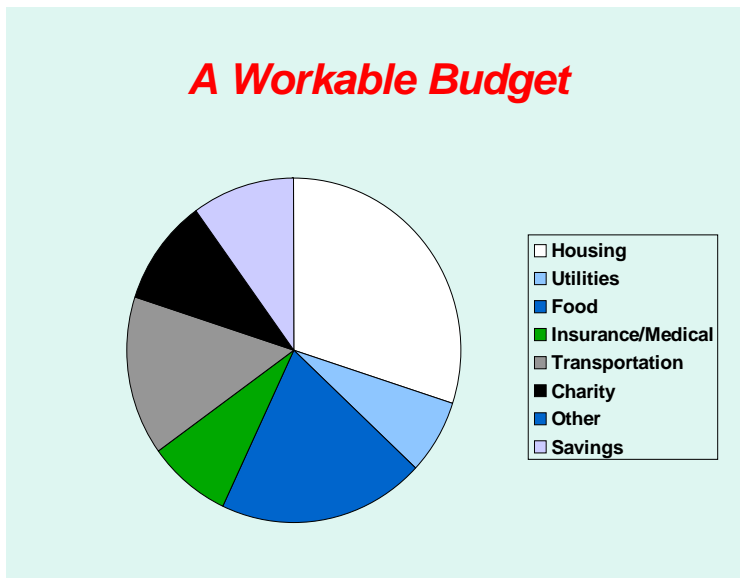


Building Your Budget

- Savings 10%
- Housing 20%-30%
- Transportation 6%-20%
- Food 15%-30%
- Utilities 4%-7%
- Clothing 3%
- Charity 10%
- Insurance
- Gifts
- Medical
- Recreation
- Unrestricted Money 1%-4%



Suggested food budget from 2007 data

For an economical family you may be able to get by on \$120-\$150 per person, averaging about \$2,000 per person a year on food. This is about \$1.50 a meal. To maintain on this amount of money you will need to eat at home and make your meals from "scratch", not convenience foods.

For an average family of 4:

Thrifty Plan	Low Cost	Moderate	Liberal
\$460	\$600	\$700	\$900

Family Budget should allow for 15%-30% of the budget for food.