

April
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EAT BETTER FOR LESS

EatGatherGo.org

Get Your Finances in Shape with These Money Moves

We have seen the prices in the grocery store rise, too. Here are some tips to help you start saving today:

Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Check to see what foods you already have and make a list of what you need to buy.



Stick to the list

Make a shopping list for everything you need. Keep a running list on your phone, on the refrigerator, or in your purse or wallet. When you're in the store, do your best to buy only what's on your list.



Join your store's loyalty program

Sign-up is usually free, and you could see start saving as soon as you sign up.



Buy when foods are on sale

This one is super easy—make the most of your money by stocking up on food that is on sale.



Compare brands

Store brands can cost less than some of the name brand foods. Compare the items to find better prices.



Trying to lower food costs? Use your stale bread for this tasty dish.

Applesauce French Toast

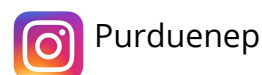
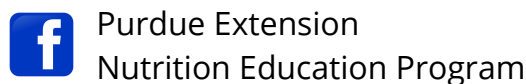
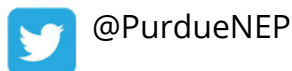
Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Resources: [eatgathergo.org/eat/shopping/finding-the-best-buy/](https://www.eatgathergo.org/eat/shopping/finding-the-best-buy/), [eatgathergo.org/recipe/applesauce-french-toast/](https://www.eatgathergo.org/recipe/applesauce-french-toast/)

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