

# Stretch Your Food Budget



During this time of uncertainty, we are all tightening our belts and working on ways to stretch our dollars. We are eliminating some costs and limiting others. Food is one we can't eliminate. In fact, from the memes all over the internet, we may be increasing the amount of food we are eating! So how do you continue to eat enough, eat to feed your body properly, and conserve money?

## Store food in the right container.

- Use airtight containers and squeeze all air from resealable bags.
- Use rubber bands or tape to secure plastic wrap over unsealable items
- Store produce in bags that can get air.
- Store fresh foods like garlic and potatoes in a cool, dry place, out of the sun.

## Store food at the right temperature and time

- Keep fridge at 40 degrees or lower and freezer at 0 degrees or lower.
- Don't store eggs, milk or fresh condiments in the fridge door.
- Use food within 2-4 days.

## Make food yourself.

- Meats that are whole are less expensive than the boneless, processed versions. (You can use the bones for broth!)
- Look for homemade recipes instead of pre-packaged foods, like: Homemade No-Knead Bread, How to Make Corn Tortillas, Homemade Potato Chips, Granola bars from scratch

## Use as much as possible.

- Compost your scraps
- Freeze peelings and trimming for stock, water, or soup
- Use bones for Broth
- Reuse breads in bread pudding, bread crumbs, eggs, and bread dishes
- Cut veggies into smaller pieces and use the entire veggie

## Use low-cost staples.

- Rice, oats, quinoa, and beans are cheap and can really stretch.
- Frozen or canned veggies can improve and stretch a meal.
- Keep dried fruits, oils, canned meats on hand to spruce up food
- Use well priced, high calorie foods like eggs, sweet potatoes, peanut butter

## Makeover your leftovers..

- Have a leftover night. Buffet style.
- Roast old veggies for a crispier version
- Clean out the fridge for a stir-fry or a soup (Stir-fry formula)
- Turn leftovers into a salad.
- Turn a salad or stir-fry into a wrap or flat bread pizza.
- Look for help online.

## Stretch your expensive ingredients

- Pre-portion food onto each plate, pre-slicing meat and filling the rest of the space with greens, veggies or grains.
- Stretch meat using a filler like cooked beans or grains, like Porcupine Meatballs
- Add frozen veggies to more expensive fresh varieties.
- Add eggs to veggies to create a meal.
- Add pasta to soup to bulk it out.
- Keep breakfasts cheap using simple grains.
- Plan your meals so you can use one ingredient for multiple meals and save money by buying in bulk