

Eat Right When Money's Tight

Before Shopping:



- **Make a shopping list. This helps you stick to your budget.
- **Plan your meals. This helps put leftovers to good use. (Find quick & easy recipes online.)
- **Look for coupons, sales and store specials.
- **For added savings, sign up for the store discount card.

During Shopping:

- **Don't shop when you are hungry or too rushed. It is easier to stick to your shopping list.
- **Try store brands. They usually cost less.
- **Compare products for the best deal. Purchase some items in bulk or in family packs.
- **Check "sell by" dates & buy the freshest possible so things last longer.



After Shopping:



- **Store food right away to preserve freshness.
- **Double or triple up on recipes & freeze meal-sized containers for later use.
- **Try a few meatless meals by substituting with beans and peas.
- **Use foods with the earliest expiration dates first.