

Eating on a Budget

Start by creating a monthly food budget. You can't stick to one if you don't know what it is!

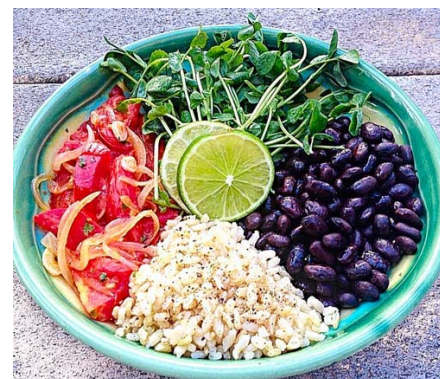
- Create separate budgets for take-out and home prepared meals.
- Subtract from your monthly grocery budget each time you go shopping.
- Try collecting all of your receipts for a month. (Don't forget beverage or convenience store purchases!) Then, sit down and figure out ways to eliminate unnecessary purchases and reduce or replace costly purchases.
- 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 vegetables that are in season, frozen if out of season.
- Low-cost proteins: Peanut butter, eggs, tuna, beans, lentils, peas
- Do look for items on sale, but remember: it's not a good deal unless you actually eat it.
- Price check your staples: Compare the cost of food you buy regularly at several nearby 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 cost of eating out. (casseroles, pasta dishes, stews)
- If you're just beginning to cook, build up your pantry slowly. You could buy one spice, oil, or other pricey pantry item at each shopping trip.
- Always check your pantry and refrigerator before grocery shopping, and try to base your meal plan on ingredients you already have on hand.
- Collaborate: Ask friends and roommates for their favorite easy recipes, or trade off cooking duties.

Contact us

Health Promotion
2010 Tang Center
Berkeley, CA 94720
uhs.berkeley.edu/hp
uhs.berkeley.edu/healthcoaching

Make an appointment with a health coach

Online: etang.berkeley.edu
In-person: Appointment Office
Phone: 510-642-2000, press 4 then 1



Don't go Hungry! You have options:

- UC Berkeley Food Assistance Program
financialaid.berkeley.edu/food-assistance-program
- SNAP/CalFresh food stamps
mybenefitscalwin.org
- UC Berkeley Food Pantry
pantry.berkeley.edu (also hosts CalFresh clinics)
- Berkeley Food Pantry
www.berkeleyfoodpantry.org
- Bears for Financial Success
financialaid.berkeley.edu/bears-financial-success

TANG TIP:

Tang Tip: Set yourself up to make good decisions. Don't go grocery shopping too hungry or without a grocery list.