

Dietitian Tip **May**
Tuesday **19/20**

Tips to **Save Money** on **Food**

Spending money on food is something we all must do. However, there are strategies that you can use to help make the most out of your food budget. Below is just the tip of the iceberg (lettuce). For more detail visit www.grandeprairiepcn.com/resources/dietitiantip

- 1. Plan your meals for the week:** Doing this can save time and trips to the grocery store.
- 2. Avoid food waste:** Try keeping a running list of the items you put into your freezer as an inventory.
- 3. Purchase items that cost less:** Watch weekly flyers for deals and compare brands for the lowest prices.
- 4. Know how to navigate the grocery store:** Items cut up for convenience will cost more.

You can find more information on nutrition and healthy eating at www.grandeprairiepcn.com/resources/dietitiantip

Tips to Save Money on Food

Spending money on food is something that we all must do. However, there are strategies that you can use to help make the most out of your food budget. Some of these strategies include:

1. **Plan your meals for the week:** Doing this can help save time and trips to the grocery store. It can help to reduce food waste as there is a plan to use the food that you are purchasing. You can also incorporate using leftovers into your meal plan. For example, having roasted chicken one night and using the leftovers for sandwiches the next night is a good way to get the most out of the foods you have purchased.
2. **Avoid food waste:** Try keeping a running list of the items that you put into your freezer as an inventory. As you take something out, make sure you cross it off your list to keep your inventory up to date. Another good way to avoid food waste is to use a “first in, first out” method where you place the newer items to the back of the freezer and the older items to the front. This helps to avoid foods disappearing into the abyss at the back of the freezer.
3. **Purchase items that cost less:** Watching weekly flyers for deals, comparing brands for the lowest prices, and buying value or bulk packs can help save money. Just be sure when you are purchasing bulk amounts that you have a way to store the food without expiring. If you must throw out food, it will not help you save money.
4. **Know how to navigate the grocery store:** Sometimes when a food or product is made more convenient (for example, cut up watermelon vs a whole watermelon) the cost of the product increases. Here is a quick reference guide for some of the best buys at the grocery store and how to get the most nutrition for your money:

	More Affordable Options	Foods That May Be More Expensive
Protein Foods	Eggs Canned fish Beans, peas, lentils Peanut butter Block cheeses Yogurt in a tub	Boneless, skinless meat or fish Shredded cheese Individual yogurt containers
Grain Foods	Oats Dried pasta Rice Whole grain breads (buy on sale and freeze)	Packaged cereals Packaged, seasoned rice or pasta Crackers
Vegetables and Fruits	Frozen vegetables and fruits Canned vegetables and fruits Those with longer shelf life such as: Potatoes Carrots Onions Bananas Oranges Apples	Bagged or prepared salads Cut-up fruit or vegetables