

The University of Georgia

Eating Better on a Budget

Making nutritious choices does not have to hurt your wallet!

Learning for Life

The University of Georgia
Cooperative
Extension

Contact your local office at



3 Main Steps for Food Budgeting:

- Plan before you shop
- Purchase items at the best price
- Prepare meals economically

Turn to page 2 for more info

HOW TO SAVE MONEY!!!



Plan meals for the week
Use a shopping list
Use coupons and unit prices
Try store brands

Cook from scratch often

Buy in bulk and in season





Cook in batches - eat later! Get creative with leftovers Share or take part home when eating out

Publication # FDNS-E-89-107 Phoebe Eugenio and Connie Crawley, MS, RD, LD

Date 4/12

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.