

## Making a Food Budget

How do you do it?

Making a food budget is one of the best ways to stretch your food dollars. It's easy!!

**Step 1:** Add up the money you have for food each month.

- a. Food Stamps      \$ \_\_\_\_\_
- b. Cash                \$ \_\_\_\_\_
- c. Other (like WIC)   \$ \_\_\_\_\_
- Total (a + b + c)     \$ \_\_\_\_\_

**Step 2:** Divide the total by 4.3. This is about the amount you should have to spend on food each week.

**Step 3:** What are some other resources for food you can use? List:

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Here is an example:

Mary gets \$65.00 in **Food Stamps** each month, and 31.00 in **WIC vouchers**. She is able to set aside \$120.00 in **cash** each month for food. This gives her a total of \$216.00 for food purchases each month, or about \$50.00 each week.

Mary also gets an **emergency food box** each month that supplies her with **staples** (beans, rice, dry milk, cooking oil, peanut butter, bread, and canned foods). WIC vouchers also help Mary purchase staples like dry cereals, beans, and canned tuna.

Because of this, Mary is able to use her Food Stamps and food dollars to buy **perishables** (things that don't last long, like milk, meat, eggs, and fresh produce) each week.