



# 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.