

BUDGET STRETCHING IDEAS

Treat Yourself And Still Save

(NAPSA)—According to a recent omnibus survey, most busy Americans take less than one or two hours out of a typical day to treat themselves to something special. Yet even in uncertain economic times, you need to treat yourself from time to time. Fortunately, it doesn't have to be difficult. For example:

- **When you travel, take advantage of your hotel's concierge.** He or she can recommend free or inexpensive festivals or other places to visit, restaurants and so on that can't be found in a guidebook. By saving on travel expenses, you can truly treat yourself with a visit to the spa.

- **Before you shop, take a tour through your pantry and your refrigerator.** That way you won't buy what's already hiding in your kitchen. Then, make your shopping list. According to Supermarket Guru Phil Lempert, entering the store prepared can save you up to 40 percent. With these savings you can treat yourself to a date night at the movies.

- **Have an authentic home-style lunch.** You can enjoy hot, delicious meals such as Classic Stroganoff, Creamy Parmesan Chicken, Garlic Herb Chicken, Meatball Lasagna, Sweet Sesame Beef and Traditional Stuffing & Turkey every day, straight from



A hot, home-style meal at work can brighten your day without lightening your wallet.

your desk at work. New Marie Callender's Home-Style Creations capture the special homemade flavors that Marie Callender's is famous for in convenient, microwavable meals that store easily in a pantry or desk—with no refrigeration or freezing required. The meals have a suggested retail price of just \$3.49 and are found in the pasta or soup aisle at grocery stores nationwide.

- **Enjoy your favorite produce in any season by buying frozen or canned alternatives** that are picked at the height of flavor and can cost up to 50 percent less than their out-of-season, imported counterparts.

By following these simple tips, you can treat yourself to a little something special every day, while still saving money for a big treat every once in a while.