

Saving Money on Family Food Expenses

As we adjust to life in changing times, where every day presents new ideas and new challenges, I wanted to share a piece written by Patricia Luck SNAP-Ed asst educator out of Dawson County Nebraska Extension.

During the summer months feeding your family can become an expensive task. Here are 6 tips to help expedite shopping trips and cut the bill at the grocery store.

1. Use a List-Keep a list handy for all family members to access. While shopping, stick to what is on the list, unless there is a good sale. Limit shopping trips and stick to what is on the list. Frequenting the store uses more gas and can result in more impulse purchases, increasing the total food bill. Loose your list at the store? Take a picture of it with your phone before you leave your house!
2. Watch for Waste-Unused food creates useless trash and eats up your grocery budget. Notice what you are frequently throwing away and attempt to make less. Make sure to time your meals with your purchases. If you are consistently throwing away wilted lettuce, plan more salads for the days when you shop and use other vegetables later in the week.
3. Fill Up Before You Shop- Shopping on an empty stomach can result in more money spent and calories consumed at the grocery store. Rather than buying out of hunger, snack at home before you shop. If you are taking kids with you, make sure to feed them a snack before the store, as well.
4. Brown Bag It-Taking a lunch to work, even once a week, can help save money on your grocery budget. Cook extra the night before and pack them up for a quick lunch the next day. A quick peanut butter sandwich and piece of fruit are a convenient way to save time and cut food costs.
5. Coupon Common Sense-Use coupons for foods you normally eat. Resist trying something new because you have a coupon. Check your grocery receipt, online and in store flyers for extra coupons and special deals.
6. Shop the Specials-Plan your weekly menus around store specials and sale items. Buy in bulk, when available, and freeze the excess for future meals.

To learn more about saving money at the grocery store, visit <https://extensionpubs.unl.edu/> or visit your local UNL Extension Office and ask for the NebGuide Cutting Family Food Expenses: 16 Tips That Can Total Big Bucks (G1933)

More information and resources about youth social-emotional development in difficult times can be found at <http://disaster.unl.edu/families>. As always, please reach out to your local Nebraska Extension office in Buffalo County with any youth development questions, comments or concerns.

Kameran Ulferts
4-H Asst Educator
Nebraska Ext in Buffalo County
1400 East 34th St Kearney, NE 68847 - 308-236-1235

Be safe and well and ponder one of my favorite quotes:

“Please watch out for each other and love and forgive everybody. It's a good life, enjoy it.”

— Jim Henson