



#GetSavvy



Save Money on Food



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OF ILLINOIS
SYSTEM**

In what state and/or
county are you logging
in from today?



Learning Objectives



Create a realistic food plan that balances money, time, and nutritional needs



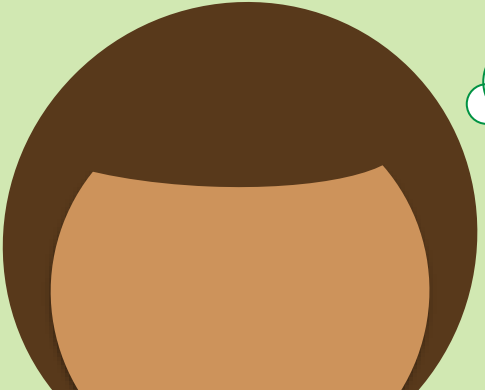
Explore how to save money on food costs



Prevent food waste



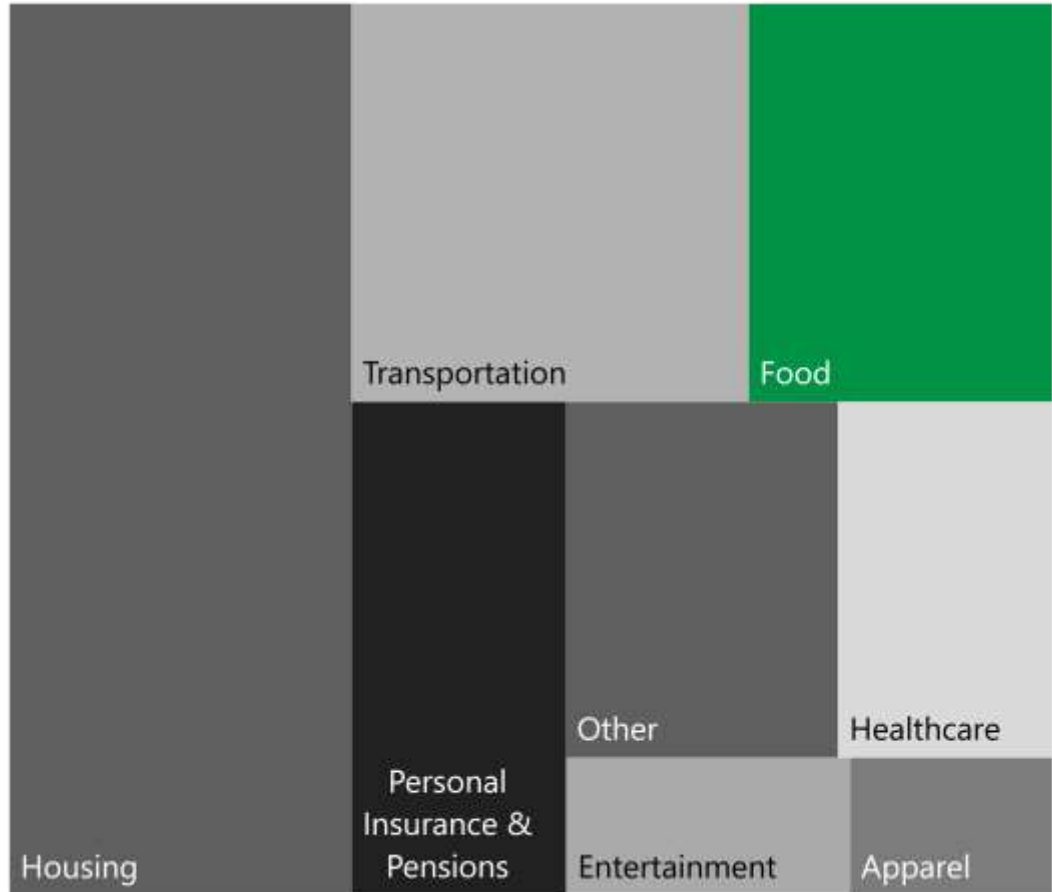
Explore technology and food shopping methods



What do food expenditures
look like in the United States?

