

# Take Home Tips

Budgeting for food away from home will help you be able to better manage your food money. Making careful choices at restaurants and take-out stores will help you get the most for your money. Prepare foods at home most of the time to save money. Try new recipes to make foods similar to foods you buy away from home.

Choose one of these strategies to save money:

- Decide how much you will spend on food away from home each week or month and include this amount in your budget.
- Take advantage of coupons or specials you find in the newspaper or online.
- Buy the regular-sized (not super-sized) portions. Order the smallest size beverage on the menu or drink water.
- Order a kid's meal for yourself. Portions are smaller and the price is too!
- Buy carry-out for the main dish of a meal and prepare the rest of the meal --salad and vegetables--at home.
- When eating at a restaurant, divide your meal into two parts and take half of it home for a meal the next day. This will save money and calories, too. Restaurant portions are usually very large. Eating only half your meal and taking the rest home will not cause you to feel hungry.
- Another option is to share an order with a friend or family member.
- Instead of ordering a meal for a child, share yours with them.
- Try a new recipe to make a food similar to food you buy away from home.

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

# Homemade Hummus

6 servings

Serving Size: 2 Tablespoons

## Ingredients

1 (15-ounce) can garbanzo beans,  
drained and rinsed

1 clove garlic, chopped

1/2 lemon, juiced

1/2 teaspoon salt

2 Tablespoons vegetable oil

1/4 cup cold water

Fresh vegetables, washed and cut into small pieces

Whole grain pita chips or crackers



## Instructions

1. In a blender, combine garbanzo beans, garlic, lemon juice, salt, and oil, and water.
2. Blend on low speed until smooth.
3. Serve with fresh vegetables like broccoli, carrots, celery, peppers, and cauliflower for dipping. Whole grain pita chips or crackers are also a good choice to serve with hummus.

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