

# Food Resource Management 1

## Stretch your grocery budget!

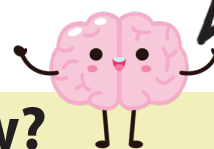


**Using coupons, choosing generic and using a shopping list can save money at the grocery store:**

- Make a shopping list to only buy items that are needed.
- Use coupons and check out the in-store sales flyer.
- Shop at more than one store if there are items on sale that you enjoy.
- Choose generic brands over name brands; some may be cheaper than the name brand item even when using coupons.
- Plan meals around fruits and vegetables that are in season.
- Cut fruits and vegetables yourself instead of buying precut, if able to do so.
- Include low-cost protein options such as eggs and beans instead of meat.
- Stock up on meat when on sale, and freeze in recipe-sized portions.
- Buy dry goods in bulk (brown rice, oatmeal, cereal, pasta, lentils, beans).



Dry foods have a longer shelf life and can be stored in the pantry longer without going bad.



## Did you know?

Milk packagers use the same milk to fill bottles for both the name brand and the store brand.

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