Household Expenses

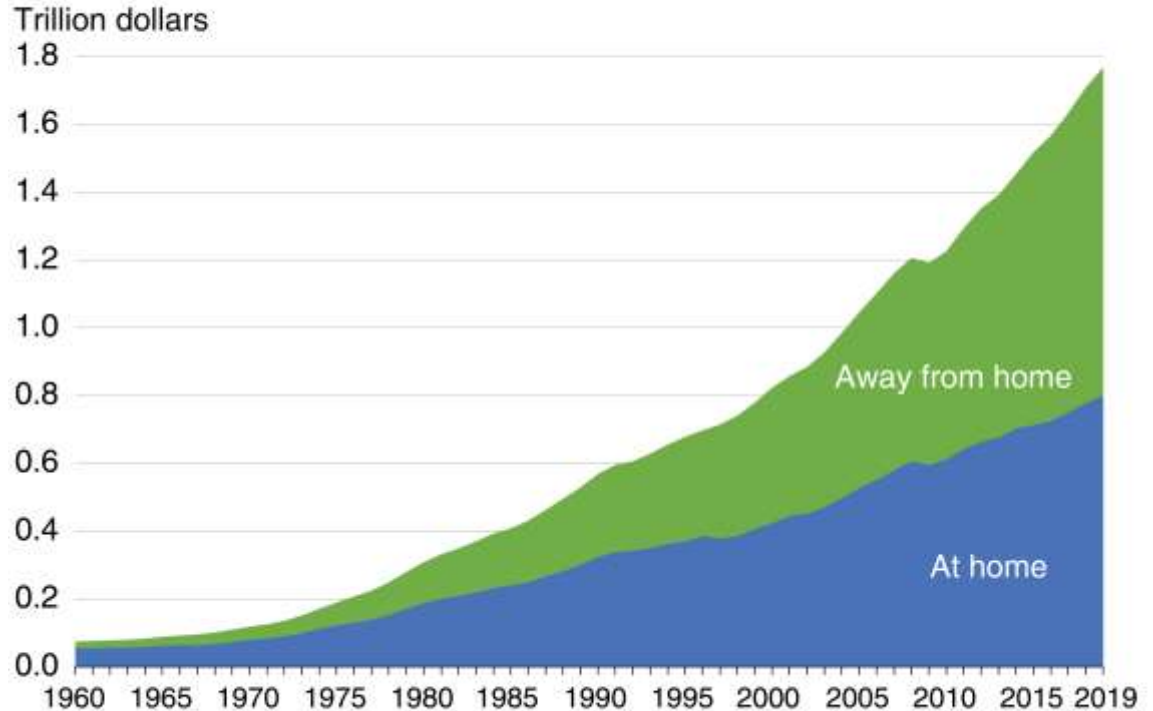
- 33% Housing
- 17% Transportation
- **13% Food**
- 11% Insurance, pensions



