

How Well Do You Stretch Your Food Dollars?

Quiz Yourself!



Planning Meals

I do this I don't do this

Bring a "sack" lunch to work most of the time.



I do this I don't do this

Plan out your meals before you go shopping. Planning saves you money and allows you to create low-cost meals.

I do this I don't do this

Plan what you will do with leftovers so they can be prepared in a different, yet tasty way or freeze them to eat another day.

I do this I don't do this

Use a shopping list or FORGET IT! A list keeps you on track to buying what you really need and not impulse items.

I do this I don't do this

Look for low cost recipes in cookbooks at the library or on the internet.



I do this I don't do this

Read store fliers to see what's on sale and if it is a good buy.

I do this I don't do this

Make one-dish meals in order to stretch meat and feed more people.



I do this I don't do this

Try to make more "meatless" meals and substitute beans or eggs for the protein.

I do this I don't do this

Challenge yourself to learn to cook more foods from scratch (instant rice costs 4 times more than regular.)

Prepared by Nutrition Education Program Staff – Brown County.

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin and local partners. University of Wisconsin – Extension provides equal opportunities in employment and programming including Title IX requirements.

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Smart Shopping!

I do this **I don't do this**

Avoid buying from a candy or soda machine ...this may seem like small change but it adds up FAST!

I do this **I don't do this**

Refuse to be swayed into buying things like soda pop, potato chips, frozen TV dinners, bakery-made rolls and breads. These are usually high-priced foods.



I do this **I don't do this**

Buy certain fruits and vegetables when they are 'in season.' For example, strawberries cost more in the winter than in summer.

I do this **I don't do this**

Go shopping as few times a month as possible ... frequent trips add to my family's food costs because people tend to buy extras each time.

I do this **I don't do this**

Try to shop alone if possible ... it's hard to say "no" to children's requests.

I do this **I don't do this**

Shop at discount food stores such as Aldi's.



I do this **I don't do this**

Read the "unit price" (the number of cents per ounce) on the shelves at the store and bring a calculator along to figure out the best deal. For example: 2 dozen eggs/\$3.00 are more expensive than another brand where one dozen eggs costs \$1.39 or 2/\$2.78.

I do this **I don't do this**

Buy the store brand or the generic when possible.

I do this **I don't do this**

Don't shop when you are hungry ... so you won't buy more than you need.

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