



## Food Budget Guide

### How Much Food Does Your Family Waste?

Here are some points you can install in your food budget system that I am sure it will help you lower your monthly costs.

1. Know what's going on in your refrigerator and pantry that needs to be used while it is still useable.
2. Purchasing planning; make up grocery lists accordingly
3. Understand that many kinds of foods can be refrigerated or frozen and eaten later.
4. Use ingredients for double dishes e.g if you buy beans, you can make a bean soup for lunch and you can serve beans as a side dish for dinner.
5. Stop buying foods in bulk especially perishable food (you are not a hotel or restaurant) if you have limited storage in your refrigerator and freezer, as you will end up throwing away many of your purchased goods.
6. Get the opportunity to buy foods that are in weekly discounted prices or near end of expiry date and plan ahead to use for your dinner.
7. Portion Control is essential to monitor for your family meals system. If you have many leftovers that you will not use you are losing money.
8. Compare supermarkets/grocery prices. Many people put aside the comparison/competition shops out there. You can out smart the seller by monitoring the markets around you.
9. Check the newspapers/magazines for special food offers and try to essemble a menu plan if the product is in a bulk to avoid waste.
10. Use bravely your leftovers from yesterday's dinner. You will be amazed how many dishes you can turn to from bits and bites. It saves you time and money.
11. Try to plant you own fresh herbs. You can plant some seeds of fresh herbs like basil, mint, rosemary and sage in pots in your backyard and also veggies. Your neighbours will start knocking your door for your herbs. It saves you money and you have a fresh homegrown produce.
12. Always shop with your List. Stick it on your refrigerator or if you have an iphone use some application to drop down your food shopping list. It saves you time and money as you won't but inappropriate groceries or un necessary expensive items.

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13. Never Go Shopping Hungry! This is a major problem as you will be like in ecstasy in front of all that delicious mouth watering food and you want to buy everything. You'll end up spending more than you've expected.
14. Try to plan when you are cooking meat, fish, chicken etc... and include a vegetarian dish weekly (It's healthier and cheaper). You can select a day of the week to become for example your Pasta Night. It helps you planning ahead.
15. If you buy in Off Peak time you will make better decisions as in confusion you can end up doing bad decisions.
16. Try to avoid purchasing prepared foods and prepare your own foods from raw ingredients.
17. Make a spreadsheet with food prices and you can add and remove your foods. At the end of the month you will know how much was your food cost. It is very manageable to have.
18. Buy seasonal food as when there is a lot of it the price will be cheaper.
19. Organize a document with your preferred recipes together with cookbook name/food blog name and recipe page or recipe name, under a category e.g Pasta. You will find this more organized to plan and cook your favourite family meals.
20. When the tag says "Buy One Get One FREE" sometimes the price is higher than it was the week before when you only had to buy one! Know your prices is important.
21. I know it is tempting and convenient to buy grated cheese, but if you do a bit of the work and buy a chunk and grate yourself you will find it that it is a money saver.
22. Label freezer foods with contents and date. Invest in containers or freezer bags—you're not saving money if your food gets freezer burn and has to be tossed out. Squeeze as much air as possible out of freezer bags before sealing.

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