

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 Holding on to outdated food!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

\$ \$ \$ \$

