



# Budget Busters:

*Saving Money & Eating Healthy During a Pandemic*

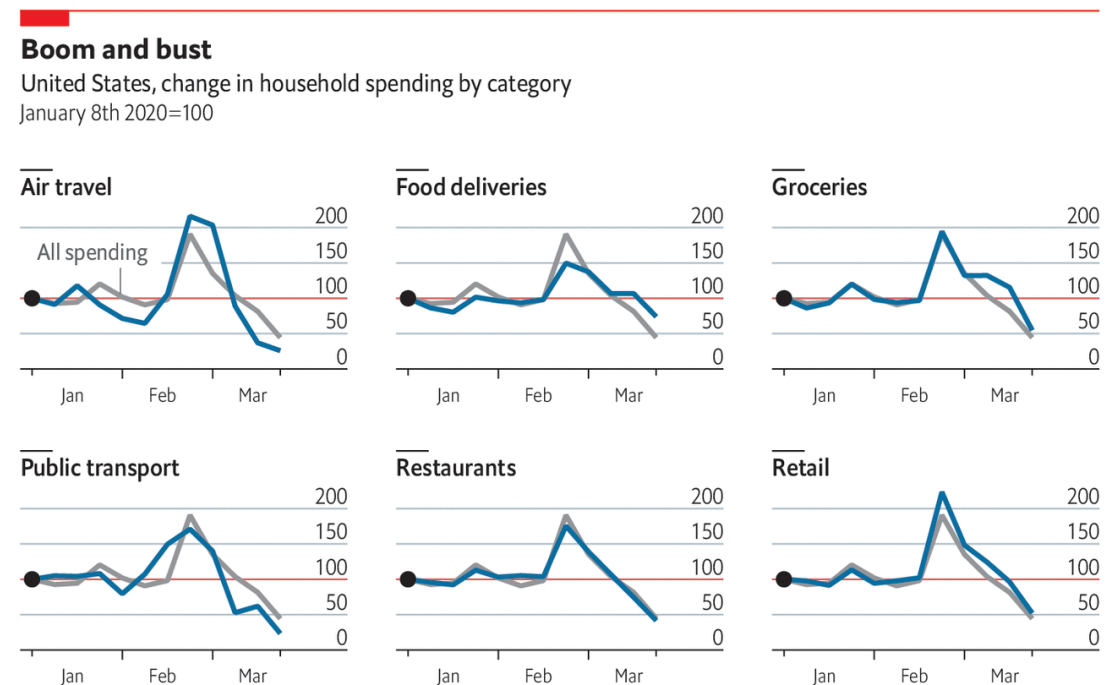
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# Today's Objectives

Discuss	Impacts of COVID-19 on Food Spending
Review	5 Tips for Food Budgeting and Healthy Eating
Examine	COVID-19 Grocery Store & Shopping Tips
Provide	5 Resources to Support Healthy Eating on a Budget
Allow	Time for Questions

# Introduction to Food Spending<sup>1</sup>

- In the United States:
  - Average consumer spends 6% of monthly budget on food
  - Cost of Groceries for:
    - 1 person: \$162-372/month
    - Couple: \$371-773/month
    - Family of 4: \$570-1298/month



Source: "How Does Household Spending Respond to an Epidemic? Consumption During the 2020 COVID-19 Pandemic", 2020, by Scott R. Baker et al

The Economist

# The Impact of COVID-19<sup>2,3</sup>

- Increase in at-home cooking and take-out
- Stockpiling may lead to overspending
- 15-20% monthly increase in grocery spending
  - Up to 40% of grocery expenditures may be online
- **At the store:**
  - Out-of-stock items & increased willingness to buy off-brands
  - Health precautions: hand and cart disinfectant, off-peak hours, avoiding use of cash, self-checkout
  - Increased prices being considered, less promotions






# Tip 1: Plan Your Meals<sup>4,5</sup>

- Check your pantry and refrigerator
- Rethink Dinner
  - Skip the feast and go simple
- Look for less expensive protein options
  - Cheaper cuts of meat (chicken thighs, organ meats, whole chickens, pork shoulder, chuck roast, bottom round, etc.)
  - Eggs
  - Meatless meals
- Use your leftovers for lunch or freeze for later
- Get the family involved
- Stick to the meal plan once you make it
- Check out meal planning resources online (links at end of presentation)