Food at Home vs Away

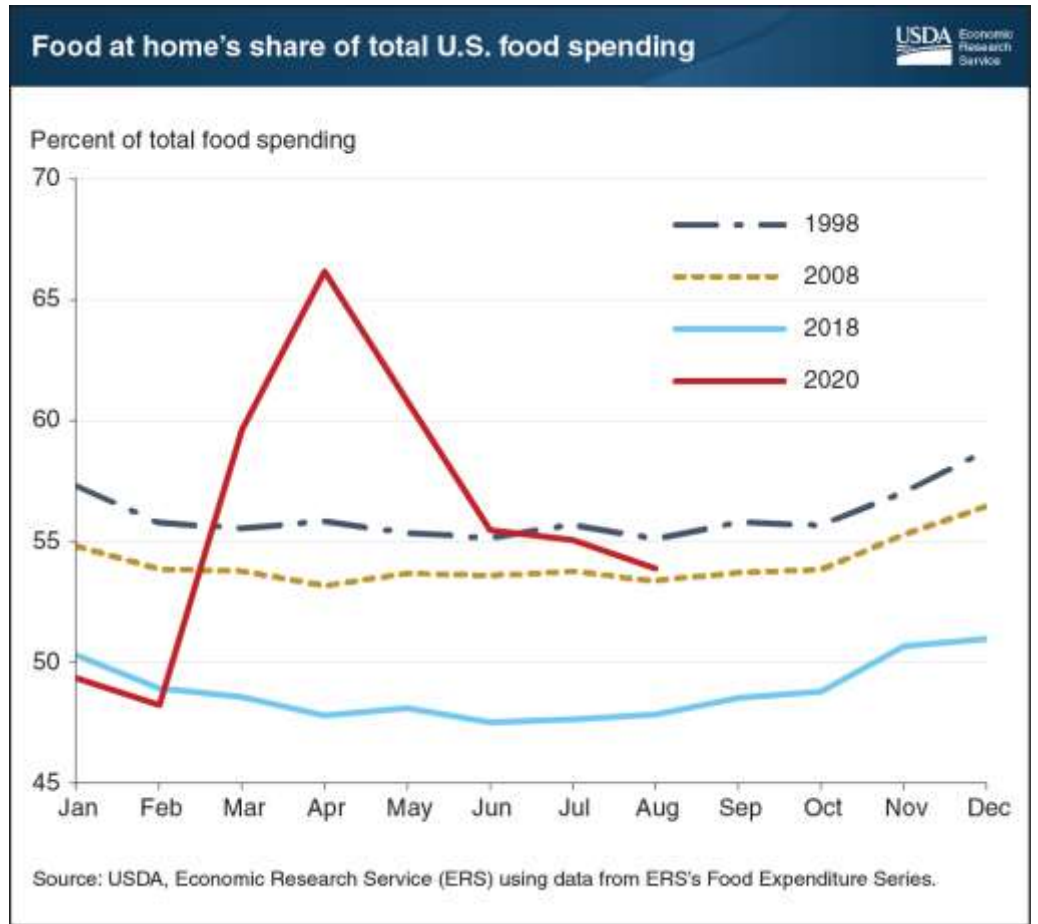
In 2019, costs of food away from home was approximately 55% of total food expenditures.

Food-at-home and away-from-home expenditures in the United States, 1960-2019



Source: USDA, Economic Research Service, Food Expenditure Series.

