

Shopping and Cooking on a Tight Budget: Practical Tools for Families Impacted by Financial Changes

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[Your Guide to Food Pantries](#)

Perhaps you have used a food pantry in the past to help feed your family. Or, perhaps you are considering going to a food pantry for the first time. Either way, this booklet has been designed to help you. PB 1884



[Tips for Shopping at the Farmers Market](#)

Learn ten tips to help you shop smart at the farmers market. SP 821



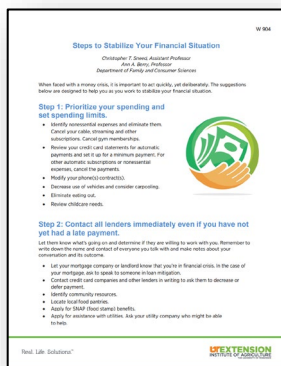
[Stretching Your Food Resources](#)

This publication gives practical tips for stretching your family's food resources. W 1200



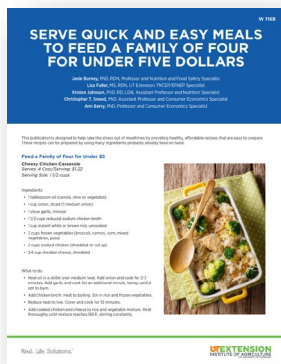
Stretching Your SNAP Benefits

Do you spend a lot when you get your SNAP benefits but find there is little money left by the end of the month? W 1199



Steps to Stabilize Your Financial Situation

Gives suggestions for those in a money crisis to manage their situations, including setting spending limits, contacting lenders, and identifying and evaluating resources W 904



Serve Quick and Easy Meals

This publication is designed to help take the stress out of mealtimes by providing healthy, affordable recipes that are easy to prepare. These recipes can be prepared by using many ingredients probably already have on hand. W 1169