

Saving Money on Food Away From Home

Cost Comparisons of Restaurant Foods versus Prepared-at-Home Foods

	Restaurant Price	Made-at-Home Cost	Savings 1 person	Savings Family of 4	Savings Family of 4 4 times a month
Breakfast Burrito	\$2.50	\$1.00	\$1.50	\$6.00	\$24.00
Fruit Smoothie	\$3.50	\$1.00	\$2.50	\$10.00	\$40.00
Salad with Chicken	\$7.00	\$3.00	\$4.00	\$16.00	\$72.00
Hamburger with baked potato	\$6.00	\$3.00	\$3.00	\$12.00	\$48.00
Total			\$8.00	\$32.00	\$184.00

If you made these 4 foods at home, rather than buying these foods once a week for a month, you would have saved about \$184.00!

What would you do with an extra \$184.00?

Adapted from: Saving Money on Food Away From Home. *Healthy Cents*. 2015. University of Maryland Extension.