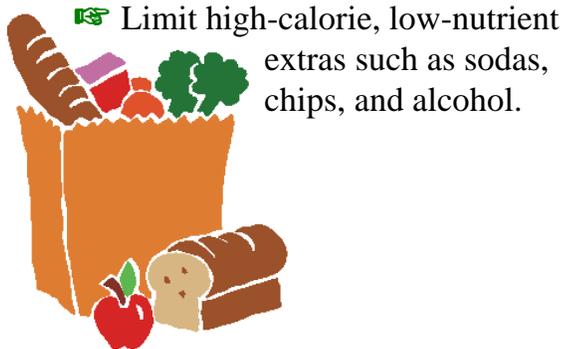


Saving Money on Meals¹

Jennifer Hillan²

When it comes to saving money on groceries, planning makes all the difference! Planning your family's meals can not only save you money, but time and effort as well. Use these money saving tips along with the weekly meal planner and start saving today!

- ✎ Make a budget and stick to it!
- ✎ Make a shopping list from your weekly meal plan. This will help you avoid buying unnecessary items.
- ✎ Be flexible with your meal plan to take advantage of store specials. For example, you planned corn for Tuesday night, but buy green beans instead because they are on sale.
- ✎ Buy store brands when they are cheaper than brand names.



- ✎ Clip coupons and take advantage of store specials for items that you normally buy.
- ✎ Know the regular prices of items you buy often. This way, you'll know a sale when you see it.
- ✎ Buy in bulk and store for later use. Make sure you will be able to use all of the food before it spoils.
- ✎ Use the Food Stamps Program and/or WIC if you qualify.
- ✎ Grow your own fruits and vegetables.
- ✎ Shop at farmers' markets and discount stores.
- ✎ Don't shop when you are hungry!

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Tips for Meal Planning

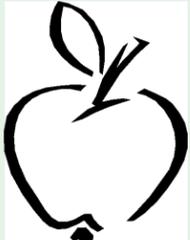
- ✓ Plan to use foods that you already have on hand.
- ✓ Include leftovers in your meal plan.
- ✓ Follow the Food Guide Pyramid each day.
- ✓ Use meat alternates often, such as dried beans and peas.

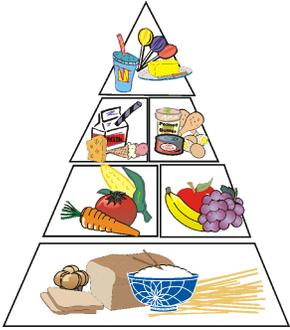
Each day's menu should have:

- ✓ several whole-grain foods
- ✓ at least one vitamin A food (such as dark green or deep orange fruits and vegetables)
- ✓ at least one vitamin C food (such as citrus fruits, strawberries, broccoli)

Weekly Meal Planner

Planning Makes the Difference

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 							
Lunch 							
Evening Meal 							
Snacks 							



Now that you've created a weekly meal plan, let's compare it to the Food Guide Pyramid! Fill in the number of servings from each food group you have planned for each day.

Food Groups	Servings							
	FGP	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Bread, Cereal, Rice & Pasta	6-11							
Vegetables	3-5							
Fruits	2-4							
Milk, Yogurt & Cheese	2-3							
Meat & Meat Alternates	2-3							

Are any days short of the Food Guide Pyramid recommendations? If so, go back to your meal plan and make any needed changes.

Congratulations on planning a balanced menu!



Now use your meal plan to create a shopping list