on your list. Avoid impulse buying.
- You can just stock up on shelf-stable foods when they are on sale.
- Compare similar products with "unit price."
- Buy food whole; pre-cut produce is more expensive.
- Buy cheaper cuts of meat and slow cook them, or buy meat on sale.
- Buy frozen fruits and vegetables.