

## 1 Plan Recipes

Planning (and sticking to) recipes can greatly help you save money. Taking a look at the weekly sales ad can help you plan for recipes using what is on sale that week.

## 4 Take Inventory

Take an inventory of what you have in the pantry, fridge and freezer when planning recipes. Buying duplicates, unless it's a great deal, can pinch your wallet and lead to food waste.

## 2 Sales

Take advantage of sales. If chicken is on sale for \$1.99/# then seek out recipes that you can make a few times during that week to use up a whole package.

## 5 Adapt Recipes

If you love pasta dishes, but your diabetes meal plan has you following a low-carb diet, you can search recipes that use veggie noodles instead of traditional noodles.

## 3 Keep Recipes Simple

Keep recipes simple. Too many obscure ingredients can add up and if you don't make the recipe often enough could be wasted.

## 6 Large Batches

Make a large batch of something that you like and freeze individual portions to eat at a later date. Make once, freeze in individual portions and pull a piece out of the freezer when the craving strikes

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**Once you've planned your meals for the week, create a shopping list with the ingredients you need. Having a shopping list makes shopping easier and faster, which helps you reduce impulse buys and take home only the items you need.**

## Grains

- Buy 100% whole grain items when on sale, stock up and freeze them.
- Oatmeal is a healthy, inexpensive whole grain with no added salt or fat.
- Rice also is inexpensive. Brown rice is a healthier option, compared to white.
- Whole-grain noodles are also healthy and typically inexpensive.

## Fruit and Vegetables

- Shop for items in season and buy only what you need.
- Sometimes fresh produce is cheaper than frozen/canned when it is in season.
- Use fresh produce quickly to prevent spoiling and food waste.
- Keep frozen fruits and vegetables on hand. They're often cheaper than fresh fruits and vegetables and can work in a wide range of recipes

## Protein

- Look for meat on sale.
- Choose lean meats and lean cooking options, like broiling and grilling.
- Buy a larger pack if your budget allows. Use one portion and freeze the rest for another meal.

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## Frozen & Canned are OK

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## Use Coupons and Watch for Sales

Coupons are a great way to save on your grocery bill, especially if you have your shopping list planned out. You can search for online coupons for the ingredients on your list. If you can't find a coupon for one type of cereal on your list but find one for a different brand, consider making the swap to save money.



**You don't have to break the bank to eat well!**  
Planning your meals, cooking at home, and making smart choices at the grocery store save you money.