

# EAT BETTER ON LESS

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## Reduce the Cost, Not the Quality

In today's economy it pays to be frugal. We're all looking for ways to help make ends meet.

One area that we have control over is our food budget. You can learn to save money, change your eating habits and

create healthy dishes without sacrificing the quality and flavor of your meals.



Stretch your food dollar through **BUDGETING**



Stretch your food dollar through **FOOD SELECTION**



Stretch your food dollar through **LOW-COST RECIPES**

# 10 Ways to Eat Better on a Budget

1. Look for new recipes and thrifty meal ideas on websites such as [usda.gov](http://usda.gov).
2. Learn to cook quick and easy meals. Look for recipes with 5-7 ingredients. Use items you have on hand and plan to make good use of leftovers.
3. Good food habits last a lifetime. Make smart choices by paying attention to food guidelines and getting enough fruits and vegetables. Buy items that require the prep-work to be done at home. They are usually cheaper.
4. Get the full benefit of using coupons. Only use coupons for items that you already buy and use. Make sure the coupon price meets or beats the store brand item price. Stock up when sales and coupons coincide.
5. Balance what you eat with physical activity. Become physically active for at least 30 minutes per day. The more you move, the better you feel.
6. Homemade can be healthier, cheaper, and a great activity for family members. If you knew that a dozen cookies cost \$5 at the store but only \$3 at home, which would you choose?
7. Keep trying new foods. Don't be afraid to substitute applesauce for cooking oil. It might take you a few tries to get a new recipe down, but before you know it you will be adding more variety to your diet and loving it.

## 8. Make a List



If you plan before you go food shopping you will know what you have on hand. Using a grocery list helps avoid impulse buying.

## 9. Limit Fast Food



It is fast and convenient but not healthy or budget friendly. If you need to eat out, make careful selections and watch your portion size.

## 10. Eat What You Buy



Many people toss out nearly half of what they buy simply because of poor planning, busy schedules, or overbuying. By planning ahead and sticking to your menu, grocery bills can be reduced.