

Creating a Food Budget in 5 Steps

1. Figure out your MONTHLY money available for food.

Add up the amount of money you have each month (from wages, SNAP benefits, etc.). Subtract out other monthly expenses (like housing, electricity, water, child care, phone service, cable, transportation, etc.). This gives you how much you have for food.

\$ _____

2. Figure out your WEEKLY money available for food.

Take the total from Step 1 and divide this by 4. This will give you the amount of money available for food each week.

\$ _____

3. Figure out what you spend on food in 2 weeks.

Save all the receipts from food purchases for a 2-week period. This includes receipts from grocery trips, eating out, convenience store purchases, etc.

\$ _____

4. Figure out your WEEKLY food expenses.

Take the total from Step 3 and divide this by 2. This will give you the amount of money you spend on food each week.

\$ _____

5. Compare Weekly Money Available with Weekly Money Spent.

Money
available
for food
(Step 2)

>

Money
spent on
food
(Step 4)

You are doing great
with your food
budget! Keep up
the hard work!

Money
available
for food
(Step 2)

<

Money
spent on
food
(Step 4)

Save money on food:
shop sales, use
coupons, & prioritize
food purchases



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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