

Grocery Shopping On A Budget

A budget will help keep you on track with your income and expenses.

See the Financial Literacy section our website for steps on how to create a budget.

Creating a grocery budget helps you be more realistic with how much you should spend on food.

[Sample Grocery Budget](#)

01.

Average Cost of groceries in Los Angeles County is \$400 for a single person, and \$458.71 for a family of two.

02.

Add about 20% for one extra person, 10% for two, and 5% for three extra people. SO, \$400 for 1 person =

- \$480 for two people
- \$576 for three people
- \$605 for four people

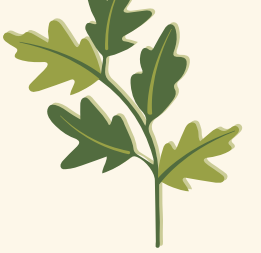
03.

Track your expenses for 1 month

- **Keep all your receipts**
- **Look at what you bought**
- **Decide what you need more, less, or none of.**

Household Staples

Having these items available will allow you to make a variety of dishes and snacks. Whole foods will also cost you the least in the long run.



Pantry

- Canned beans, corn, and peas
- Tuna
- Pasta
- Oats
- Rice
- Flour
- Sugar
- Tomato sauce & paste
- Peanut butter
- Cereal
- Bread
- Nuts



Seasoning

- Salt
- Pepper
- Seasoned salt
- Garlic Powder
- Onion Powder
- Oregano
- Cumin
- Meat seasoning
- Chili powder
- Paprika
- Bay leaves
- Cooking oils



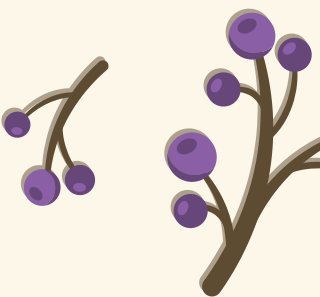
Fridge

- Milk
- Eggs
- Cheese
- String cheese
- Yogurt
- Cottage cheese
- Broth
- Butter
- Fruits & Berries,
- Veggies
- Condiments
- Salad dressing



Meats

- Chicken
- Fish
- Ground Beef
- Ground Turkey
- Pork
- Steaks



Quick & Inexpensive Snacks



Trail Mix



String Cheese



Cut Veggies



Peanut Butter



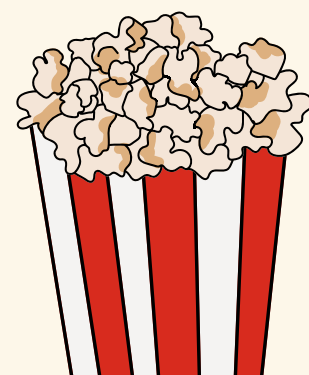
Yogurt & honey/fruit



Fruit & Berries



Hard-Boiled Eggs



Nutrition



Tips N Tricks

- Set reminders 3x day
- Aim to make your plate a rainbow that way you ensure your getting a variety of nutrients
- Add super foods to help boost nutrition
Serve condiments and dressings on the side
- Women ages 19 to 50 should aim for 1,800 to 2,000 daily calories
- Men ages 19 to 50 should aim for 2,200 to 2,400 calories

FATS: PROVIDES ENERGY



VITAMINS: KEEP YOU HEALTHY



CARBS: MAIN SOURCE OF ENERGY



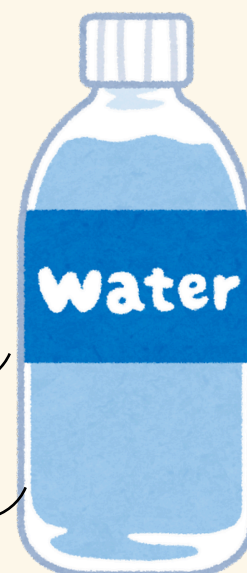
PROTEIN: HELPS IN BUILDING AND REPAIR OF BODY



