

Save Money on Food

Try the following tips to help save money when feeding your family.

Plan before you go

- **Make a list of you want to eat for a few days.**
- **Make a grocery list.**
- **Check what foods you have on hand.** Use up fresh foods first.
- **Get creative.** Modify recipes to include foods you already have.
- **Use less costly protein rich foods** such as eggs, lentils, beans or canned fish instead of pricier meats.
- **Plan for leftovers.** For example, if you have roasted chicken one meal, use the leftovers to make a chicken stir-fry for another meal.
- **Plan for homemade meals** more often than eating out.



While you are shopping

- **Stick to your grocery list.** Choose a time when you are rested and not hungry.
- **Try frozen or canned vegetables and fruit** if fresh are more costly or not available.
- **Buy large packages of meat, poultry and fish.** Divide the food into smaller amounts. Label and store extras in the freezer.
- **Compare the prices of different brands.** Generic brands will often cost less.
- **Watch for sales.** Milk, cheese and bread can be bought on sale and extras stored in the freezer.
- **Freeze fresh vegetables and cooked legumes** for later use in soups, stews and sauces.

Written by the Public Health Nutritionists of Saskatchewan (2020)

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