



Maximizing Your Grocery Budget

There are 2 ways to meal plan...

#1 Buy bulk and wholesale

The benefit of purchasing items in bulk is that these items can be used for multiple meals, and most items are shelf stable.

You can also buy meat and produce in bulk, but be sure to freeze the items so they don't spoil.

Sample – Buy in bulk

20 lb bag of rice	\$20.00
8 lbs Dried pinto bean	\$6.00
Bouillon Cubes	\$3.00
Bunch of bananas	\$3.00
Dozen eggs	\$5.00
Loaf of bread, 20 oz	\$4.00
40 oz peanut butter	\$7.00
42 oz oats	\$4.00
15 oz canned fruit	\$4.00
Gallon of skim milk	\$4.00
Frozen vegetables of your choice	\$6.00
3 cans tuna	\$4.00
3 lb. chicken breast	\$10.00
TOTAL	\$80.00

#2 Plan meals with repeat ingredients

Choose 3-4 meals, for the week, that have overlapping ingredients.

If you need help planning meals, we suggest a website [SaveTheFood.com](https://www.savethefood.com)

Sample – Use repeat ingredients

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
Monday 5/8/23						
Yogurt / yogur / iogurte / yogout Breakfast >						
Chicken Quesadilla / quesadilla de frango / kesadilla poul Lunch >						
Lentil Soup / Sopa de lentejas / Sopa de lentilha / Soup Lantiy Dinner >						
Tuesday 5/9/23						
Yogurt / yogur / iogurte / yogout Breakfast >						
Lentil Soup / Sopa de lentejas / Sopa de lentilha / Soup Lantiy Lunch >						
Chicken Tacos / tacos de pollo / tacos de frango / tako poul Dinner >						
Wednesday 5/10/23						
Eggs, salsa, avocado / huevos, salsa, aguacate / Ovos, salsa, abacate / Ze, salsa, zaboka Breakfast >						

Make a List

Creating a list helps you stick to your meal plans, reduces the cost of purchasing repeat items you have at home, and reduces the risk of purchasing items you don't need.

Check weekly ads that arrive in the mail or download store apps to scan coupons.

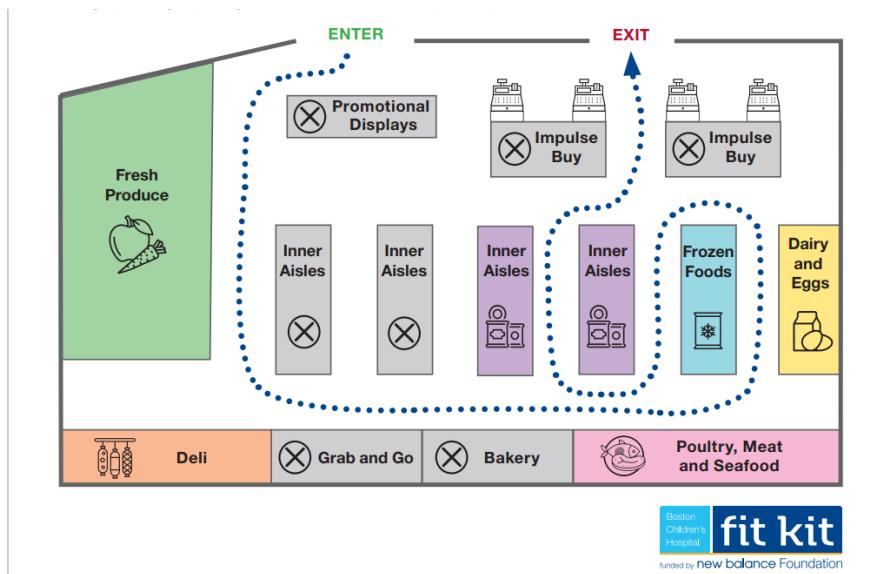


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Navigating the Supermarket

Most of the time, you can stick to your list by sticking to the produce, canned goods, frozen foods, dairy, and meat aisles.

If purchasing canned or frozen fruits/vegetables, be sure to choose options with: "Low" or No Sodium and No (0%) Added Sugars



Try to avoid exhibition items, impulse purchases, or promises of a good deal.

Unit Prices

Canned pears, 16 ounces, costs \$1.00



Canned pears, 28 ounces, costs \$1.35



At \$0.04 an ounce, the bigger can is the better buy. It costs less per ounce.

The unit price is the cost of the product per ounce or per unit. The cheaper the unit price, the less you will spend per ounce.

For example, the 16oz can of pears costs \$0.06 per ounce, but the 28oz can costs \$0.04 per ounce. **Even though you pay more at the checkout, it's more product for less money.**