



- SAVINGS 101 -

SAVING AT THE GROCERY STORE AND BEYOND



WHAT IS MENU PLANNING?

| MENU PLANNING

- A LIST OF UPCOMING MEALS
- CAN BE ORGANIZED BY DAY OR MEAL
- A GUIDELINE OF WHAT YOUR FAMILY IS GOING TO EAT EACH DAY.
- CAN BE AS SPECIFIC OR GENERAL AS YOU WANT
- PLAN 1 WEEK AT A TIME OR A MONTH AT A TIME
- BASED OFF OF WHAT YOU HAVE ON HAND
- ADJUSTED TO FIT YOUR LIFESTYLE





WHY CREATE A MENU PLAN?

| MENU PLANNING

- HELPS PREVENT OVER-BUYING
- UTILIZES WHAT YOU ALREADY HAVE
- TAKES THE STRESS OUT OF MEALS
- REDUCES "EXTRA" GROCERY TRIPS
- PREVENTS EATING OUT
- FITS YOUR WEEKLY SCHEDULE
- SAVES YOU MONEY!!!





BUILDING MEALS

MENU PLANNING

- TAKE A QUICK INVENTORY
 - FRIDGE
 - FREEZER
 - PANTRY
- START WITH ANY MEATS YOU MAY HAVE AND WRITE DOWN ANY MEALS YOU TYPICALLY MAKE WITH THOSE MEATS.
- NEXT MOVE TO BASICS YOU MIGHT HAVE ON HAND SUCH AS RICE OR PASTA. BUILD MEALS OFF OF WHAT YOU HAVE.
- CHECK THE SALES FLYERS / COUPONS / MATCHUPS TO SEE WHAT YOU CAN USE THAT'S ALREADY A GREAT DEAL.





CREATING A MENU

MENU PLANNING

- FILL IN ALL MEALS FOR THE WEEK
 - INCLUDE SIDES & DESSERTS
 - INCLUDE SNACKS
 - INCLUDE OTHER ITEMS YOU NEED TO TAKE SOMEWHERE (SCHOOL/CHURCH)
- THE #1 GOAL IS TO LIST EVERYTHING YOUR FAMILY WILL EAT FOR THE NEXT WEEK.
- THE #2 GOAL IS TO USE AS MUCH AS YOU HAVE ON HAND AS POSSIBLE.

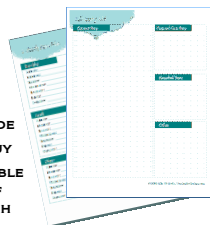




CREATING A SHOPPING LIST

MENU PLANNING

- USING YOUR MENU PLAN AS A GUIDE
 - LIST THE ITEMS YOU NEED TO BUY
 - CHECK TO SEE IF YOU CAN DOUBLE UP ON SOME ITEMS (BUY 1 BAG OF POTATOES AND USE IT FOR FRENCH FRIES AND MASHED POTATOES)
- ASK YOURSELF IF YOU CAN SUBSTITUTE ON EACH ITEM.
- ADD IN BASICS LIKE BREAD, MILK, FRUIT THAT YOU NEED.
- CHECK THE SALE AD AND LIST ROCK BOTTOM ITEMS TO PURCHASE THIS WEEK.

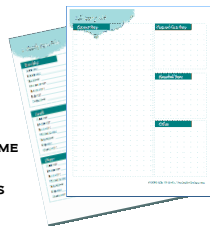




TIPS AND SUGGESTIONS

MENU PLANNING

- TRY TO USE ITEMS MORE THAN ONCE
- PLAN MORE THAN ONE WEEK AT A TIME
- THE GOAL IS TO HAVE EVERYTHING YOU NEED FOR A WEEK OR TWO WEEKS WORTH OF MEALS
- WRITE IN DAYS YOU KNOW YOU WILL BE AWAY FROM HOME FOR MEALS
- GIVE YOURSELF THE FLEXIBILITY TO CHANGE UP WHAT YOU EAT EACH NIGHT BASED ON YOUR MOOD OR DAY. (EXAMPLE: EAT SPAGHETTI ON WEDNESDAY NOT FRIDAY)
- LOOK AT YOUR PLAN IN THE MORNING

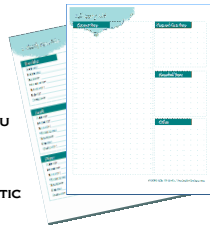




TIPS AND SUGGESTIONS

MENU PLANNING

- KEEP YOUR MENU POSTED WHERE YOU WILL SEE IT OFTEN.
- ADD YOUR MENU TO A GOOGLE CALENDAR AND YOU CAN GET AUTOMATIC EMAILS EACH MORNING
- SAVE YOUR MENU PLANS FOR FUTURE USE OR IDEAS
- ADD IN 1 NEW MEAL EACH WEEK TO TRY NEW IDEAS
- HAVE A THEME FOR EACH NIGHT OF THE WEEK (EXAMPLE: MEXICAN, ITALIAN, AMERICAN)





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