



Frugal Living & Eating Healthy on a Budget



What is frugal living?

- Being careful with your money so you can afford what you really need and love
 - NOT depriving yourself
 - NOT buying cheapest products



What do we gain by being frugal?

- Less debt, stress, and an early retirement option



Remember:

- Live regular lifestyle
- Doesn't matter how much money you make if you spend it all.



Question:

If I had an extra \$10 to spend for food I would buy...

How does frugal living and eating healthy go hand-in-hand?

According to Bureau of Labor Statistics, typical household spends **\$219/mo.** on food away from home



How much should you spend?

Grocery Budget Guideline-USDA Data

Total Family Size	Thrifty Food Plan	Low-Cost Food Plan	Mod.-Cost Food Plan
1 Low	\$198.00	\$252.00	\$364.00
1 High	\$209.00	\$290.00	\$312.00
2 Low	\$387.00	\$497.00	\$619.00
3 Low	\$468.00	\$609.00	\$742.00
3 High	\$551.00	\$729.00	\$916.00
4 Low	\$549.00	\$712.00	\$866.00
4 High	\$698.00	\$936.00	\$1,181.00
5 Low	\$624.00	\$807.00	\$984.00
5 High	\$824.00	\$1,115.00	\$1,406.00



Questions:

When it comes to food shopping, I really don't like...

When I shop for food, something I buy often that I didn't plan to buy is....

When it comes to planning meals, I...

How do you stay within budget?

- Plan your meals ahead of time
- Shop with a list and stick with it
- Buy in bulk and make meal plans with what you stock in the freezer
- Consider Meal prep if you tend to eat out a lot.

Healthy Breakfast-One Week-Under \$11

CHOICE #1: OATMEAL

Oats-(30 servings)-\$1.98

Skim Milk-\$1.38

Fruit-berries-\$2.00

Total Cost-\$5.36

CHOICE #2: OMELETTE

18 eggs-\$.98

1 Pepper-\$.50

1 Onion-\$.37

Mushrooms-\$2.00

1 lb. Ham-\$5.00

Cheese-\$1.99

Total Cost-\$10.84

CHOICE #3: CEREAL

Average Box-\$3.00

Skim Milk-\$1.38

Total Cost-\$4.38



Healthy Lunch-One Week-Under \$11

CHOICE #1: TURKEY SANDWICHES

1 lb. turkey-\$5.00
Wheat bread-\$1.00
Cheese-\$2.00
Tomatoes-\$.75
Lettuce-\$1.25
Total Cost-\$10.00



CHOICE #2: CHEF SALAD

18 eggs-\$.98
Cucumber-\$.50
1 Onion-\$.50
Tomatoes-\$.75
1 lb. turkey-\$5.00
Cheese-\$1.99
Lettuce-\$1.25
Total Cost-\$10.97



CHOICE #3: SOUP

Progresso Healthy Request-\$1.50
Total Cost-\$1.50

Healthy Snacks-One Week-Under \$11

CHOICE #1: PB BANANA

1 lb. bananas-\$.55

Peanut butter-\$3.32

Total Cost-\$3.87

CHOICE #2: YOGURT & FRUIT

Greek yogurt-\$.98

Fruit-berries-\$2.00

Total Cost-\$2.98

CHOICE #3: EGG & TOMATOES

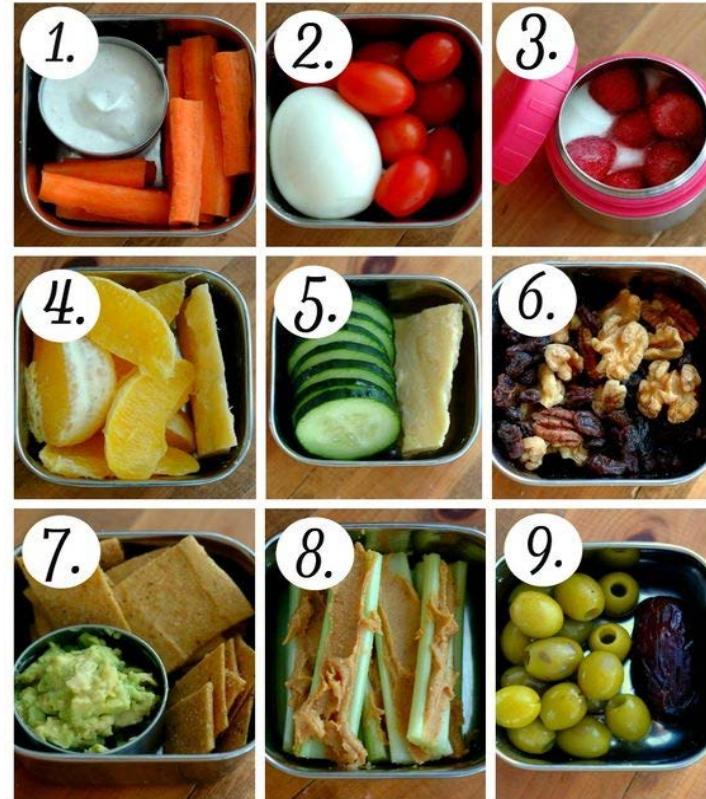
Tomatoes-\$.75

18 eggs-\$.99

Total Cost-\$1.74



9 packable
nutrient dense
Fast Prep!
school snacks





Thank you for attending!

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