

BEYOND RAMEN: EATING ON A BUDGET



START HERE!

1. Create your monthly food budget - you can't stick to one if you don't know what it is!

2. Now that you know your budget, decide how much is for groceries and how much is for eating out (eating out can add up if you're not careful).

3. Nice! Next up, collect all your receipts for a month to see where you're at with your budget. What can you limit or eliminate to stay on track?

WHILE SHOPPING:

- Choose recipes with common ingredients to cook during the week.
- Buy non-perishables in bulk. (But don't buy something you've never tried before in bulk!)
- Buy fresh fruits and veggies that are in season, frozen if out of season.
- Low-cost proteins: Peanut butter, eggs, tuna, beans, lentils, peas
- Price check! Compare the cost of food you buy regularly at several grocery stores to figure out who has the best deal. (There's no grocery store that's the cheapest at everything.)
- Convenience foods (pre-made, pre-cooked) can be time saving, but tend to be more expensive than if you prepared them yourself.
- Cook large portions of meals that reheat well for later to save time and money (casseroles, pasta dishes, stews, soups, stir-fry)
- Always check your pantry and refrigerator before grocery shopping, and try to base your meal plan on ingredients you already have. This also helps with cooking creatively!
- Collaborate! Ask friends and roommates for their favorite easy dishes.

WANT TO TALK MORE ABOUT THIS?

Schedule an appointment with a SHOP Health Educator at shop.ucsc.edu

