

# Stretching Your Food Budget

We will begin at 12:15 p.m.

## PRESENTERS



Cassidy Lutz  
FCS Agent  
Southwind District



Julie Smith  
FCS Agent  
Wildcat District

# LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

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## Today's Guide for A Healthy Conversation

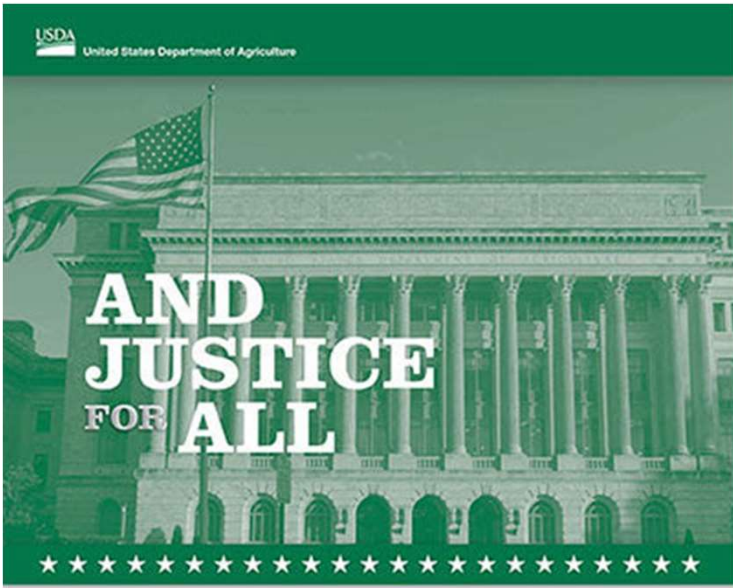
Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at

[www.ksre.k-state.edu/fcs/livingwellwed/](http://www.ksre.k-state.edu/fcs/livingwellwed/)





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**mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**fax:**  
(833) 256-1665 or (202) 690-7442;

**email:**  
program.intake@usda.gov.

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Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o

**fax:**  
(833) 256-1665 o (202) 690-7442;

**correo electrónico:**  
program.intake@usda.gov.

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Research and Extension  
Family & Consumer Sciences



# STRETCHING YOUR FOOD BUDGET

**Presented by:**

**JULIE SMITH**

Family Resource Management  
& Entrepreneurship Agent  
Wildcat Extension District

**CASSIDY LUTZ**

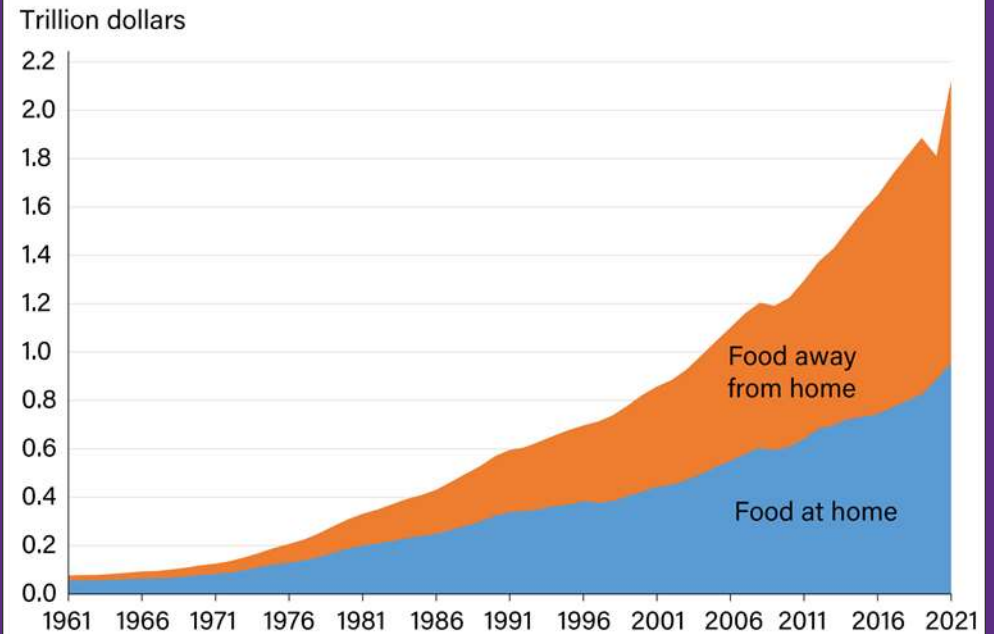
Family and Consumer Science Agent  
Southwind Extension District

