

Balanced On A Budget

20 Ways to Feed Your Family on \$100 a Week



By
Lenore S. Hodges, PhD, RD, CSO, LD
General Conference Nutrition Council



Plan in Advance

- Create menu for a week
 - Flexible
 - Fun
 - Count all meals, snacks and beverages
- Shop with menu 
- Save some money for unexpected event 

Bulk Up

- Stock up on healthy, inexpensive snacks/foods
 - Raisins
 - In season fruit and vegetables
 - Popcorn
 - Peanut butter
 - Beans
 - Frozen vegetables
 - Tomato sauce
- Bulk bins
 - Healthy grains
 - Rice
 - Pasta
 - Nuts





Shop the Sales

- Build list around KEY sale items
 - Check circular of "your" grocery store for discounts, sales and coupons
 - Look for other store specials
- Check out CouponMom.com
 - Print coupons for healthy food that you plan to buy




Steer Clear of Convenience

- Buy big packages and do the prep work at home
- Convenience packaging is
 - Small boxes raisins or cereal
 - 100 calorie cookies
 - Pre-marinated meat
- Trade in small juice boxes or milk
 - For thermos of desired drink



Be Brand Blind

- Stick to store brands, unless really good sale
- Compare coupon price of brand food to price of competitor
 - Store brands usually cheaper




Use Coupons Wisely



- Don't be distracted by big savings
 - Especially when not need
- Manufacturers-285 billion coupons
 - Unnecessary, unhealthy
 - Only fraction of them are worth using
- Best use - for household staples
 - Beans, yogurt, spaghetti sauce, or pasta
 - Vitamins, cleaning products, laundry detergent, and toiletries such as toothpaste





Consider Your Alternatives

- Find good deals outside usual shopping areas
 - Check out ethnic markets
 - Bag-your-own warehouse
 - Farmer's markets
 - Drugstores
 - Cereal, granola bars, beverages








Doctor Up Cheap Meat





- Buy cheaper cuts, whole chicken, stew meat, organ meats
- Right cooking methods
 - Marinate tougher cuts
 - Cook slowly like crock-pot or slow cooker
 - Regular ground beef
 - Drain fat off after cooking
- Make meat healthier - add bulk
 - Mashed up kidney beans
 - Shredded zucchini
 - Whole-grain rice

Consider Canned






- Use canned products
 - When fresh expensive
 - For convenience
 - Budget is tight
- Canned tuna, salmon, chicken
 - Use in casseroles, wraps, cold pasta dishes
- Canned fruit
 - Choose with own juice

Don't Dismiss the Deep Freeze

- Frozen is just as good as fresh
 - Harvest is frozen immediately - at peak
- When on sale, pick up extras
- If extra, prep food for freezing
 - Try to flash freeze individual pieces,
- Make extra entrée dishes and freeze for later


Put on Your Apron





- Begin cooking again
- Buy ingredients and put together
- Avoid convenience foods
- Make your own:
 - Juice popsicles - have children make
 - Salad dressings - way to use olive oil
 - Granola - use your own low fat ingredients
 - Desserts - make healthier at home
 - Hummas - the most challenging




Soup Up Your Diet



- Use more liquid meals
 - Less cost
 - Less calories with more volume
 - More plant foods for less calories
- Variety of veggies
 - May add meat, depending on cost
 - Add legumes/beans for flavor, protein, phytochemicals, vitamins/minerals, and soluble fiber

Become a Flexitarian







- Use meatless/vegetarian meals a few times per week
 - Include beans for good quality protein
- Recipes
 - Chili, soup, burritos, salads, potato topper
- Cutting back on meat
 - Good for budget/wallet
 - Better for health




Stock Up When Prices Hit Low

- If extra freezer space or shelves
- Be ready for a great sale
- Label and date
- Don't forget or
 - UFO

Leftovers Again!



- Do NOT throw it out
 - Save money
 - Either cook less, or use leftovers
- Ways to use
 - Base for soup or stew
 - Ingredient for stir-fry or frittata
- How to store
 - Clear Containers
 - Label




Avoid Eat-ertainment




- On Family night out
 - Plan around activities, not food
- With \$100 budget
 - No room to dine out healthfully and still have quality meals and snacks at home
- Keep healthy snacks and water with you in the car at all times
- Take food with you to movies or sporting events








Expect the Unexpected



- Leave room for occasional splurge
- Eating dinners out is not reasonable on a \$100.00 per week
 - Recommend save money from each week to accumulate reserve fund

Go Less and Buy More



- Fewer trips to buy
 - Buy more when go
 - Find storage space
 - Save time and money
- Stick to your grocery list
 - No impulse buys
 - ONLY allow yourself freedom to stock up on
 - Planned foods at bottom prices
 - Bulk food that is good price




Grow Your Own



- Try budget-friendly backyard gardening
 - Fun
 - Fresh food
 - Family
- Sunny spot in yard
 - Turn over soil
 - Add compost (from kitchen), plant food
 - Plant seeds or seedlings
 - Water regularly
 - Use or freeze for later




• Reference: National Gardening Association or Extension Service for your county

Your Mom Was Right.....

Many of her old adages still apply

- Do NOT shop when you are hungry
 - Use list
- Brown Bag it to save bucks
 - Use leftovers
 - Save each day
 - \$2.00 instead = \$4.50 to \$8.00
 - If save \$2.50 per day = - \$4,000.00 per year




Thank You for Joining Us



Lenore@Hodgesphd.com




Additional References



- http://www.msnbc.msn.com/id/32034923/ns/health-diet_and_nutrition/
- http://www.latimes.com/features/food/la-fo-stamp11-2009mar11_0_5424533_story
- <http://www.nwhealth.edu/healthyU/findBalance/travel5.html>
- <http://online.wsj.com/article/SB20001424052970204621904574246492259605828.html>
- <http://www.extension.iastate.edu/foodsavings/>
- <http://www.angelfoodministries.com/>
- <http://www.aicr.org/site/News2?page=NewsArticle&id=14647>