

SHOPPING ON A BUDGET

USE THESE TIPS TO STRETCH YOUR FOOD BUDGET

- PURCHASE WHOLE CHICKEN, OFTEN \$1 - \$2 LESS PER POUND
- LOOK FOR PRODUCE IN SEASON AS IT IS OFTEN ON SALE
- ONLY BUY FROZEN VEGETABLES ON SALE
- COMPARE PER OUNCE COSTS TO DETERMINE THE BEST VALUE
- CHOOSE FRESH, WHOLE FOODS RATHER THAN PRE-CUT, PREPARED OR BOXED MEALS
- PACK YOUR LUNCH AND ANY MEAL YOU WILL NOT BE HOME FOR
- CHOOSE DRIED BEANS OVER CANNED 1 LB. OF DRIED BEANS EQUALS 4 CANS
- USE YOUR VEGETABLE SCRAPS AND MEAT BONES TO MAKE YOUR OWN STOCK/BROTH
- FREEZE PORTIONS THAT WILL NOT BE USED BEFORE THE EXPIRATION DATE
- CHECK ALL SUPERMARKET ADVERTISEMENTS FOR SALES BEFORE HEADING OUT TO SHOP
- PLAN YOUR MEALS FOR THE WEEK ACCORDING TO SALE ITEMS
- MAKE A SHOPPING LIST CREATED FOR YOUR MEAL PLANS AND STICK TO IT
- BUY SMALL AMOUNTS OF PRODUCE, FREQUENTLY, TO PREVENT SPOILAGE
- CONSIDER PLANTING YOUR OWN GARDEN, HERBS, RADISHES AND TOMATOES ARE A FEW ITEMS THAT ARE EASY TO GROW IN POTS
- PREPARE AND FREEZE MEALS IN ADVANCE TO SAVE TIME AND MONEY
- USE LEFTOVER VEGETABLES IN SOUPS, STEWS AND CASSEROLES
- PURCHASE STORE BRANDS, THE QUALITY IS JUST AS GOOD AND THEY ARE GENERALLY LESS EXPENSIVE
- KEEP YOUR PANTRY WELL STOCKED WITH COMMON ITEMS PURCHASED ON SALE
- MAKE YOUR OWN SALAD DRESSINGS, SOUPS AND SAUCES
- SIGN UP FOR YOUR STORE'S MEMBERSHIP/LOYALTY CARD
- BUY IN BULK WHEN ON SALE
- EAT WHOLE GRAINS; THEY HELP YOU FEEL FULLER LONGER. CHOOSE BROWN RICE, WHOLE WHEAT PASTA, BARLEY, QUINOA, AND WHOLE OATS
- CANNED TUNA, SALMON AND SARDINES STORE WELL AND ARE A LOW COST OPTION FOR PROTEIN
- EGGS ARE AN INEXPENSIVE SOURCE OF PROTEIN, STORE IN THE CARTON TO EXTEND THEIR SHELF-LIFE
- BUY THE LARGER SIZE OF YOGURT, CHEESE AND OTHER ITEMS. YOU WILL SAVE OVER THE INDIVIDUAL PORTIONS.
- ALWAYS CHECK THE "SELL BY DATE" TO PURCHASE THE FRESHEST ITEMS THAT WILL LAST LONGER
- INVEST IN A REUSABLE WATER BOTTLE AND CHOOSE WATER OVER SODA OR OTHER SUGARY DRINKS

CHECK OUT THESE USEFUL TOOLS AND RECIPES FOR COOKING ON A BUDGET:

[HTTPS://WHATSCOOKING.FNS.USDA.GOV/](https://whatscooking.fns.usda.gov/)

[HTTP://EATFRESH.ORG/](http://eatfresh.org/)

[HTTPS://SNAPED.FNS.USDA.GOV/RECIPES-MENUS](https://snaped.fns.usda.gov/recipes-menus)

[HTTPS://SPENDSMART.EXTENSION.IASTATE.EDU/SHOP/SPEND-SMART-EAT-SMART-APP/](https://spendsmart.extension.iastate.edu/shop/spend-smart-eat-smart-app/)