



# Finding Nutritious Food

## Stretch That Dollar

### Budget and Meal Plan

Create a budget and a meal plan! Budgeting helps set a limit on how much to spend every month. Meal planning can help you plan in advance and stay in your budget.

### Check the Pantry

Don't forget to look at what you have in your pantry. You might already have what you need to make a healthy meal. Use it first before it expires.

### Convenience Foods

Make your own convenience foods which are healthier and can be cheaper compared from convenience items from the store.

### Compare

Comparing prices and buying the least expensive healthy option can help stretch your dollar. Don't forget to use the coupons for the items that you need and typically buy!

### Make Left-overs New

Use left-over foods! Making your weekly menu with shared ingredients across meals can save money. Left-overs can easily be turned into a new meal.