

Extension Tip of the Week January 19, 2009

Spend Smart, Eat Smart

When the money gets tight, it is important to know what resources your family has and be creative using them. Resources include assets such as: time, money, energy, knowledge and skills.

Everyone wants to save money when they shop. The best way to save money is to plan ahead. When you plan before you shop you can save money and get the foods your family needs for good health.

Before you shop:

- Think about some of the meals you will make.
- Look at what you have on hand.
- Write a list of what you need to buy.

According to the University of New Hampshire, the four rules of effective food shopping can save 15% at the grocery store:

- using grocery store ads when planning to shop
- completing a [menu plan](#)
- writing a [grocery list](#)
- using [unit pricing](#) to select the best buys.

If your family usually spends **\$500 a month** on groceries that would mean you could save **\$75 a month**. Saving that much would require that someone in your household puts more time and skill into planning and comparing prices.

This information and much more can be found on Iowa State University Extension's website:

<http://www.extension.iastate.edu/foodsavings/>