

Tip of the Week

October 12, 2009

Planning Meals and Saving Money

Planning meals is important if you want to save money at the grocery store, but most people admit they don't do it.

People who have 10-20 meals know their family likes and they just rotate them throughout the month, adding in seasonal foods and specials. Others just buy food when it is on sale and then plan meals based on what they have that needs to be used up or how much time they have. When planning meals include at least one food from each food group and sometimes more than one vegetable. Planning meals this way is called the [Plate Method](#).

The Spend Smart. Eat Smart, www.extension.iastate.edu/foodsavings has a whole section on [planning meals](#). You can find a [4-day menu planner](#), a flyer called [3 Steps to Quick Healthy Meals](#) that includes recipes, and [6 weeks of menus](#) that are very low cost, yet meet nutrition guidelines.

Source: www.extension.iastate.edu/foodsavings/blog