

Saving Money on Food

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With the price of food increasing, especially meat, it's time to think about the ways you can save money while food shopping. Saving a little here and a little there will add up, so adopt some strategies that will help you continue to eat healthy while spending less.

Plan -Take time to plan a weekly menu of favorite dishes and make a grocery list. You're likely to spend less at the store when you shop according to your list. You'll also save yourself stress when it's time to make dinner, since you can go to your plan. Most people don't know what they're having for dinner at 4 pm.

Shop Your Kitchen First - Check your kitchen cabinets and refrigerator when making your grocery list. This can also help when planning, plan to use what you have in your refrigerator or freezer. You'll reduce food waste by eating foods before they spoil. Any time you reduce food waste, you're saving money.

Shop Local - Shop at a local farmers' market or road-side stand. Fresher fruits and vegetables will last longer, reducing food waste. Speak with the farmer to see if you can get a bulk price on produce to freeze, can or dehydrate. Follow this link for a list of farmers' markets in Saratoga County:
<http://ccesaratoga.org/agriculture/saratoga-farms-markets>

Eat Less Meat – The price of meat has gone up significantly, so plan some meals without meat or with less meat. Having spaghetti with meat sauce stretches your meat purchases. Make chili with or without meat, when served with cornbread you have a healthy meal. Eggs are an excellent source of protein and are so versatile for breakfast, lunch and dinner. Dried beans, peas and lentils are a bargain. Why not join the Meatless Monday movement? Follow this link to learn more about this global campaign: <https://www.mondaycampaigns.org/meatless-monday/about>

Look for Specials – View your store's weekly grocery store ads in newspapers and online to see what's on sale. Use smart phone apps for saving money at the grocery store. Follow this link for reviews of some apps:
<https://clark.com/shopping-retail/best-grocery-savings-apps/>