Food Spending in 2020

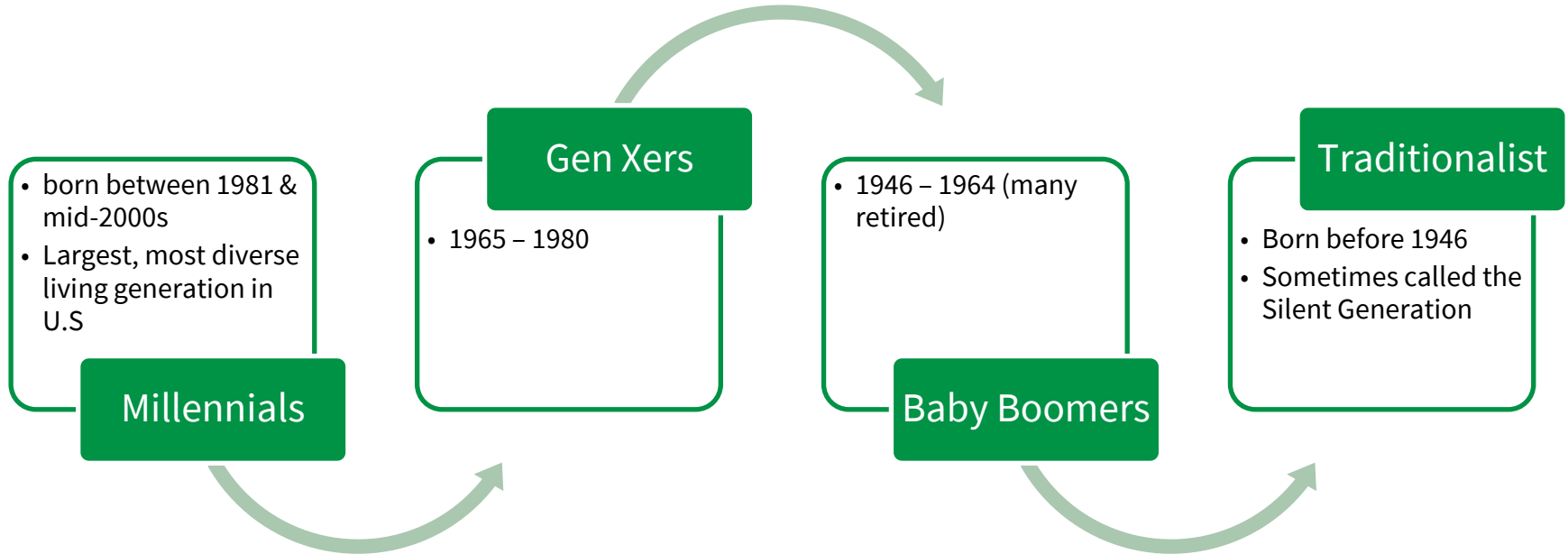




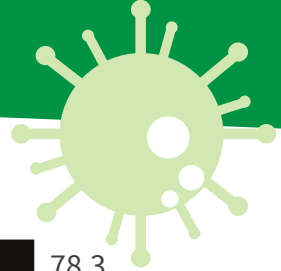
What is typical for different generations?

Research

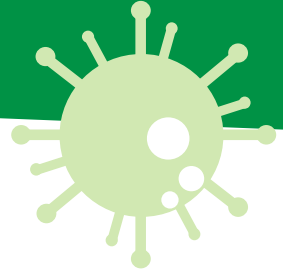
Generations Defined



Avoided Eating at Restaurants, % by Generation



More Online Purchases, % by Generation





What's most important to
you about the food you buy?





How can you cut food costs?

Strategies

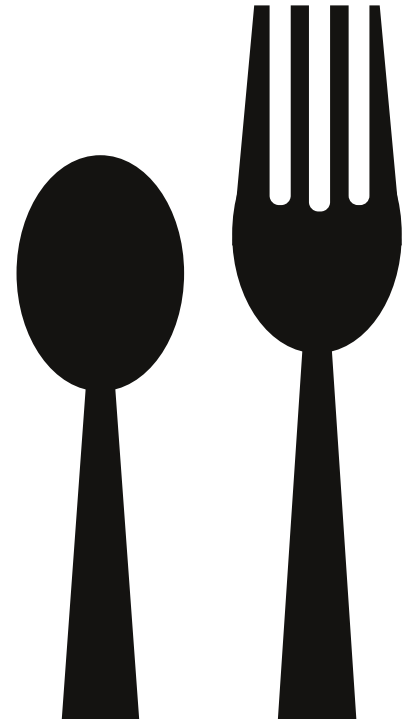
Balance Time, Costs, & Nutrition

Cooking at Home

- More control of ingredients
- Often cheaper

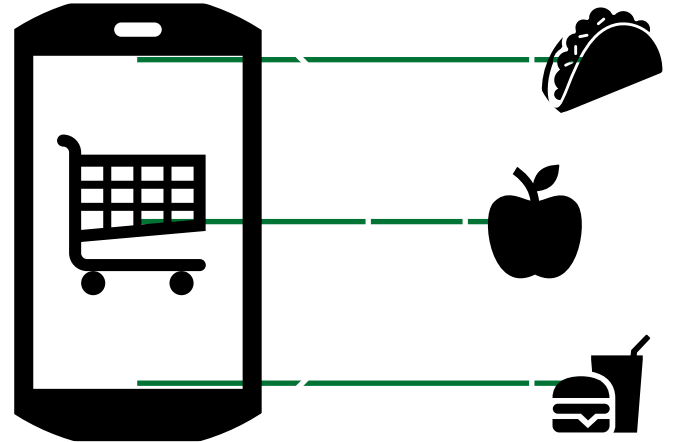
Eating Out

- Could take less time
- Less skill required
- Convenient



Food Delivery Apps

Restaurant delivery apps allow customers to connect their food needs with services that make it accessible to order from multiple places (fast food, restaurants, grocery stores) at their convenience.



Comparing Delivery Apps



Frequency of use



Cost



Variety



Locations serviced



Number of
restaurants featured



Delivery and
additional fees



Membership options



Other delivery options
provided through the
app

Strategies to Cook at Home More



Simplify

- Use simple recipes



More Meals

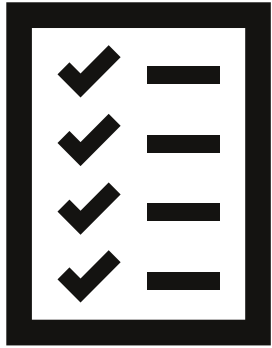
- Cook larger amounts & eat several meals OR freeze portions



