**SPEND LESS ON FOOD**

*Food prices on the rise? Ever spend too much on eating out or on groceries? Join the club. Below are 8 simple to start strategies to lower what you spend on food so you can have more of your money to spend on other things.*

**FOOD TIPS:**

* **Eat at Home** - You knew this was going to be on the list. Eating at home, and making your own meals is far less expensive than going out to a restaurant, or even through the drive thru..
* **Healthy Eating** - Many people believe that eating healthy is more expensive, but that doesn’t have to be the case. Eating whole foods and increasing your veggie intake is often far less expensive than the processed stuff.
* **Split Meals** - When you do find yourself out at a restaurant, consider splitting a meal with someone. Portion sizes are often plenty to split without getting overly full, or could be saved for a later meal, cutting your expense in half.
* **Meal Planning** - Planning your meals in advance can save you a lot of cash at the grocery store. Starting by shopping your pantry for what you already have and making a list of what you need for the coming week’s meals can keep you focused and on budget. Spend an afternoon prepping for those meals and you have zero excuses for sticking to the plan.
* **Bulk Shopping** - Consider buying your non-perishables in bulk. Toilet paper, dry goods, cereal, etc. You can save some money by catching sales when you purchase items that you regularly use. Key phrase here - items that you already use.
* **Leftovers** - Eat your leftovers. They won’t kill you. Have a leftovers night, or maybe even two to ensure that food isn’t going to waste, and you give the chef of the house the night off.
* **YOYO**- A weekly occurrence in our home, it stands for You’re On You’re Own. Maybe it’s leftovers, or crackers and cheese - perhaps it’s mac and cheese from a box - whatever you can make yourself.
* **Cereal Sunday** - My Mom has a long standing tradition of cereal Sunday. It’s what’s for dinner. Grab a bowl and spoon, dinner is served. A version of YOYO.