Stretching Your Food Budget

We will begin at 12:15 p.m.

PRESENTERS

Cassidy Lutz
FCS Agent
Southwind District

Julie Smith
FCS Agent
Wildcat District

Today's Guide for A Healthy Conversation

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at www.ksre.k-state.edu/fcs/livingwellwed/
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STRETCHING YOUR FOOD BUDGET

Presented by:

JULIE SMITH
Family Resource Management & Entrepreneurship Agent
Wildcat Extension District

CASSIDY LUTZ
Family and Consumer Science Agent
Southwind Extension District
ACCORDING TO THE USDA, ECONOMIC RESEARCH SERVICE:

• Average annual food-at-home prices were 3.5 percent higher in 2021 than in 2020.
• In 2021, U.S. consumers spent an average of 10.3 percent of their disposable personal income on food.
• 2020 and 2021 were years of high food price inflation due to shifts in consumption patterns and supply chain disruptions.
• Plan to plan: set aside time to plan
• Create a weekly meal plan for your whole family that includes healthy options
• Keep your work/family schedule in mind
• Take stock of your refrigerator and pantry
• Eat perishable food first
• Plan for leftovers
SMART SHOPPING

• Make a list and stick to it
• Buy generic
• Only buy in large quantities for a big event or if you plan to use it later
• Look for coupons or sales before going to the store
• Shop in season
• Don't shop while hungry
DINING OUT

• Drink your water!
• Split a meal
• Order an appetizer instead of a meal
• Check for special deals or coupons
• Look for discounts i.e. seniors or kids
• Use apps to look for offers or deals
THE USDA ECONOMIC RESEARCH SERVICE ESTIMATES THE AVERAGE FAMILY OF 4 LOSES $1,500 PER YEAR ON UNEATEN FOOD
• Buy only what you need when you need it
• Proper food storage will prolong shelf life. Use containers designed for the use.
• Use a thermometer in your refrigerator and freezer to ensure optimal temperatures are maintained
  ○ 40°F or less for the refrigerator and 0°F or less for the freezer
• First in, first out method

REDUCE YOUR FOOD WASTE
EXTENDING SHELF LIFE

• Keep foods separate
• Look up proper storage temperatures of fruits and vegetables
• Store meat on the bottom shelf
• Keep items like condiments and preserved foods on the door as they can handle a wider temperature range
• Freeze or preserve foods for later use
FOOD PRODUCT DATE LABELS

• **Sell-By**: tells stores how long to display products for sale
• **Best-By** and **Use-By**: The last date recommended for best flavor and quality
• **None of these are safety dates!**
• With the exception of infant formula, if the date passes during home storage, a product should still be safe and if handled properly until the time spoilage is evident.
• When in doubt, throw it out!
QUESTIONS

For more information, contact:

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THANK YOU FOR ATTENDING!

Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with the camera on your phone or follow this link:

https://bit.ly/3vW5kKj

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.
www.ksre.k-state.edu/fcs/livingwellwed/

Find your local Extension Office at ksre.kstate.edu

LIVING WELL WEDNESDAY
K-State Research and Extension Webinar Series

Family Meals - Nutrition and Skills to Get You Started!

Family meal time can be challenging. Join this session to learn about MyPlate, portion sizes, and why healthy eating and trying new foods is important for children.

Wednesday, March 22nd
12:15 - 1:00pm CST

Register online: https://bit.ly/LWW2023 or by scanning the QR code below.

Monique Koerner
FCS Agent
Cottonwood District

Tristen Cope
Family and Youth Agent
Chisholm Trail District

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