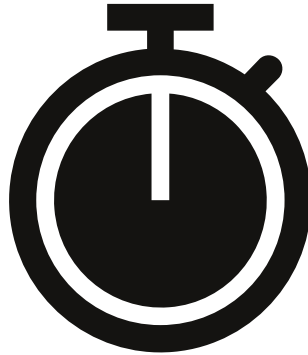
Stock Up

- Keep commonly used items on hand

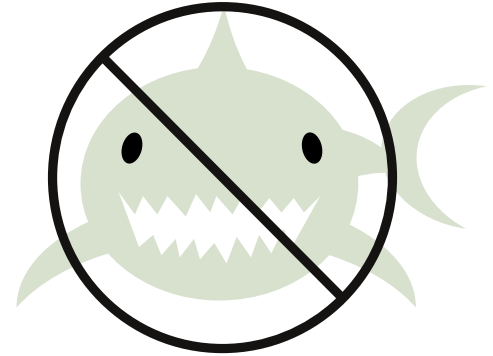
Proven to Work



Use a shopping list



Limit time in store



Don't shop hungry


Food Waste

Estimates from the U.S. Department of Agriculture in 2010 suggest that over one-third (30-40 percent) of food goes uneaten through loss or waste.



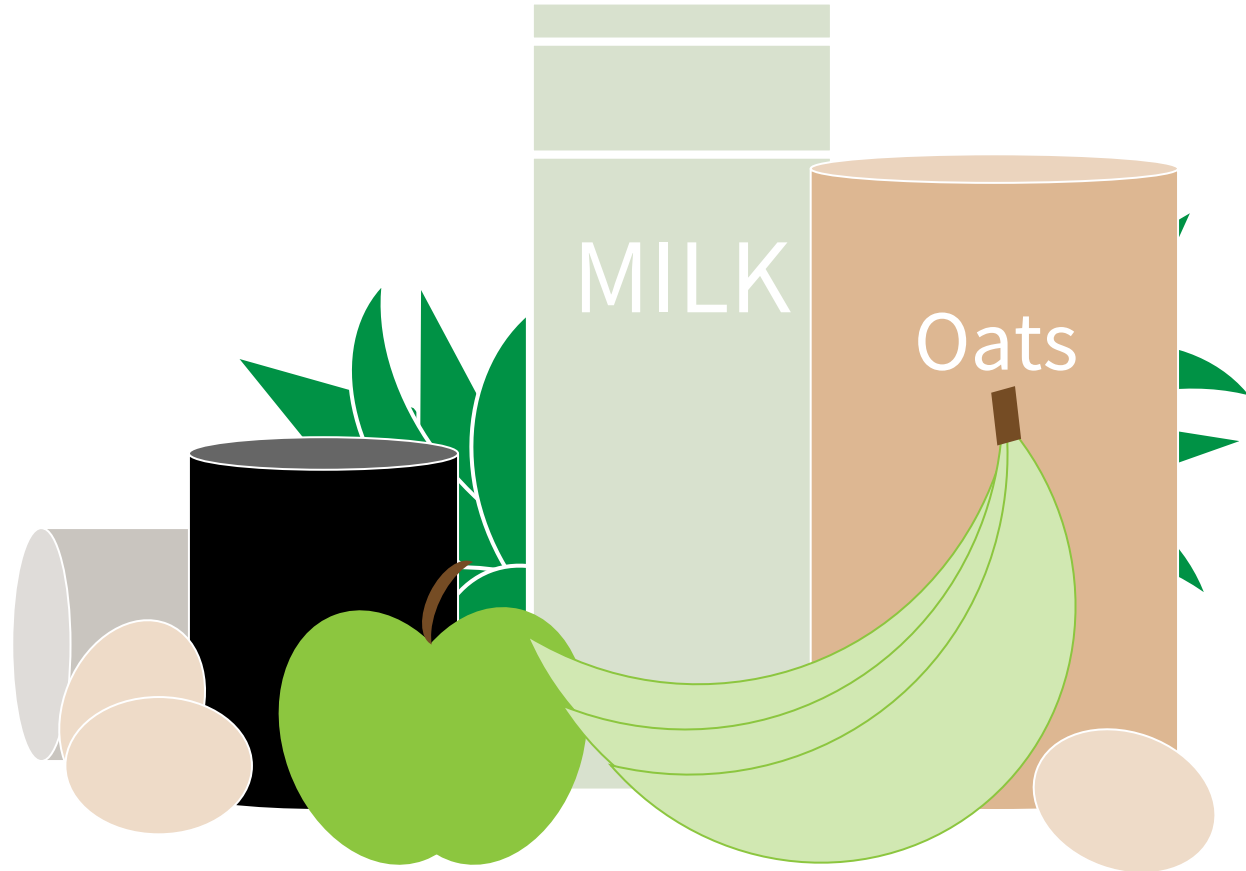
Tips to Reduce Food Waste

Create	Create space in your fridge for food going bad within days
Learn	Learn about food product dating
Avoid	Don't leave perishables out at room temperature for more than 2 hours
Use	Use serving size information on the nutrition facts label
Compete	Compete w/ family or friends to see who can go the longest w/o any food waste
Plan	Preplan and write grocery list before going to the store
Ask	Ask for smaller portions when eating out, split meal, save leftovers
Check	Check the temperature in your fridge to keep food at the right temp (>40° F to keep food safe)
Refrigerate	Refrigerate peeled or cut veggies
Execute	Stick to your list when shopping



What foods do you like to
keep on hand?

1. Apples and Bananas
