



Finding Nutritious Food

Stretch that Dollar

Budget & 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.

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!

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.

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.



Family, Infant and Preschool Program
of the
J. Iverson Riddle Developmental Center



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES