

Dinner on a Dollar

You can prepare appealing and nutritious meals and stay within your budget. You can please your family and save money by planning meals, shopping carefully and using your basic food preparation skills. First, look at your food habits.

Do you eat on the run, stopping often at fast food restaurants or convenience stores?

Do you purchase convenience foods regularly – such as frozen main meal dinners, single-serving products, frozen or prepared cakes or pastries, cooked whole chickens and deli foods?

Do you eat out or order in often (pizza, for example)?

Total your monthly spending on these items and you'll be surprised how much money you're spending on food. Even though convenience foods can make life a little easier by saving time, a 'dollar here and a dollar there' adds up quickly.

Reference: To Your Health ISU Extension Newsletter