



Food on a Budget

1

Make a PLAN.

Making a plan before you go to the store helps you be organized, save money, and choose healthy options.

A. **Plan your weekly meals** (breakfast, lunch, dinner, adequate snacks). Don't go overboard on convenience foods (packaged snacks, bottled water/soft drinks, chopped onions, etc.). Think about your schedule, what is on sale, how to use leftovers. Inventory your pantry, freezer, fridge - what needs to be used this week?

B. **Make your grocery list** - Write it out in the order you go through the store so you're not backtracking or going down aisles that you don't need to go down. Buy only what you need. If you see a great deal, ask yourself: Do I have space for extra? Do I have time and space to freeze or preserve it? Is it a REALLY good deal? (see below for tips.)

2

Shop SMART to Fill Your Cart

Get the most for your money by choosing wisely.

A. **Check the unit price.** This lets you compare different sizes and packages. Is the big package cheaper per ounce? *Divide the total price by the size to get the unit price. $\$1.98 / 12 \text{ oz.} = 16.5 \text{ cents/oz.}$*

B. **Check the Nutrition Label.** Get the best nutrient bang for your buck - look for less sodium, fat, and added sugars.

3

Use it - Don't Waste It!

Eat the food you buy instead of throwing it out.

A. About **90 million pounds** of edible food goes to waste every year. That comes out to \$375 per person.

B. **Re-purpose leftovers** - use extra veggies in a salad, omelet, or egg muffins; make a casserole, etc.

C. **Keep food safe.** Check quality. Look at dates on packages. Use older items first.



Small Steps
to Healthy
Habits

