

Be a Frugal Foodie

Make your food money go further!

STORE:

MAKE THE MOST OF YOUR FOOD WITH GOOD STORAGE PRACTICES



Store food that can go bad quickly at the front of your fridge, so you see them all the time.



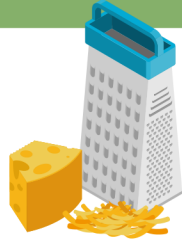
Package meat in meal-sized portions and freeze what you won't need in the next two days.



Label food packages with the date you got them and use the oldest ones first.

TIPS!

Freeze unused dairy before the expiry date.



Freeze up to: 6 months 6 to 9 months 2 months

Freeze peeled, ripe bananas for smoothies and banana bread.



COOK:

PLAN AHEAD TO MAKE MEALS EASY AND ECONOMICAL



Plan and cook things that will go bad first.



Make enough for two meals then freeze half for later in the month.



Use what you bought in more than one meal.

Be a Frugal Foodie

Make your food money go further!

TIPS!

Use ingredients in more than one dish.

Apples: dry for slices, bake into muffins or pies, dice for salad, or blend for applesauce.



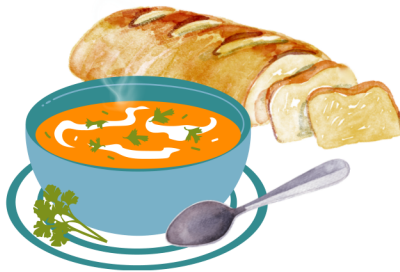
Potatoes: mash, bake as fries, use in a casserole or in a soup.



SAVE TIME: PREPARE AHEAD TO SAVE YOUR TIME AND INGREDIENTS



Use slow cookers for meals that are ready when you are.



Use leftovers to make soup once a week.



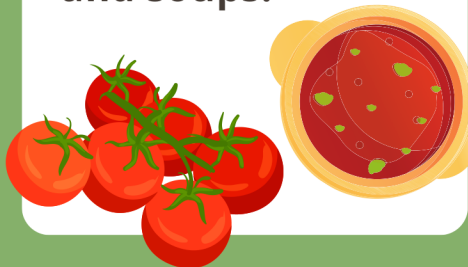
Make dry, ready-made meals ahead of time.

TIPS!

Save and freeze veggie scraps for soups and broths.



Whole tomatoes can be frozen and used for sauces and soups.



Flexible recipes like stir-fries, salads, and soups help use up produce.



Money for Living

Chilliwack Financial Literacy Committee



Chilliwack Learning Society