

Eating Better on a Budget in 2018



Looking for a way to cut costs and put money back in your pocket? If so, consider taking a look at your food budget as a way to get healthy and save money. Here are three simple tips to help you get started:

- Plan, plan, plan!
 - Plan your meals for the week before heading to the grocery store. Always shop in your pantry, refrigerator and freezer while preparing your list to avoid purchasing duplicate items and to utilize the ingredients you have.
- Get the best price
 - Take advantage of sales on meat and seafood which are usually the most expensive items on your list. Utilize store ads and coupons when planning your meals. Also, use loyalty cards to maximize your savings.
- Prepare meals that stretch your food dollars
 - Make a weekly meal plan that includes stews, casseroles, or soups which is a great way to stretch expensive items and allows for leftovers. Be sure to incorporate high fiber foods such as fruits, vegetables, and whole grains to increase satiety.

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