

Plan

Plan meals and snacks for the week

Find recipes online

Make a grocery list

Include meals that will **'stretch' food items** (stews, casseroles)

Check for sales and coupons in paper or online

Ask about a **loyalty card** at the grocery store



Purchase

Buy groceries when you are **not hungry**

Stick to the grocery list

Buy generic brands

Find and compare unit prices

Purchase in bulk

Choose in-season produce

Consider low-cost proteins: eggs and beans



Prepare

Prepare in advance

Double or triple recipes to freeze

Try meatless meals with beans and peas

Incorporate leftovers into another meal

Be creative with your fruits and vegetables



**The 3 P's of
Eating on a Budget**