2. Beans
3. Brown Rice
4. Canned Tomatoes
5. Canned Tuna
6. Eggs
7. Fat-free Milk
8. Kale
9. Potatoes
10. Rolled Oats



Comparing Costs - Unit Pricing

UNIT PRICE TAG

The image shows a unit price tag with the following information:

- 94**: A large number in the top left corner.
- Barcode**: A standard 1D barcode in the top center.
- 041548-34586 DSD**: A 12-digit barcode number and the letters "DSD" below the barcode.
- 25216 56 OZ 48B 3**: A series of numbers and units below the barcode number.
- DREYERS/EDYS LT CRML DELT**: The item description in all caps.
- UNIT PRICE 9.80¢ PER OUNCE**: A box containing the unit price information.
- \$5.49**: The total price for the item.

Annotations with arrows point to the following elements:

- item bar code**: Points to the barcode.
- item description**: Points to the text "DREYERS/EDYS LT CRML DELT".
- price per unit**: Points to the "9.80¢" in the unit price box.
- total price**: Points to the "\$5.49".

Unit Pricing by Servings - Rice

Long Grain Rice

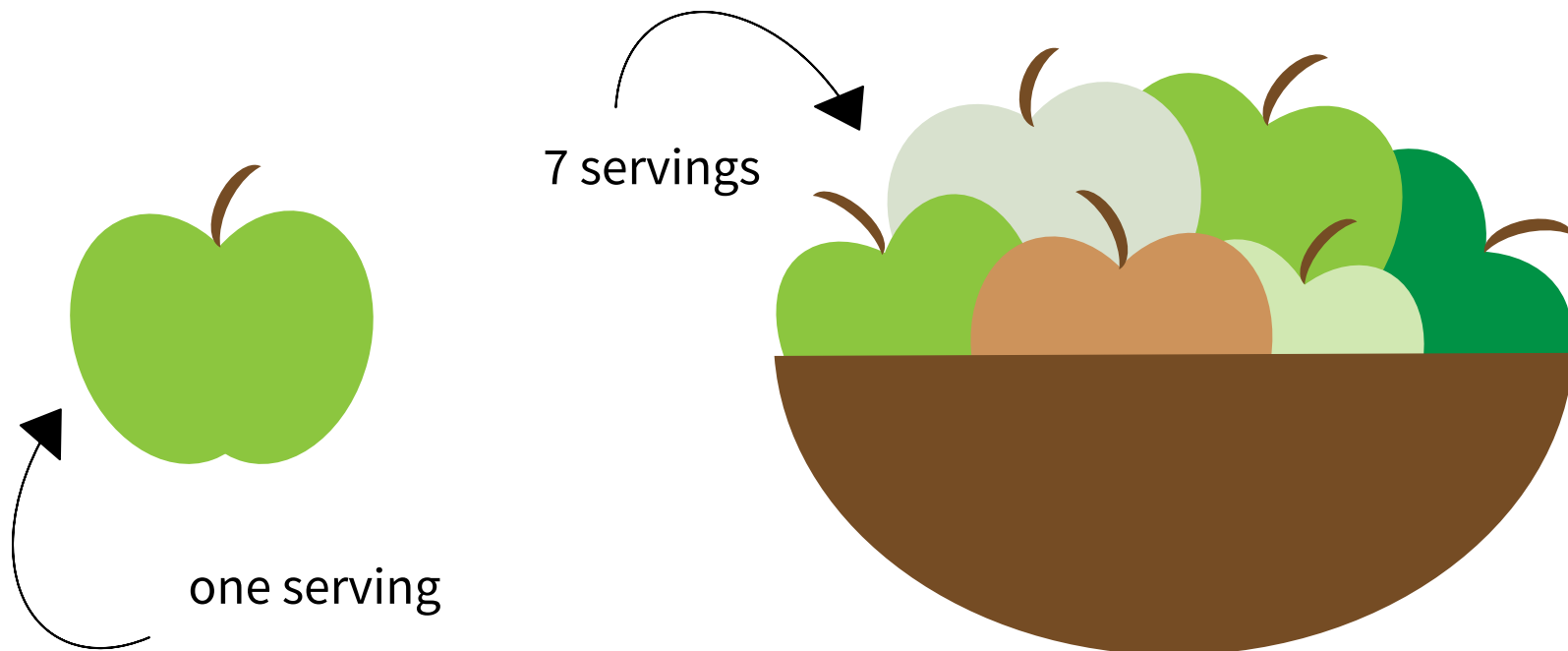
- 16-oz bag
- 20 servings
- $\frac{3}{4}$ cup each
- \$0.99
- **5 cents per serving**

