

Department of Family and Consumer Sciences

STRETCHING YOUR FOOD RESOURCES

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Following advice on social distancing, you may find yourself making less frequent trips to the store. In some cases, you might not be able to find what you need when you get there. This publication has been designed to help. Below you will find practical tips for stretching your family's food resources.

- Buy large portions of lean meats and poultry to save time and money when they are a good buy. Compare prices per pound for large portions and small portions.
- Buy a package of chicken parts if you do not want to cut up a whole chicken. Parts are often as cheap as buying the whole chicken.
- Compare bone-in to boneless meat and poultry. Bones can be used to make broth and stock for use in other recipes. If you do not intend to use the bones, boneless may be a cheaper option.
- Bake, boil, roast or grill lean meat and poultry to use in more than one meal. For example, use 2 cups for one recipe and use the rest to make soup, tacos, salads, stir fry and other dishes.
- Freeze lean meats and poultry for later if you have space in your freezer. Remember to package them securely in freezer wrap or heavy-weight aluminum foil to maintain quality. Most meat packaging is not designed to protect food from vapors and loss of moisture in the freezer. Remove as much air from the packaging as possible before freezing.
- Use leftovers to save money and stretch your food resources. Divide them into shallow containers and refrigerate for up to four days or freeze.



Stretching Your Food Resources

- Compare prices on canned, frozen and fresh foods. Canned and frozen foods are healthy and can be stored for weeks. This way you make fewer trips to the grocery store.
- Check for foods you have on hand before you shop. Then, check for advertised sales, specials and coupons for foods you will need.
- Create a grocery list before your trip to the grocery store to help reduce the time you spend in the store. Organize the list according to sections of the grocery store. Plan to pick up perishable items like meats, milk, eggs and frozen foods last.
- Look at unit pricing on shelves to compare prices among brands. Keep in mind that often store brands are cheaper than name brands even when using coupons or sales. And, coupons are not a good deal if they are used for foods you do not need.
- Purchase dried beans and peas to stretch your dollars. Cooking your own beans is much cheaper than using canned beans. A 1-pound package of beans costs about the same as one 15-ounce can of beans, but it yields 5-6 cups of cooked beans, compared to 1½ cups per can of beans. Put your pressure cooker or multifunction pot to good use. Beans cook quickly when pressure cooked.



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