

Freezer Meal Cooking Class

Food Budget

- The average family spends 14% of the monthly income on food
- This does not account for money spent on dining out

Meal Planning

- Think of the 3 P's
 - Plan
 - ✦ Think a head
 - Purchase
 - ✦ Stick to a grocery list
 - Prepare
 - ✦ Cook what is planned

Plan

- Plan meals and snacks for the week according to an established budget
- Find quick and easy recipes online
- Make a grocery list that includes items need to prepare meals
- Have an idea how many times in a week you plan to cook
- Crockpot or having freezer meals during busy weeks no reduce your stress level
- Plan what meal you are going to have on each day (refer to handout from CDC & sparks as reference)
- When you plan meals/have an idea of what for lunch or dinner you are less likely to go get fast food. Which means your save money and eat healthier.
- **Healthier.** Many commercially-prepared foods are full of salt, artificial ingredients, preservatives and unhealthy fats. By making your own meals, you can control what goes into them and use quality ingredients like brown rice instead of white rice, organic vegetables instead of conventional, and olive oil instead of palm oil.
- **Inexpensive.** While a frozen meal may be cheaper than a restaurant bill, it's still more expensive than cooking from scratch. If you prepare your own meals with whole ingredients, you can save \$100 a month or more.
- **Time Savers.** Making your own meals doesn't have to be time-consuming. Set aside one day a month to cook a few recipes and you will have enough meals to last for weeks on end. You can even make cooking a social event by inviting some friends and sharing recipes—you'll get to try something new while you chitchat with your buddies.
- **Full of Variety.** Prepackaged frozen meals don't offer any flexibility—what you buy is what you get. While you might like some of the ingredients in the meal, not everything is going to appeal to you. But by creating your own, everything will be up to your taste level and standards—and you can change the menu, ingredients, and combinations any time!
- (http://www.sparkpeople.com/resource/nutrition_articles.asp?id=762) Purchase
- Buy groceries when you not hungry
- Only buy what is on your list
- Schedule enough time for grocery shopping
 - When you rush you forget items or added unneeded items