Fast Track Minute Rice

- 14-oz box
- 9 servings
- $\frac{3}{4}$ cup each
- \$1.99
- **22 cents per serving**



Unit Pricing

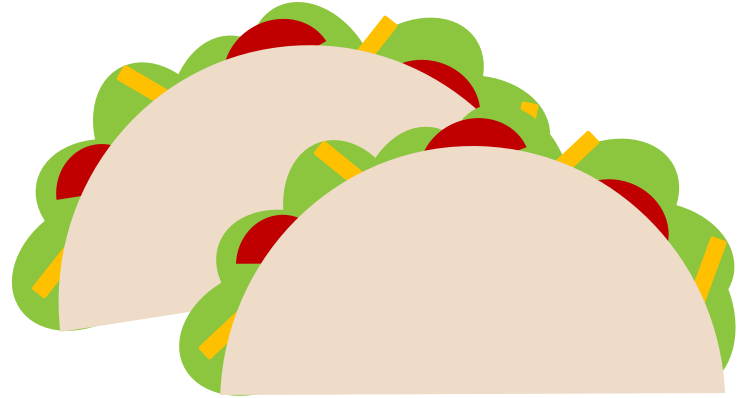


A top-down view of a dining table with various dishes, including waffles, a bowl of soup, and a plate of food, with a hand reaching for a waffle.

Eating out is a fun, social part of our lives

Lower Costs When Eating Out


- Share entrees
- Order water with meals
- Clue in on coupons
- Do lunch out, rather than dinner out
- Know what you want to spend



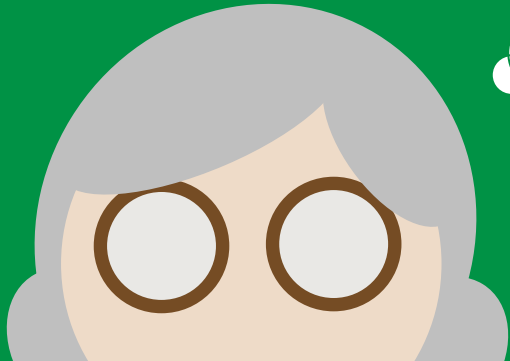
Step Down Food Costs

Instead of completely cutting something out, step down.

Weekly Costs	S	M	T	W	R	F	S
Week 1 $\$2.58 \times 3 = \7.74							
Week 2 $\$2.58 \times 2 = \5.16							
Week 3 $\$2.58 \times 1 = \2.58							



What is your best cost-saving
food tip?