MINERALS: SUPPORT ESSENTIAL FUNCTIONS



WATER

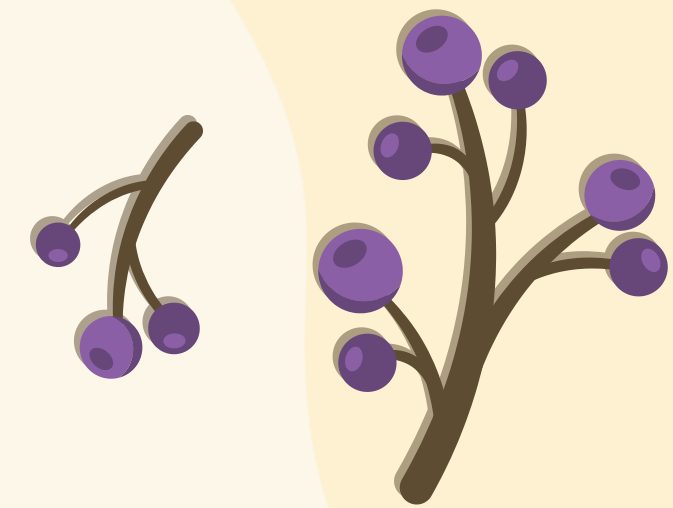


Aids in digestion

Helps protect joints

Boosts attention, energy, and focus

Essential for cardiovascular health



Grocery Money Saving Tips

1. Track your Spending
2. Compare prices in your area
3. Make and stick to a list
4. Shop sales/coupons/brand
5. Don't go shopping hungry
6. Plan for leftovers & Meal Prep

7. Grocery shop online
8. Store produce to make it last
9. Join loyalty programs
10. Compare amount/size to cost
11. Shop in season
12. Understand best by vs use by



[How to keep your fruits and vegetables fresh](#)

[17 Easy Hacks to Make Your Produce Last Longer](#)

[How to Store Fruits and Vegetables So They Last Longer](#)

[Food Product Dating | Food Safety and Inspection Service](#)

Meal Prepping 101

Planning and preparing your meals for the week to ensure cost saving and healthy options



Storage

Making individual portions

Use proper storage to keep things fresh

- Microwave safe storage containers
- Mason jars for salads and oats
- Different size containers
- Ziplocks when appropriate

Cook in Bulk

Cook whole meals and split them up

Use leftovers from dinners for lunch

Freeze what you can

Be realistic - don't make too much

Staple Items

Choose simple recipes

Versatile ingredients for variety

- Rice & Beans
- Eggs
- Fresh/frozen veggies

Well balanced meals for health/satiety



Plan Your Meals

Make a schedule - "Prep Day"

