

# BUDGET STRETCHING FOOD IDEAS

## What's For Dinner? Money-Saving Tips For Meal Ideas Your Family Will Love!

(NAPSA)—During challenging economic times, more and more people are cooking at home. However, cutting back on your food budget doesn't mean you have to skimp on great taste, convenience and overall value. A little organization can go a long way toward saving money at the market.

Try to reduce your grocery bill by \$1 a day. You'll save an annual \$365—money you can apply toward paying off other bills. In addition:

- 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.

- Keep all your receipts after one month and create a spreadsheet of your spending. Then analyze where you can cut costs and what products you could be saving on in the future.

- Rather than buying many ingredients to create exciting ethnic dishes, consider simpler, less-expensive alternatives. Chinese cuisine, for instance, has long been an expensive proposition everywhere but in the most well-



**A number of popular Chinese dishes can now be made at home in just about 20 minutes.**

stocked kitchens. Instead of preparing everything from scratch, try La Choy® Creations™, a new line of family-friendly, budget-conscious meals that can be prepared using a single skillet and chicken from the fridge or freezer in about 20 minutes.

- Put your kids in charge of the grocery list and coupons. This way, they will learn about smart savings and it will be a fun activity for them. Plus, then you don't have to be in charge of clipping coupons and checking off the grocery list.

- Use coupons and frequent-shopper cards. These can save you tons of money in the long run!

For more information, great family recipes and a \$1 off coupon (while supplies last) for La Choy Creations, check out [www.LaChoy.com](http://www.LaChoy.com).