Putting it all

TOGETHER

Create a Meal Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Prep Day			Lunch Out			Brunch w/ friends

- Plan meals and shop for a week
 - When will you eat out? When will you cook?
- Create a shopping list
- Keep it simple and flexible
- Think cost and nutrition

Milk
Eggs
Bread
Peanut butter
Oatmeal
Spinach
Tomatoes
Frozen broccoli
Cauliflower
Orange juice

Produce



Frozen fruits & vegetables often less expensive than fresh



Best Price: Buy in season fresh produce

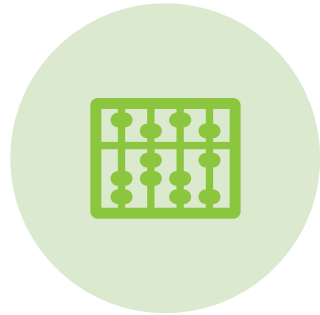


Convenience: Look for salad bars or pre-cut produce



Shop locally at **farmer's markets**

Create a Food Budget



Track



Set Limits



Compare

Food Insecurity Resources

SNAP



Supplemental Nutrition Assistance Program helps low-income people and families buy food

Visit go.uillinois.edu/SNAP for info about SNAP in IL

211



Dial 211 to get connected with essential community services (available in most of the US)

Visit 211.org for more info or online search options

Find Food IL

Community Food Map

go.illinois.edu/findfoodil

A smartphone and a laptop are shown displaying the Find Food IL map interface. The smartphone is in the foreground, and the laptop is behind it. Both screens show a map of Illinois with various colored icons representing different food resources. A search bar and a list of results are visible on the smartphone screen.

SNAP • LINK • WIC

Find food in your community at:
[GO.ILLINOIS.EDU/FindFoodIL](https://go.illinois.edu/FindFoodIL)

- Food Pantries
- School & Summer Meal Sites
- Grocery Stores
- Farmers Markets
- SNAP & WIC Offices
- Senior Food Resources



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Cost-Saving Apps

- Connect to coupons & sales
- Make a running shopping list
- Track food spending



A close-up photograph of two people in a kitchen. In the foreground, a person wearing a white hoodie is focused on chopping red cherry tomatoes on a wooden cutting board with a knife. To the left, there are several small white bowls containing ingredients: one with more tomatoes, one with green herbs, and one with a brown powder. In the background, another person wearing an orange sweater is standing at a gas stove, stirring a pan of browned ground meat with a grey spatula. The scene is brightly lit, suggesting a clean and active kitchen environment.

Try New Recipes

choosemyplate.gov/budget



- Online tools
- Meal planning
- Email updates

Eat. Move. Save.

University of Illinois Extension

[eat-move-
save.extension.illinois.edu](http://eat-move-save.extension.illinois.edu)

The screenshot shows the 'EAT' website interface. At the top, there is a yellow header with the 'EAT' logo and a water drop icon. Below the logo is a navigation bar with links: 'Get Started', 'Recipes', 'Reading the Food Label', 'Foods Grown in Illinois', 'Eating Tips', and 'Food Safety'. The main content area features a large image of a bowl of stir-fried noodles with broccoli and carrots. Below the image is a yellow 'Recipes' button with a fork and knife icon. To the right of the image are social media sharing icons for Facebook, Twitter, YouTube, Print, Email, and Comment. Below the image is a paragraph of text: 'Find new recipes that taste great and help you stick to your budget! Select by type of recipe or use the search box to look for recipes featuring a specific food item. You are sure to find new favorites that the whole family will love.' Below this text is a search bar with the placeholder text 'What are you in the mood for?' and a 'Search' button. Below the search bar is a row of eight yellow buttons with icons and labels: 'Any' (apple icon), 'MAIN DISH' (fork and knife icon), 'SIDE DISH' (cup icon), 'SOUP' (bowl icon), 'SANDWICH' (sandwich icon), 'SNACK' (carrot icon), 'DESSERT' (cup icon), and 'BREAKFAST' (target icon).

Summary

- Consider your food shopping preferences
- Discuss ways to lower costs and waste
- Choose a few new strategies to explore what might work for you!

Investing Basics



Wednesday
March 10, 2021
12 PM CST

go.uillinois.edu/getsavvywebinars

Questions?



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