Be consistent - biggest hurdle is commitment

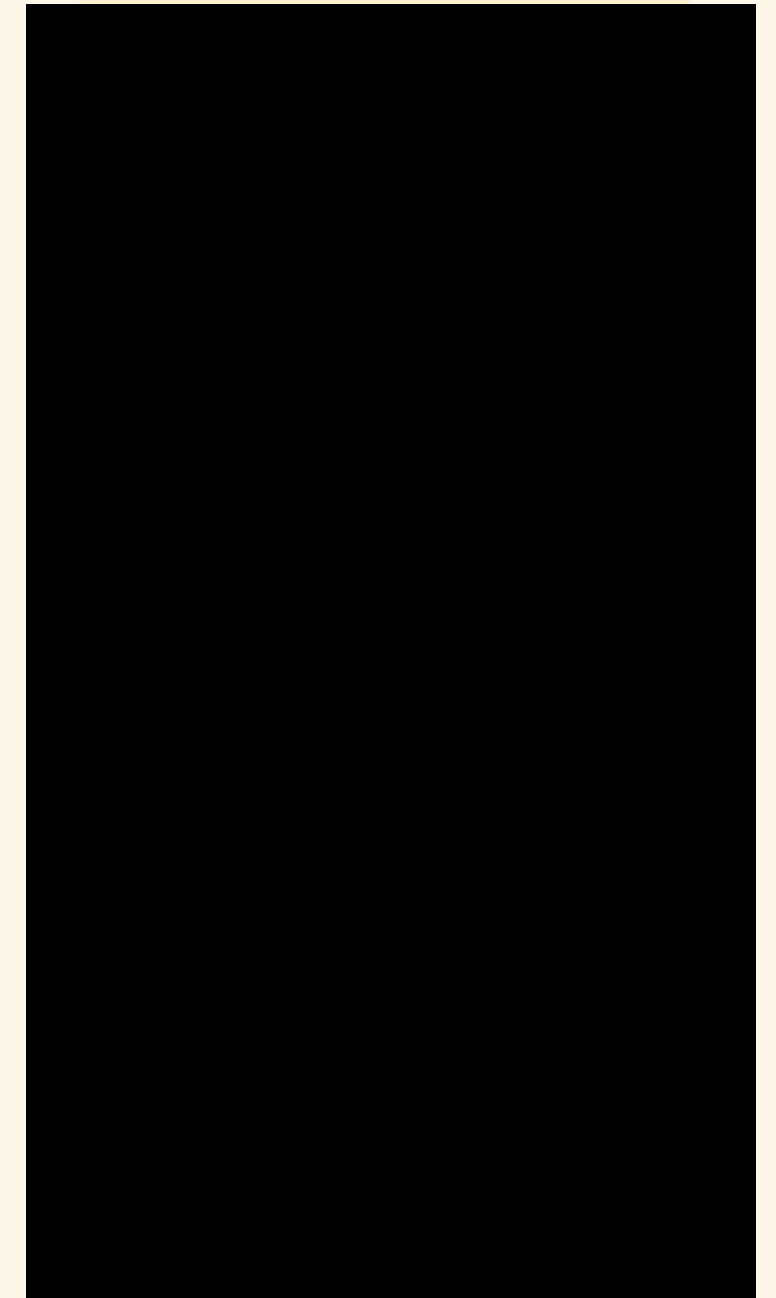
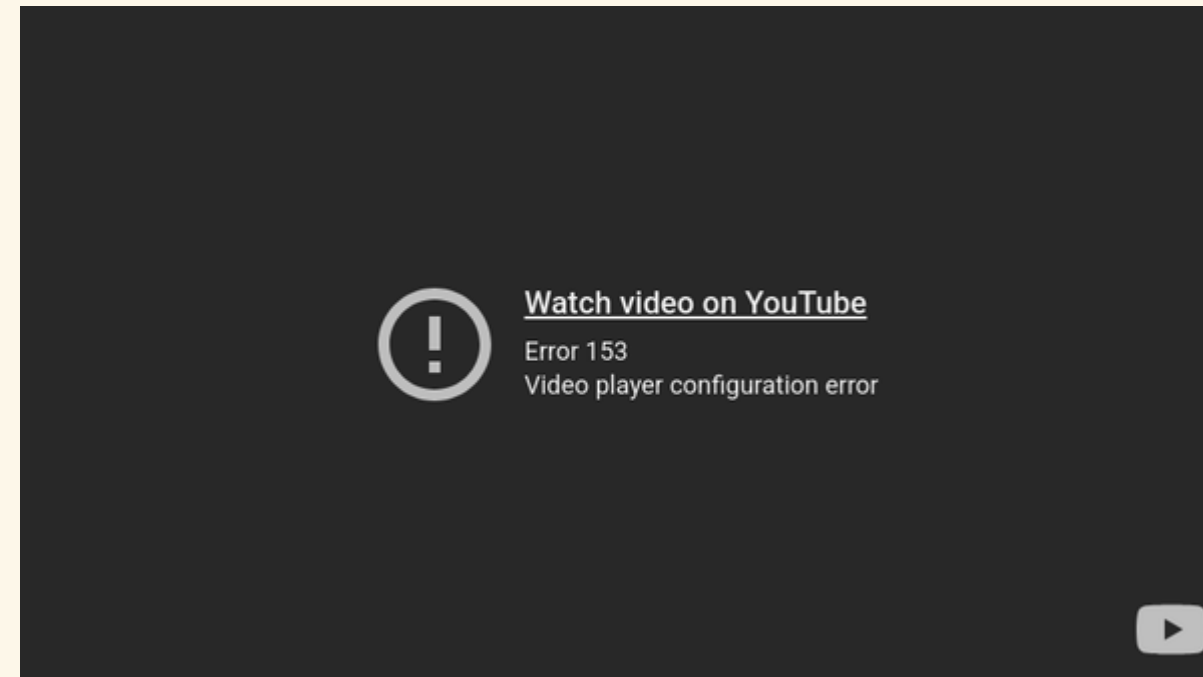
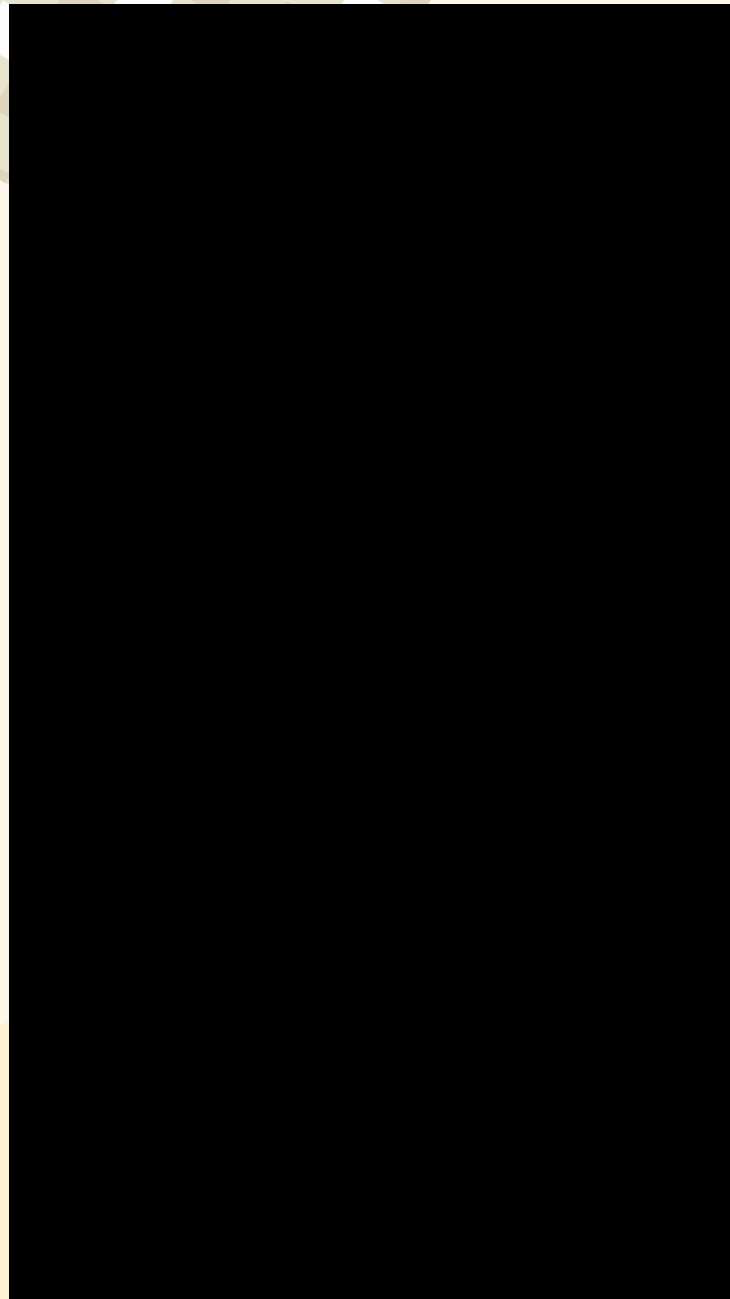
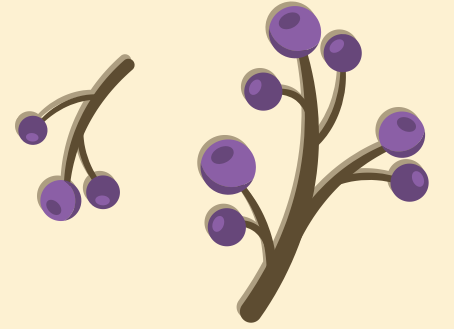
Plan ahead and shop for ingredients

