

# Saving Food Dollars



## Instructions

- Page 2 is the title page.
- Pages 3, 7, and 8 have key messages and may be placed in the center of the bulletin board.
- Pages 4, 5, and 6 are optional pages to be used if desired.
- Pages 9, 11, 13, and 15 are question pages and the following pages are the answers. Display the question pages over the correct answer page on the bulletin board. (i.e. 9 over 10, 11 over 12).
- Decorate the rest of the bulletin board however you like.

# Saving Food Dollars



# Low Cost Foods

## Breakfast

2 eggs and 2 slices whole wheat toast  
1/4 cup granola and 1/2 cup yogurt

\$ amount

.65

.96

## Lunch

1 peanut butter and jelly sandwich  
1/2 cup canned chili, 2 slices whole wheat bread

\$ amount

.54

.70

## Dinner

spaghetti (1 cup pasta, 1/2 cup sauce)  
4 oz meatloaf

\$ amount

.72

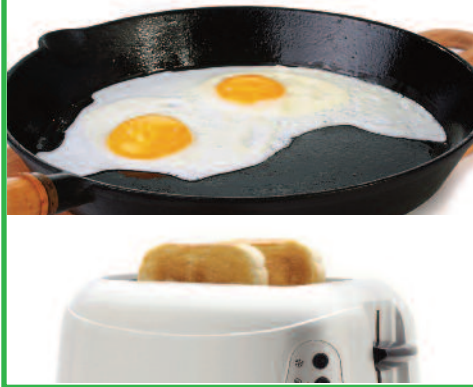
1.00



Prices estimated based on sale price at time of development (2012).

# Low Cost Breakfast

2 eggs and 2 slices  
whole wheat toast



Dollar Menu  
McDonald's  
Breakfast Sandwich



## Homemade Breakfast

- 2 eggs
- 4 oz juice
- 2 slices of whole wheat toast

**FREE** with your WIC coupons

## McDonald's Breakfast

- 1 breakfast sandwich
- 1 orange juice
- 1 hash brown

**\$3.40** plus tax

# Low Cost Lunch



## Homemade Lunch

- 1 peanut butter and jelly sandwich
- 1/4 cup carrot sticks
- 1/4 cup canned peaches
- 8 oz skim milk

**\$0.14 for 1 oz of jelly - the rest is FREE with your WIC coupons**



## Taco Bell Lunch

- 1 Big Box (3 tacos)
- 1 fountain soda

**\$5.00 plus tax**

# Dinner for Less

Stir Fry  
(Homemade)



Pizza  
(Restaurant)



## Homemade Dinner

- 1 serving of frozen stir fry vegetables
- 1 serving of beans
- 1 serving of brown rice
- Stir fry sauce or orange juice\*
- 8 oz skim milk

**\*FREE with your WIC coupons  
or \$0.17 for 1 oz of sauce.**

## Carry-out Dinner

- 1 slice restaurant pizza
- 1 fountain soda
- 1 ice cream cone from DQ

**\$5.00 plus tax**

# Great Grocery Shopping Experience Guaranteed

## Create a "Survival Kit" with:

## It can help by:

- a healthy snack
- story book
- shopping list
- water bottle
- paper and small notepad
- small toy
- store coupons
- calculator

- assuring you buy only what's on your list
- keeping child(ren) busy
- allowing you advantage of store bargains



# Money Saving Tips

- Keep a grocery list in your kitchen
- Plan meals ahead of time
- Shop on a full stomach
- Look for bargains
- Use coupons for things you normally buy
- Use the "unit price"
- Bring your own shopping bags
- Watch for errors during check out
- Prepare more homemade food
- Buy in bulk and portion out your foods at home







**How can  
I be healthy  
and still stick  
to my  
food budget?**



**Lift for Answer**



# *Buy Healthy on a budget*

■ Keep a grocery list in your kitchen



As you run out of items, write them on your list and stick to that list at the store.

■ Do not go to the store hungry



You will buy more high fat, sodium and sugar foods if you are hungry. Try having a snack before you go.

■ Take advantage of store deals



Such as "Buy one get one free".

■ Try buying the store brand



Many store brand products taste the same as name brands, and usually cost less.



**How can  
I save money  
when buying  
fruits and  
vegetables?**



**Lift for Answer**



# *Fruits and Vegetables*

## Fresh

- Choose fruits and veggies that are in season
- Pass up wilted veggies and overripe fruit despite low prices

## Frozen

- Frozen store brand fruits and vegetables are usually cheaper and have the same health benefits as fresh

## Canned

- Make your own combination of mixed vegetables
- Canned veggies have a longer shelf-life than fresh and can extend your fruit/veggie food dollar





**How can I  
save money  
when buying  
grains?**



**Lift for Answer**



# Grains

■ Make your own breadcrumbs using day old bread



Use day old whole wheat bread to save on buying breadcrumbs.

■ Buy bread when on sale and freeze for later



Bread can last a long time in the freezer.

■ Use store brand noodles and rice



The store brand is usually cheaper than name brands.

■ Buy slow cooking rice and get double the amount



Slow cooking rice usually costs less than minute rice.



**How can I  
save money  
when buying  
protein foods?**



**Lift for Answer**



# Protein Foods

## Fresh

- Buy a whole chicken and cut it yourself-it is usually less expensive than individual cuts of meat
- Buy the family-size and freeze the extra for later
- Choose the deli meats that are on sale

## Other Protein Foods

- Your WIC benefits provide eggs, peanut butter, cheese and milk which are good sources of protein

## Canned

- If you are exclusively breastfeeding, WIC provides 30oz of canned tuna or salmon
- Depending on your food package, WIC provides canned/dry beans which are excellent, low cost source of protein







Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

**DHS 4644 (N-04-12) Bulletin Board - Saving Food Dollars**  
Printed by the Authority of the State of Illinois. - 0 - copies

