## **Everyday Ideas for Saving**

GUj Y`c b`Yb Yf[miWt`ghg" ②[¦Án æ& @Án^\*¦^^Á[`Ác`¦}Áns[¸}Á[`'¦Ác@^¦{ [• œæÁ, @án^Á
^[`ďn^Án|^^]āj\*Án;!Ánç æ Ál[{ÁQ}{^ÊÁ[`Ánæç^ÁcÃÁn;}Á@ ææāj\*Án[• œ ÈÁS[¸^¦āj\*Án Án^\*!^^•Á
•æç^•Án@ Ánæç^!æt^ÁQp`•^Q |å Åh GEED^æbÈÁN}]|`\*Á[`¦Án|^&d æðæþÁt æða\*^œ Á; @}Á[`ďn^Á;[óÁ
`•āj\*Án@{Ánà; àÁnæç^Áæ) Ánæç^!æt^Án ÁTƀà ÆÁ;¦ÅhFGED^æ ÁÆÁ;}Á[`¦Án|^&d æðakðajalEÁ

Foods frozen at 0 degrees stay safe indefinitely, but for best quality raw ground meat keeps in the freezer for 3 to 4 months and steaks or chops for 4 to 12 months.

6 i miV][[Yf`g]nYg`cb`mik\Yb`h\Y`df]VWY`]g`f][\hiUbX`mci `WUb`i gY`]h"②ā•dĒå[Áo@Á; ææ@Áæ) åÁ
&@&\ÆaÁ[`Áæ&c`æ|^Æå[Áaæ,^Æa^Æa^â; \*ÁæÁæ\*\*^!Ájæ&\æ\*^ĒV@Æ&[•oÁ; Æç [Á]:[å\*&o•Á; Æ@Á
•{æ|\^!Áa^á^Á; æêÆa^ÁæÁa^co^!Á;!æ&^Ác@æ)Ác@Aæ\*\*^!Á;}^ÊææÁ[`Á; æð@Áæ}åÁ¸ão@Á^æ;\*oÆa`co^!Á
[!Áa[[o@]ææo\*ÈÚ]\*•ÊÁ¸ā|Á[`Á\*\*^Áœ@Á[!^Æa\*\*^!/Á[\*\*AæåNÆÁ

Example: Buying a 5-pound bag of rice instead of a 1-pound bag: Save \$1.50.

- D`Ub`U´Í Bch\]b[`KYY\_Î.`U}&^ÁşiÁæÁş @ğ^Éř@æç^Áæ)Án}œā^Áş^^\Áş@}Áa[`Áæ)åÁ[`¦Áæ{ āf Áæ[Á }[œÁ[Á[ÁgÁœ]Á;[çãn•Éḥ`œÁ[Á ææÉæ]], |āj\*ÉÁœ&ÉÁU|æ)Á[Áa]^&ãæµÁæ&æãçãããn•ÁœæÁæ[}opÁæ[•œÁ { [}^^ÉÁ`&@ÁæÁæÉæÁæÁæ]æåÁ\*æ{ ^ÉŊã&}ã&}ã&ÉÁ;¦Á[}\*Á;æ\ÉÁ
- U¦Á&[}•ãå^¦ÁæÁi7iH6UW\_'KYY\_'Î'Ö`¦āj\*Ás@æÁ¸^^\Ēå[Á¸@æA´[`Á¸[`|åÁ¸[¦{æd|^Áå[ĒÁà`ÓÁs@ā)\Á [-Á¸æê•Áq[Á;æà^Áaó∱••Ár¢]^}•ãç^Áæ}åÁ;æç^Ás@-Áåãæ-\'^}&^ÈØZ[¦Ár¢ææ]]^ĒÁ^}oÁ;¦Áā[!![¸ÁæÁ {[çãrÁaj•o^æåáj-Ár[āj\*Áq[Ás@-Ás@-ææ^¦ĒÁ;æà^Á[`¦Áq¸}Ájã:æÁ√[{ Ár&¦ææ&@Æå¦āj\Á;ã¢Ë[`¦Ë [\_}}Ár{{[}æå^Áaj•o^æåáj-Ár[~Áå¦ā]\•ĒÁro&ÆÁ
- 6 fck b`VU[]H'GÁ[ ˇ d\^Á ^ åÁ[Á[ā] \* Á; ઁ ÓÁ[ ¦Á ˇ } &@Á; ¦Á ā] \* Á; æ&@ð ^ ÉÁ

  \* ^ cÁ] ÁF €Á; āj ˇ c^ Án ælþā! Áæ; åÁ; æb ^ Á[ ˇ ¦Á; } Á; } &@ÉQÁælÁæ; āj Á; ^{ à^! Áå[Á

  c@æ Ébo@Á; [ } ^ Án æç ^ å Ásæ; Á^ ælþ Áæå åÁ] ÉÞÞU V ÒHÁŸ[ ˇ Á; æê Án æç ^ Á; [ } ^ Á; } Á[ ˇ ¦Á

  &@Á¹ ^ 9 Áˇ } &@Áî ^ Áææ; āj \* Áo@{ Á; æb æsæ} æz Ás Ás@Á &@[ |Áˇ } &@Á; |[ \* |æ{ ÉÁ





## The average household throws out \$600 in groceries each year.

Example: Buying a carton of old-fashioned or quick oatmeal that provides 30 servings vs. buying 3 boxes instant oatmeal that contain 10 packets each: Save \$5.50.

