

STRETCH YOUR FOOD DOLLARS

1. Check newspaper ads for special sales.



CLICK & SAVE!

2. Click & save coupons from store apps.

3. Learn to plan nutritious meals and snacks using MyPlate.



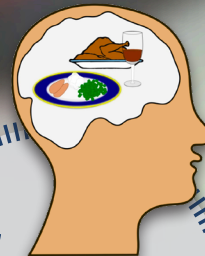
4. Take advantage of seasonal specials.



5. Take inventory of what you already have at home.



6. Think appetite appeal.



7. Plan the use of leftovers.



Developed by Si-Arah McCray, SNAP-Ed Nutrition Educator. Sources: web.extension.illinois.edu/toughtimes/food_dollar.cfm



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