

Getting the Most from the Money I Spend on Food

Ideas for Getting More Money for Food	I already do this	I plan to do this	I am not interested in doing this
I know how much I can spend each week on food because I make a budget and stick to it.			
I put more available money into my food budget so that I have enough healthy food for my family.			
I share and eat meals at the home of friends or family at least one time each week.			
I have checked into enrolling in the Food Assistance Benefits program, or already receive them.			
My children are enrolled in the National School Lunch (or Breakfast) Program.			
I have signed up for WIC to get food for my baby or young child/children.			
I have looked for a local food pantry or free meal program in my community.			
I take a lunch and/or snacks when I run errands or go away from home.			
I cook and prepare most of my family's meals at home.			
I breastfeed if I have an infant.			
I grow my own vegetables in a garden and/or buy fresh produce from a farmers' market.			
If I am a senior adult, I participate in Senior Meal Programs at my local Senior Dining Site.			

Adapted from Money For Food, University of Wisconsin Extension.



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