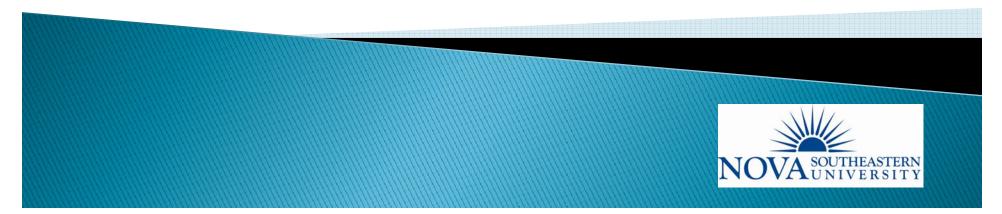
# How to Save Money On Food Due to Higher Gas Prices

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Good planning - have a grocery list and stick closely to it.

-Buy what you NEED not what you want. Do not overbuy!

- -Fewer trips to the grocery store save on gasoline!
- -Less temptation to purchase more unnecessary food.

**Be a bargain shopper** – look for good deals – that fit in your grocery list.

## Use BOTH newspaper and online coupons.

- •www.ShopAtHome.com
- •www.foodcouponsdirect.com
- •http://freecoupononline.net

**Prepare lunch at home** (prepare at night) and save on buying lunches every day – could save a lot and may be more healthy!

**Keep healthy snacks at work** – save on cafeteria food which could be expensive in the long run.



**Buy seasonal produce**. It's strawberry season in Florida so purchase more strawberries and less apples to save money. Many grow mangoes, papayas and other tropical fruits in Florida!

**Buy frozen**, canned and dried products – cheaper and still good.

**Substitute inexpensive protein** (beans, eggs, etc.) for expensive ones (beef, pork, lobster, and shrimp).

**Cook for more than one meal** – It's cheaper and you will have for lunch the next day.



**Do NOT waste food**! Buy only what you will use.

Manage refrigerator better. Your refrigerator can be a source of a major waste of money. Holding on to outdated food! Waste not want not!

Use leftover food in creative ways. Today's leftover baked chicken will make a great chicken salad tomorrow!

Eat more healthily – more fruits, vegetables, whole grain products, etc. Revisit your eating habits!

Reduce use of processed and pre-packaged foods.



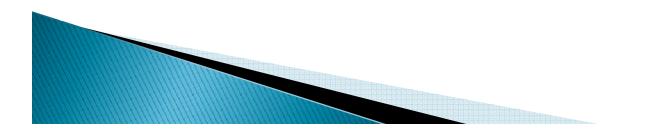
Always have your store discount card.

Use gas stations food stores at sparingly.

Buy store brands – same food, cheaper prices.

Buy your meats products in bulk – for a month at a time if possible.

Plant a garden – it's fun for the whole family and saves money!





# AS GAS PRICES GO UP – FOOD PRICES GO UP!!! SO ...

#### MAKE ADJUSTMENTS WITH YOUR FOOD MANAGEMENT

### AND SAVE

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