Meal Planning On A Budget

The average American would save $36.75 per person per week by moving to all home-prepared meals.

<table>
<thead>
<tr>
<th></th>
<th>Meal Prepping Every Meal</th>
<th>Eating Out 5x a Week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average Costs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week</td>
<td>$45-$60</td>
<td>$80-$100</td>
</tr>
<tr>
<td>Month</td>
<td>$190-$240</td>
<td>$320-$400</td>
</tr>
<tr>
<td>Year</td>
<td>$2340-$3120</td>
<td>$4160-$5200</td>
</tr>
<tr>
<td><strong>Average Cost Per Meal</strong></td>
<td>$2-$3</td>
<td>$10-$12</td>
</tr>
</tbody>
</table>

**Tips on Meal Planning**

**Keep Track of Your Spending**
Create a budget! By being able to track where your money is going, it's much easier to identify where you can make cuts.

**Aim for Short-Term Savings Goals**
If you are going out to eat 5x a week, aim to decrease eating out each week. You do not need to stop all at once, but by aiming to decrease eating out each week will make it more manageable.

**Make a Grocery List**
By planning what meals you will make within each week, you can create a grocery list and eliminate extra spending. To be even more frugal, meal plan around your local grocery store's coupons by checking out their deals of the week.

**Buy in Season & Buy Whole Foods Instead of Pre-Cut**
Whether it's fruits or vegetables, they will be cheaper in season because simply there is more supply when in season. Also, buying premade packages of vegetables or fruits can cost double than if you were buying whole.

*Sources:
https://mymealprepmonday.com/ev
https://www.reddit.com/r/MealPrepSunday/

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