

Managing Food Dollars

Valuable tips to save you time and money...

The important job of feeding your family grows harder with rising food prices. Planning ahead can help you save money.

The amount of money available at one time for shopping, the frequency of shopping, and your storage facilities can affect your planning and buying.

Try these suggestions when you're planning meals and shopping:

- Check weekly food ads and take advantage of specials on in-season fruits and vegetables.
- Consider nutritional needs. Each family member needs foods from the four basic food groups: meats, vegetables and fruits, milk, bread, and cereals. The amounts will depend on the ages of your family members.
- Check foods on hand in your freezer, refrigerator and shelves.
- Take into account your work schedule and the time you have for food preparation. If you don't have much time, you may be willing to pay extra for convenience.



*Creating your plan
to save food dollars
may result in
an enjoyable
broadening of
your horizons.*



- Choose food in the most economical, convenient form. This may be fresh, frozen or canned.

- Try to improve your cooking skills. The more you know about cooking, the more economical and more interesting your meals will be.

- Use a shopping list that is flexible. List similar foods together and make a note of how much you need.

- Shop alone. This helps you avoid unnecessary purchases.

- Shop after meals. If you're full it is easier to resist impulse buying.

- Compare the cost of generic brands, store brands, and national brands on a per serving basis. Select the lowest cost item suitable for your needs and your tastes.

- Use unit pricing information if it's available. This can help you compare costs at a glance.

- Substitute items that are not available with items that are similar. Buying a broiler instead of a fryer will make little difference in your menu.

- Be sure frozen foods and meat items are bagged together. This helps these foods stay cold. Go straight home after shopping so your purchases can be stored properly as soon as possible. Waste adds to food costs.

For more information on managing food dollar contact your local county Extension office.