



PLANNING YOUR FOOD BUDGET

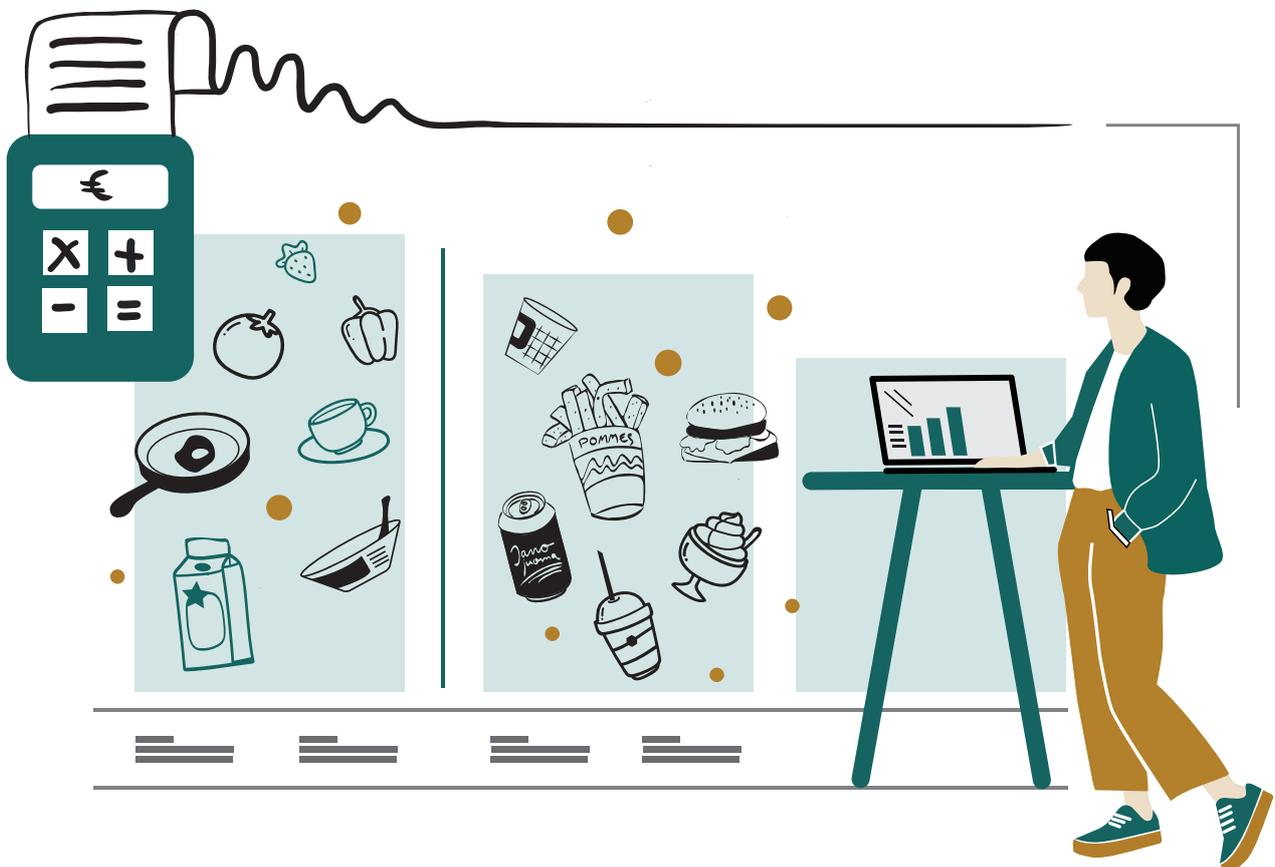
Regular and healthy eating habits contribute to your wellbeing

You should set aside enough money for food every month – not too much, but not too little either.

Planning ahead makes your finances easier to manage. You can compare prices at home on the internet and look for recipes online and in magazines and cookbooks.

Here are some tips to keep your food budget in check:

- compare prices
- cook at home
- plan your meals, for example a week ahead
- make a shopping list
- minimise waste
- take advantage of offers and seasonal products
- use your freezer





FOOD BUDGET TEMPLATE (single household)

Calculate how much money you need for food per month.
Make a list of foods you like or would like to try.

You can break your monthly food budget down to a weekly level and plan your grocery shopping one week at a time.

Make bigger batches and freeze the leftovers.

Think up ways to reward yourself for sticking to your plan and budget.

Sample plan:

- A single household with a food budget of roughly **250 €/month**.
- The average amount available for food each week is **62.50 euros**.



The week's menu

Mon	Puréed vegetable soup
Tue	Puréed vegetable soup
Wed	Spaghetti bolognese, grated carrot
Thu	Spaghetti bolognese, grated carrot
Fri	Fish fingers and mash, coleslaw
Sat	Fish fingers and mash, coleslaw
Sun	Frankfurters and fries

Shopping list

- sweet potato
- cauliflower
- onions
- cream
- minced meat
- crushed tomatoes
- spaghetti
- carrots
- fish fingers
- potatoes
- cabbage
- pineapple
- milk
- bread
- spread
- cheese
- cucumber
- tomatoes
- lettuce
- eggs
- coffee
- frankfurters
- fries



Tip!

- Be even more efficient and plan your breakfast and snacks in addition to your main meals.
- Keep and reuse your menu plans.



FOOD BUDGET TEMPLATE

Food budget _____ €/month, available weekly _____ €

The week's menu

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Shopping list

The week's menu

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Shopping list
