What’s Your Meal Planning IQ?

When do you start thinking about what to eat?

A) When my stomach starts to grumble from hunger.
B) A couple hours before meal time.
C) About a week ahead.
D) 30 days out – I practically invented Once-A-Month cooking
What's Your Meal Planning IQ?

How often do you cook?

A) By cook, do you mean Chick-fil-A?
B) 2-3 times per week
C) 4-5 times per week
D) Almost every night
What’s Your Meal Planning IQ?

Do you use a grocery list?

A) No, I just walk around the store and grab food that looks good.

B) Yes, I keep a list on the fridge and add items as they run out.

C) I have a map of the grocery store layout and organize my list by department.
What’s Your Meal Planning IQ?

How often do you go to the grocery store?
A) Never, I just eat out.
B) Once a month
C) Twice a month
D) Once a week
Meal Planning 101

Meal planning saves you money! Even if you don’t use coupons or check the weekly ads.

Consumers are looking for:

• Location
• Easy In, Easy Out
• Frequent Sales
• Assortment of Products
• Lowest Everyday Prices

– Source: Food Marketing Institute, 2012
Meal Planning 101

4 Rules of Food Shopping

1. Use grocery store ads.
2. Make a menu plan
3. Make a list.
4. Use unit pricing
## Reality Check – Ways to Save

<table>
<thead>
<tr>
<th></th>
<th>Purchased /Take Out</th>
<th>From Home</th>
<th>Savings Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Coffee</strong> (5 days/wk)</td>
<td>$0.90 - $1.75 (small)</td>
<td>$0.10 - $0.15</td>
<td>$208 - $416</td>
</tr>
<tr>
<td><strong>Smoothie</strong> (3 days/wk)</td>
<td>$2.29 - $3.75 (small)</td>
<td>$0.22 - $0.50</td>
<td>$323 - $507</td>
</tr>
<tr>
<td><strong>Water</strong> (7 days/wk)</td>
<td>$0.10 - $1.50</td>
<td>$0.01</td>
<td>$32 - $542</td>
</tr>
</tbody>
</table>
Meal Planning Basics

• Check your schedule – how much time will you have for preparing food

• Take inventory of what you have in your freezer, pantry, and refrigerator

• Look at the grocery store ads
Meal Planning Basics

• If you need, find one or two recipes use ingredients you already have OR sale items

• Grab a piece of paper (or your phone) and make a meal plan for the week

• Create a grocery list
Finally, some help in the kitchen.
Give Meal Planning a Try