

HOW TO MAKE A FOOD BUDGET

STEP 1 Calculate a food budget from previous months



- Look at your credit card/debit card statements and calculate how much you spent on food in a month
- Compare how much you spent on groceries vs. eating out.

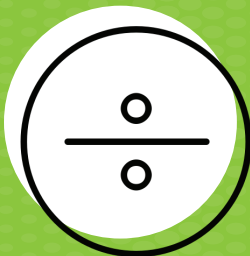
STEP 2

Modify your new food budget according to your financial goals

- It may be more or less depending on how you want to spend your money



STEP 3 Divide that number by 4 to get your weekly budget. This will act as your budget guide when grocery shopping.



Make a grocery list

- Buy groceries on a weekly basis sticking to your weekly budget that you have now calculated

STEP 4



STEP 5



Save a portion of your budget for when you go out to eat with friends

- Estimate how many times a week you want to go out, how much you can afford to spend, and allocate that amount
- Look for grouppons and/or specials



HOW TO FRUIT AND VEGGIE



Look for fruit and vegetables that are **in season** and plan your meals around those items to ensure they won't go bad!

Food going bad = money wasted!

Frozen fruit and vegetables are usually more inexpensive, **last longer**, have optimal nutritional value. They stay fresh until you use them, and are **easy to make**.

Frozen fruits and veggies can be used in smoothies, "fruit ice cream", soups, stir frys, or thawed and eaten as a side dish.

Canned fruit, vegetables, and beans are also very easy to use and are more **cost effective** than frozen.



FOOD COUPON DOS AND DON'Ts

Coupons can help you save money, but they can also encourage you to spend too much money...

DO

● Stick to your grocery list!

If you see an item on sale, but it's not an item you eat frequently or don't feel comfortable cooking, you may end up wasting money even though it's on sale.

● Buy 1 get 1 free

● Use coupons when it's for an item on your list!

DON'T

Buy in bulk ●

Bulk can be cost effective but again, it can eat up your weekly budget very quickly. If you have limited storage space (like a dorm) buying in bulk may also not be a good idea.

Buy 3 get 1 free ●

Buying 3 of 1 item may end up breaking your weekly budget and it may be too much of that one item. It will still be cheaper to buy just the 1 item.



GROCERY SHOPPING TIPS

SHOP AND **SAVE**



Choose where you will shop wisely.

Ask yourself: What store will allow you to stay within budget and have enough food to last the week?

Visit different stores and compare prices and sale flyers

Identify meatless dishes you like to eat.

Animal protein can be expensive. So by preparing 1 or 2 meatless dishes, you can save \$10 or more per week.



Dried beans, pasta, and rice are very cost effective foods that will provide many meals for very little money..

If you still want to include animal proteins, incorporate canned chicken, tuna, or salmon 1 to 2 times per week to help save money and get lots of protein!



HOW TO #BEATTHESYSTEM

Comparing **price per unit** is a great way to know what the better deal is.

6 OZ LOW FAT YOGURT		32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE	UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	\$0.72	\$0.05 per oz.	\$1.62
			
Divide $0.72/6 = 0.12 \text{ per oz}$		Divide $1.62/32 = 0.05 \text{ per oz}$	

Being aware of unit prices and **price per serving** will guide you in staying within budget, and getting the best bang for your buck.

	vs	
Cost: \$4.89		Cost: \$3.29
Servings: 10		Servings: 30
Cost/serving: \$0.49		Cost/serving: \$0.11