## Tip 2: Make a Budget & Stick to It<sup>4,5</sup>

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- Prepare a grocery list and follow it
- Keep an eye on your cart
- Don't shop when you are hungry
- Avoid distractions
  - Eye-level products
  - Online advertisements

## Tip 3: Bargain Hunt<sup>4,5</sup>

- Buy store/generic brands for staple foods
  - Could save 20-25% (a savings of \$3000/year)
- Comparison shop
  - Try out different stores, consider why you picked the one you go to?
    - Top 7 “Cheapest” Grocery Stores: Aldi, Market Basket, WinCo Foods, Food4Less, Costco, Walmart & Trader Joes
- Buying in bulk is not always a cost savings
  - Buy what you need and what you will actually eat
- Don’t buy it just because you have a coupon!



32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.05</b> per oz	<b>\$1.62</b>
	
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6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.12</b> per oz	<b>\$0.72</b>
	
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## Tip 4: Choose “Farm-Fresh” & Local<sup>4,5</sup>

- Shop local and in-season
- Consider Community Supported Agriculture (CSA) programs
- Farmer’s Markets
- Your own garden
- [Find out what is available near you!](#)
- If needed:
  - [Local food banks](#)
  - Emergency food services through community groups/churches







## Tip 5: Final Do's & Don'ts<sup>4,5</sup>

- **Do:**
  - Store Loyalty Cards
  - Space out big purchases
  - Check out grocery store rebate apps (Ibotta, Receipt Hog, Checkout51, Fetch Rewards)
  - Follow your favorite brands on social media for bargain alerts & coupons
- **Don't:**
  - Store Credit Cards
  - Packaged, convenience food items (pre-cut, pre-marinated, etc.)
  - Buy more than you need

# Additional COVID-19 Shopping Tips<sup>4,5</sup>

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- If you must purchase food two weeks at a time:
  - Look for non-perishable, fresh, frozen, and canned items
    - If you can, buy it frozen
    - If its canned, look for no sugar added and low sodium options





## Headed to the store? <sup>4,5</sup>

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- Wear a face mask
- Bring your own sanitizing wipes
- Practice social distancing
- Wash your hands when you get home and after you unpack groceries
- Clean and sanitize reusable bags and surfaces they touch
  - No evidence that food packaging spreads COVID-19
    - Concerned? Feel free to wipe down and air dry





# Food Budgeting & Meal Planning Resources



[Grocery Budget Calculator](#)



[Budget Calendar](#)



[Meal Planning Calendar with Recipes](#)



[5-Day Meal Planning Worksheet](#)



[Recipes & Tips for Healthy, Thrifty Meals](#)

# References

1. Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 2020. USDA Website. <https://fns-prod.azureedge.net/sites/default/files/media/file/CostofFoodFeb2020.pdf>. Published March 2020. Accessed May 5, 2020.
2. Johansson, R. Will COVID-19 threaten the availability and affordability of our food? USDA website. <https://www.usda.gov/media/blog/2020/04/16/will-covid-19-threaten-availability-and-affordability-our-food>. Published April 16, 2020. Accessed May 5, 2020.
3. Blue, A. COVID-19 Has Changed Consumer Behavior. What Does it Mean for the Future? University of Arizona website. <https://uanews.arizona.edu/story/covid19-has-changed-consumer-behavior-what-does-it-mean-future>. Published April 23, 2020. Accessed May 5, 2020.
4. Gordon, B. 20 Money-Saving Grocery Shopping Tips. Eat Right Website. <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>. Published August 2, 2018. Accessed May 5, 2020.
5. Zaske, S. Eating Healthy on a Budget during COVID-19 Isolation. Washington State University website. <https://news.wsu.edu/2020/04/17/eating-healthy-budget-covid-19-isolation/>. Published April 17, 2020. Accessed May 5, 2020.

A collection of colorful sticky notes in various colors (orange, yellow, light green, blue, light blue, red, yellow, purple) scattered across the frame. Each note has the words "THANK YOU" written on it in a simple, hand-drawn style. A white rectangular box with a thin black border is centered over the notes, containing the text "Are there any questions?".

*Are there any questions?*