

Stretch

Your Grocery Budget



Plan Before You Shop

- ✓ Make a weekly meal plan
- ✓ Write your list
- ✓ Stick to it.



Shop Smarter

- ✦ Try to shop once a week so you're not tempted by extra visits
- ✦ Choose frozen veggies they're nutritious, affordable, and last longer
- ✦ Bulk-buy meat when it's on special and portion it at home
- ✦ Canned staples like beans, tomatoes, and tuna make healthy, low-cost meals



Pack a Lunch for Work

Buying lunch each day adds up quickly. Packing your own meals can save you money and help you stay in control of your budget \$\$\$

Store Food in Clear Containers

Using clear, see-through containers helps you see what you already have. It reduces waste and makes it easier to plan meals around what's in your fridge.



Leftovers Night

- 🧐 Clear the fridge once a week.

A quick weekly tidy helps you use what you've already bought.



Plan a "leftovers night" it saves money and reduces waste. Get creative and have fun with your meals. 🌸