



# Good for You!

## Eat Right When Money is Tight

Are you worried about rising food costs? Most everyone is concerned these days. Think “back to the basics” to save money on food. Cook with “basic” foods like eggs, milk, pasta, rice and dried beans to save dollars. The least processed foods are generally the least expensive foods at the store.

### Tips to Stretch Your Food Dollars

#### Start With What You Have on Hand

- Check what foods you already have to plan menus.
- What meals can you make from these foods?
- Planning meals helps put leftovers to good use.
- Add missing foods to your shopping list.

#### Shopping at the Store

- Never shop when you are hungry.
- Buy at discount grocery stores.
- Shop from a list.
- Try store brands. They usually cost less.
- Frozen vegetables usually cost less than fresh.
- Avoid convenience foods.

#### After Shopping

- Put refrigerated and frozen foods away first.
- Use foods with the earliest expiration dates first.
- Prepare recipes that can be frozen.



Search for “Kansas SNAC” on Facebook to learn more about eating well and saving money.

# Savings Up and Down the Pyramid



## Breads and Grains

- Look for bargains on day-old bread.
- Buy regular rice, oatmeal and grits instead of instant.
- Buy plain bread and cereals.

## Vegetables

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Stock up on canned vegetable on sale.
- Bagged vegetables and salads usually cost more.
- Plan snacks – carrot sticks are cheaper than candy bars.

## Fruits

- Buy fruits that are in season.
- Frozen and canned fruits are a smart choice.
- Choose fruits as dessert more often.
- Buy 100% juice and not fruits drinks – more juice, less sugar.

## Lowfat Dairy

- Buy fresh, lowfat milk in the largest size that can be used before spoiling.
- Freeze shredded cheese to use in casseroles and on pizza.
- Pack a snack-to-go with a slice of cheese and a few crackers.

## Meat and Beans

- Freeze meat you won't use right away.
- Canned tuna, sardines and salmon are a good buy.
- Stretch meatservings with ground beef or turkey.

# What About Eating Out?



Eating out less often and cooking at home saves dollars.

Save money by packing your lunch.

Take healthy snacks and drinks with you when shopping. This will keep you from being tempted to stop for fast food or expensive snacks at a convenience store.



*Try baking a potato in the microwave instead of buying French fries.*

*The cheapest fruits are watermelon, apples, raisins and bananas*



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

**For more information, contact your local Extension Office**