



PLANNING WEEKLY OR MONTHLY MENUS CAN SAVE YOU MONEY

Guidelines to help you stay within your food budget:

1. Write down what you will eat for the next week (or month). Remember to mark days you are planning special events, like birthdays and days you plan to eat out.
2. Check your cupboard to see what you have on hand. Then, check newspapers for specials, especially coupons and “loss leaders.” Most specials are featured on Wednesday and/or Sunday.
3. Plan menus using the recommended amounts from MyPyramid.
4. Making a shopping list from your planned menus.
5. Buy only food that are on your list. Don’t give into temptation while shopping unless there is a special that you will use in future menus and you have enough money for it.
6. Remember to eat before you shop. Shop without your children and/or spouse or train them to be good shoppers too.
7. Compare prices and labels while at the store to get the best buy.
8. Keep your grocery receipts so you can track your spending.



<http://www.mypyramid.gov/index.html>

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