**Eating on a Budget — The 3 P’s**

**PLAN**

- Plan meals and snacks for the week according to an established budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fried dishes).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.

**PURCHASE**

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay out of the aisles that don’t contain items on your list.
- Buy store brands if cheaper.
- Find and compare unit prices listed on shelves to get the best price.
- Purchase some items in bulk or as family packs which usually cost less.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- Good low-cost items available all year include:
  - Protein — beans (garbanzo, black, cannellini)
  - Vegetables — carrots, greens, potatoes
  - Fruit — apples, bananas

**PREPARE**

- Some meal items can be prepared in advance; pre-cook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- Try a few meatless meals by substituting with beans and peas or try “no-cook” meals like salads.
- Incorporate leftovers into a subsequent meal.
- Be creative with a fruit or vegetable and use it in different ways during the week.