



The University of Georgia

Eating Better on a Budget

Making nutritious choices does not have to hurt your wallet!

Learning for Life

The University of Georgia
Cooperative
Extension

Contact your
local office at

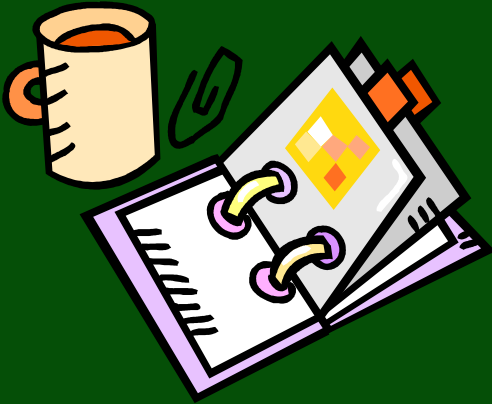


3 Main Steps for Food Budgeting:

- Plan before you shop
- Purchase items at the best price
- Prepare meals economically

Turn to page 2 for
more info

HOW TO SAVE MONEY!!!



Plan meals for the week

Use a shopping list

Use coupons and unit prices

Try store brands

Cook from scratch often

Buy in bulk and in season



Cook in batches - eat later!

Get creative with leftovers

Share or take part home
when eating out