



Making the Most of Your Food Dollars

Food Shopping on a Budget

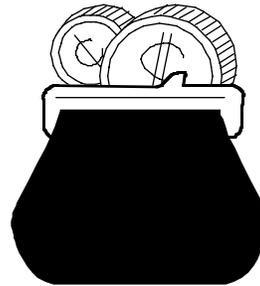
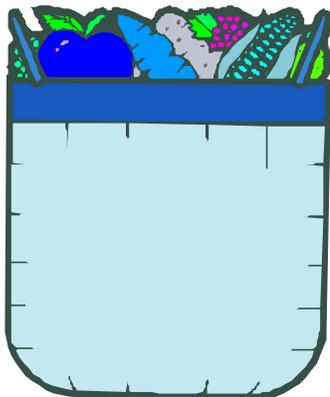
Food shopping on a budget takes planning. Follow these steps to get the most for your money.

Step 1: Make a food budget.

Determine how much money you have for food. Include the value of food stamps. You and your instructor can work together to make a monthly food budget.

If you shop once a week, divide your monthly food budget by four to find out how much you have for food each week.

If you plan to buy nonfood items, such as dish soap, at the grocery store, be sure to budget some money for these items.



Step 2: Plan meals and snacks for your family for a week.

- ✓ Check what foods you have on hand. Plan to use these foods.
- ✓ Check newspaper ads or store flyers for weekly specials.
- ✓ Plan to use leftovers for other meals during the week.
- ✓ Be sure to include foods from all five food groups on the Food Guide Pyramid.
- ✓ Include meatless meals to extend your protein dollars.

Step 3: Make a shopping list of the foods you need to make the meals and snacks on your menu.

You and your instructor can work together to determine how much you need of these foods.

Check to see if you have coupons for foods on your list.

Step 4: Review your shopping list and budget. Does this look like a shopping list that would fit your food budget? Your instructor might have more ideas on ways to cut food costs.

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Shopping List Guide

Fresh fruits and vegetables

Dried beans and peas

Canned fruits, vegetables and other
canned foods

Milk, cheese and yogurt

Bread, cereal, rice, tortillas and other
grain products

Meat, poultry, fish and eggs

Staples and miscellaneous

Frozen foods

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