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Meal Planning Tips To Save Money

Cook Your Own Meals

It's a lot less expensive to cook your own meals than to buy ready-to-eat, prepared meals.

Make a Menu



Plan ahead and write down what you would like to eat for breakfast, lunch, dinner and snacks for the week. Make a grocery list for the food and ingredients you need.

Use Your Leftovers



Use leftover cooked chicken to make sandwiches. Use leftover rice or pasta to make a stir-fry or casserole. Add leftover vegetables to a soup or salad.

Make Extras



Make double of a recipe when the ingredients go on sale. Put the extras in the freezer to eat another time.



Based on information from the Basic Shelf Cookbook (2011 Edition, developed by the Canadian Public Health Association)

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