



Easy Ways to Save

Take a look at the list below to see if any of these easy ways to spend less on food will work for you and your family. Mark whether these are things you already do or things that you are willing to try.



Food at Home

	Things I'm Already Doing	Things I'm Willing to Try
Make food from scratch		
Use leftovers		
Use food before it spoils		
Grow a garden		
Bring lunch from home		
Shop at discount stores		
Use store savings cards		
Use unit pricing to get best price		
Shop on a full stomach		
Shop when store is not crowded		
Shop alone		
Use coupons wisely		
Use store ads to plan meals		
Use a shopping list		
Buy fruits and vegetables in season		
Choose food with less packaging		
Buy larger sizes		
Buy store brands		
Shop a farmer's markets		
Other:		
Other:		



Food Eaten Out

	Things I'm Already Doing	Things I'm Willing to Try
Eat at less expensive restaurants		
Choose restaurant specials and discount menu items		
Share a meal with someone else		
Get water instead of soda		
Try getting there for early-bird specials		
Use restaurant coupons		
Join loyal customer clubs		
Ask for child or senior menus		
Try a pot luck instead of eating out		
Avoid vending machine food		
Avoid convenience store food		
Keep healthy snack and drinks on hand at home		
Other:		
Other:		

There may be times when there is just not enough money to buy the food you need. In cases that these check out the community services below.

Community Services

	Things I'm Already Doing	Things I'm Willing to Try
Get help from local food pantry		
Apply for Food Stamps		
Apply for WIC		
Apply for free & reduced school meals (public schools & Head Start)		
Check out low cost meals for seniors and disabled, if applicable		
Other:		
Other:		