

Hints for Stretching Your Food Dollar

A large part of your monthly expenses are for food and food related items. For this reason, it is important to plan your food expenditures very carefully in order to make the most of the money you have budgeted for this expense. Some useful hints for stretching your food dollar are offered here.

1. Buy less expensive cuts of meat whenever possible. They have the same nutrition value.
2. Buy whole chickens and cut them up yourself. An investment in a good pair of kitchen boning shears will save you many dollars on the cost of cut-up chicken.
3. Make your own chicken or turkey or beef broth from the bones of these meats.
4. Use food coupons whenever possible. Make it a habit to coupon hunt each week in the newspaper. Then store them in an accordion folder by category, so they are easy to find when you go shopping.
5. Buy generic brands of foods whenever possible.
6. Rather than buy one spice or one special item for a recipe, use the substitution chart on the package to avoid unnecessary expenditures.
7. Rather than buy a new sized dish for a recipe, use one similar in size and alter your cooking time accordingly. For instance:
 - If you are substituting a pan that is shallower than the pan in the recipe, reduce the baking time by about one-quarter.
 - If you are substituting a pan that is deeper than the pan in the recipe, increase the baking time by about one-quarter.
8. **PLAN YOUR MEALS BEFORE GOING TO THE GROCERY STORE.** This will save you a great deal of money and will eliminate wasting a lot of food and money.
9. Never go grocery shopping when you are hungry. You tend to buy much more and especially more snack foods when you are hungry.
10. Whenever possible, do not buy prepackaged food products. These are much more expensive than making the same dish yourself. Also home prepared foods are more nutritious because they have more vitamins and no additives.
11. Buy items in bulk that store easily and offer greater cost savings. Consider shopping with a friend or group of friends at a discount warehouse and dividing up the bulk items.
12. Buy fruits and vegetables that are "in season."

Interview your parents and list their additional cost saving strategies below:

Planning Your Weekly Meals

Pretend you are 29 years old and you are planning the weekly menu for ~~you~~ you described on page 77 of *Career Choices*. Remember the basic food groups and nutritional needs of your family members. Think of food as you would gasoline for your car. If you put quality gas in your car, it will perform better and last longer. If you put nutritious food in your body, you will perform better and you will live longer.

An example of a menu for Monday might be:

	Breakfast	Lunch	Dinner
<i>Monday</i>	Hot cereal Orange juice Toast	Tuna sandwich Apple Milk	Broiled chicken Baked potato Corn on the cob Green salad

To get started list all your favorite foods here:

Breakfast foods

Lunch

Dinner

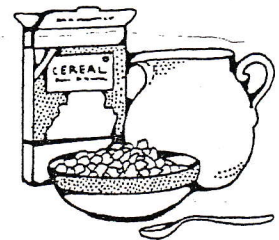
Snacks

Beverages

Desserts

Hint:

If you have chosen to live on the thrifty or low-cost plan, you might consider planning meals with left-over possibilities, such as roast chicken one night, chicken salad the next night and chicken salad sandwiches for lunch the third day. That way you can buy in quantity at lower costs.



What is your idea of good nutrition and an appealing diet? Plan a week's menu.

Menu for _____ adult(s) _____ children

	Breakfast	Lunch	Dinner
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>			
<i>Saturday</i>			
<i>Sunday</i>			

Sample Grocery Shopping List

PRODUCE DEPARTMENT

- Fruit
- Vegetables

BAKERY

- Bread
- Rolls
- Desserts and Sweets

DAIRY PRODUCTS/DELICATESSEN

- Milk Products
- Butter or Margarine
- Yogurt
- Lunch Meats
- Cheeses
- Eggs

MEAT/FISH DEPARTMENT

- Packaged Meats (Frozen or Fresh)
- Packaged Chicken (Frozen or Fresh)
- Fish (Frozen or Fresh)

CANNED FOODS

- Fruits
- Vegetables
- Soups
- Canned Sauces

PACKAGED GOODS

- Flour, Beans, Pasta
- Cereals
- Coffee and Tea

BOTTLED/CANNED DRINKS

- Soft Drinks
- Juices
- Water

Sample Sundry Shopping List

HOUSEHOLD PRODUCT

- Cleaning Products
- Paper Goods
(Napkins, Paper Towels, Toilet Paper)
- Laundry Detergent

SUNDRIES

- Shampoo and Hair Products
- Deodorant
- Shaving Cream
- Sunscreen
- Over-the-counter Medications and Vitamins

Write your weekly shopping list here. Include quantities. Use your menus from the previous page as a guide.