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Family & Consumer Sciences

## ACCORDING TO THE USDA, ECONOMIC RESEARCH SERVICE:

- Average annual food-at-home prices were 3.5 percent higher in 2021 than in 2020.
- In 2021, U.S. consumers spent an average of 10.3 percent of their disposable personal income on food.
- 2020 and 2021 were years of high food price inflation due to shifts in consumption patterns and supply chain disruptions.

**Food-at-home and food-away-from-home expenditures in the United States, 1961–2021**



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

<https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/#:~:text=In%202021%2C%20households%20in%20the,representing%207.6%20percent%20of%20inc>ome).

# MEAL PLANNING

- Plan to plan: set aside time to plan
- Create a weekly meal plan for your whole family that includes healthy options
- Keep your work/family schedule in mind
- Take stock of your refrigerator and pantry
- Eat perishable food first
- Plan for leftovers

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# SMART SHOPPING

- Make a list and stick to it
- Buy generic
- Only buy in large quantities for a big event or if you plan to use it later
- Look for coupons or sales before going to the store
- Shop in season
- Don't shop while hungry



# DINING OUT

- Drink your water!
- Split a meal
- Order an appetizer instead of a meal
- Check for special deals or coupons
- Look for discounts i.e. seniors or kids
- Use apps to look for offers or deals





**THE USDA ECONOMIC RESEARCH  
SERVICE ESTIMATES THE AVERAGE  
FAMILY OF 4 LOSES \$1,500 PER YEAR ON  
UNEATEN FOOD**



# REDUCE YOUR FOOD WASTE



- Buy only what you need when you need it
- Proper food storage will prolong shelf life. Use containers designed for the use.
- Use a thermometer in your refrigerator and freezer to ensure optimal temperatures are maintained
  - 40°F or less for the refrigerator and 0°F or less for the freezer
- First in, first out method



# EXTENDING SHELF LIFE

- Keep foods separate
- Look up proper storage temperatures of fruits and vegetables
- Store meat on the bottom shelf
- Keep items like condiments and preserved foods on the door as they can handle a wider temperature range
- Freeze or preserve foods for later use



# FOOD PRODUCT DATE LABELS

- **Sell-By:** tells stores how long to display products for sale
- **Best-By** and **Use-By:** The last date recommended for best flavor and quality
- **None of these are safety dates!**
- With the exception of infant formula, if the date passes during home storage, a product should still be safe and if handled properly until the time spoilage is evident.
- When in doubt, throw it out!





# QUESTIONS

For more information, contact:

## JULIE SMITH

Family Resource Management  
& Entrepreneurship Agent  
Wildcat Extension District  
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## CASSIDY LUTZ

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# THANK YOU FOR ATTENDING!

Please take a few seconds to complete our Living Well Wednesday Survey.



Scan the QR code with the camera on your phone or follow this link:

<https://bit.ly/3vW5kKj>

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.

[www.ksre.k-state.edu/fcs/livingwellwed/](http://www.ksre.k-state.edu/fcs/livingwellwed/)

Find your local Extension Office at [ksre.kstate.edu](http://ksre.kstate.edu)

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## LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

### Family Meals - Nutrition and Skills to Get You Started!

Family meal time can be challenging. Join this session to learn about MyPlate, portion sizes, and why healthy eating and trying new foods is important for children.

**Wednesday, March 22nd**

**12:15 - 1:00pm CST**

Register online: <https://bit.ly/LWW2023>  
or by scanning the QR code below.



Monique Koerner  
FCS Agent  
Cottonwood District



Tristen Cope  
Family and Youth Agent  
Chisholm Trail District



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