Do time consuming things in advance





Easy Meal Prep Ideas



Easy Receipts

Keep it Simple

Stick to simple ingredients that you are familiar with. Short, easy recipes make it easier for you and more likely that you will stick with it.

Familiarize Yourself

There are many websites where you can get recipes or view videos to see steps and techniques. A simple google search can be a game changer.

Receipe Links

[How to make 10 Tasty Meals on a budget](#)

[Easy & Healthy Ground Beef Rice Bowls](#)

[Easiest Vegetable Stir Fry | The Recipe Critic](#)

[Everyone should know how to make this classic](#)

[McCormic Delicious, cheap recipes](#)

[Easy Healthy Dinner Ideas — Eatwell101](#)

[30 Easy and Healthy Dinners Ready in 30 Minutes](#)

[150 Healthy Dinner Ideas - iFoodReal.com](#)



Grocery List

Write down all the items you run out of during the week. Do a scan before you go grocery shopping to make sure you write down all the items you need to purchase.

When you are grocery shopping, stick to your list! It might be tempting to get items you don't need, but the list will help you stick to your goals.

DAIRY

[illegible]

MEAT & SEAFOOD

[illegible]

FRUITS & VEGGIES

[illegible]

FROZEN

[illegible]

DRINKS

[illegible]

GRAINS

[illegible]