











BUDGET TIPS

You might feel the “pinch” when cooking and eating on a smaller budget. It helps to think about it in advance so you can strategize – here are some ideas for some great ways to do this.

-  **Try meal planning.** Think in advance about the meals you and other household members might like to eat during the Challenge. Check to see what ingredients you already have on hand, then list the ingredients you’ll need to make the meals you’ve planned.
-  **Make a shopping list.** A shopping list helps you pick up everything you’ll need to make the recipes you’ve chosen and helps you limit impulse purchases.
-  **Buy foods based on when you’ll use them.** Buy fresh fruits and vegetables and use them up during the week so they don’t spoil. Buy frozen and canned foods to serve when you don’t have fresh on hand or need to prepare a quick meal.
-  **Use coupons, loyalty programs, and discounted food items.** Clipping and downloading coupons has been a source of food budget relief for decades. Discount food shops and loyalty programs like Target Circle help stretch every dollar as well.
-  **Choose frozen vegetables without added sauces or butter.** Frozen vegetables are as good for you as fresh and may cost less.
-  **Rice and pasta are budget-friendly grain options.** Try freezing rice in dinner-sized portions to save time on future meals.
-  **Low-cost proteins help keep you feeling full.** Beans, peas, and lentils cost less than a similar amount of other protein foods. Options include beans, peas, and lentils such as kidney beans, lima beans, split peas, and garbanzo beans (chickpeas).
-  **You can still keep seafood in your diet!** Try buying canned tuna, salmon, or sardines – they store well and help you stay under your daily budget limit.