



Week Of: \_\_\_\_\_

## Weekly Meal Plan / Menu

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# MEALS ON A BUDGET

## *A few tips to help try and save money on your family's meal plan*

### 1. Use what you already have

Look inside the cupboard and see what foods your family has. Organize the pantry by sorting food that you have currently and throw away ones that are old and expired. Once organized, determine what the family will need foodwise and visit the grocery store.

### 2. Make a grocery list and stick to it

This can ensure that you are shopping based on your family's needs and to not stray and wander away buying items that you do not need. This would mean avoiding the snack and junk food aisle, which may be difficult but would pay off in the long run for both your wallet and health.

### 3. Buy in bulk

It may seem that you are giving up too much money in the beginning, but it will pay off in the long run. Buying in bulk is cheaper by per unit price at bulk stores. A 5 lbs bag of organic quinoa at bulk store can be \$5 while a regular retailer store will have a 1 lbs bag for the same price.

### 4. Skip the pre-cut fruit, vegetables, and meat products

Stores will increase the prices of their pre-cut and portioned food products. This is done because of the convenience factor when you can take at least 15 minutes to wash, cut, and portion the items yourself.

### 5. Pick frozen

Fruits, vegetables, and meat are all usually more expensive when bought fresh. Frozen items can be the answer to save money. Frozen foods last longer and are picked at the peak of ripeness to freeze.



## 6. Keep an eye out for sales

Look at your local grocer's ads and find foods that are on sale. These can range from beef, poultry, fruits, vegetables, and even condiments. You can use these foods to think of meals that you can create.



## 7. Do not shop hungry

It can potentially be problematic if you decide to shop on an empty stomach. All food will be more appealing when you are hungry, especially junk food. This can in turn result in you buying food that is not on your list, which goes against #2 above.

## 8. Eat less meat

It is true that buying meat is more expensive than buying vegetables pound for pound. Especially now with this pandemic going on right now. You can have your family try for one week, eat only 3 meals with meat. If you really enjoy it, try to cut it down to 2 times or even once a week.

## 9. Involve all family members



Do not do this alone! Remember that you have your family to help and support you as well as each other. Involve your children in the decision making of meals, they can even offer some suggestions for the family to eat.

## 10. Do not forget to wear your mask and practice social distancing when you shop

This is to help prevent the spread of the Coronavirus by either you contracting it or spreading it to others.

## 11. Do not feel pressured to be exact with the list

The following samples down below are what they are, samples. Your family does not need to follow these lists to a tee. Get creative and list foods that the entire family would like and use the above rules to plan for your next meals. You can use the template provided to make your families own "Meals on a Budget".











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