

- ☐ Review your food expenses each month with the goal of gradually reducing them.
- ☐ Plan meals for the week (around what is already in the house)
- ☐ Create a monthly budget to include going out to eat and/or delivery/take out.
- ☐ Reduce eating out, take out, and meal delivery (or eliminate except for special occasions/events)
- ☐ Shop with and stick to a list
- ☐ Location matters - many stores offer the same products but the prices vary.
- ☐ Create meal plans around advertised specials.
- ☐ Join loyalty programs with grocery stores that give discounts to their members.
- ☐ Reduce or eliminate purchasing pre-prepared meals at the grocery store
- ☐ Balance composition of grocery shopping between meat/dairy products and produce
- ☐ Use Leftovers: for lunch, in a new dish, or freeze
- ☐ Buy in bulk where appropriate (without waste); if buying in bulk is too much, find a buddy who will split it with you
- ☐ Purchase non-food items outside of grocery stores
- ☐ When tipping, tip on the food total vs the bill total
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