

FOR IMMEDIATE RELEASE

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Stretching Your Food Budget

The rising price of gas and the cost of groceries are starting to affect budgets all across the country. For those in some parts of rural America, it is expensive to even get to the grocery store...let alone afford to fill the cart for a week's worth of meals.

While there is no quick and easy fix to the crisis, there are some tips I would like to share with you to help adjust your budget.

#1) Plan! Plan! Plan! Plan your meals so that you can use leftovers in creative ways. For instance, if you have Chili on Monday, what else might you plan for that week? How about chili dogs or even spaghetti red. Plan your meals around sales at your grocery store and try to buy for the whole week if possible, the fewer trips to the store the less gas you use.

#2) Rethink dinner. If you are hoping to cut overall grocery costs, think about ways to save during the dinner meal. Plan for budget-friendly meals such as BLT sandwiches or salads. Breakfast foods are often cheaper than traditional dinner meals, so consider having pancakes, eggs, or oatmeal for your evening meal.

#3) Coupons. Where do you find coupons these days? The Sunday paper is still an option for paper coupons, but digital apps offer more savings options than ever before. Many grocery stores have online apps and offer online coupons. Most chain restaurants also use apps now and many offer savings. I always recommend searching for a coupon code before ordering from a website and now I also recommend looking for a savings app before eating out or shopping.

Other quick tips for saving money include the old standbys...do not shop when you're hungry, use the freezer, buy generic and even grow a garden. Many communities in our area also offer food pantries and other food assistance. Times are tough but there are always neighbors willing to help when needed. If you need assistance connecting to resources in your area, please call your local K-State Research and Extension office.

For more information, contact Julie Smith at juliesmith@ksu.edu or by calling 620.238.0704.

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