



Meal Planning & Budgeting Guide

www.facebook.com/groups/cooking4kids

1. **What does your family like?**

Mummy (and daddy's who cook) know best!

There is not better way to plan your weekly meals and in turn save on the weekly budget by trusting your instincts and knowing what your family will and won't enjoy. If you don't think your family will like a particular flavour—why waste money on the ingredients if you're probably going to be right.

2. **"C4K Home Supermarket List"**

What do you already have?

The C4K Home Supermarket List will let you to an inventory of what ingredients you already have at home.

The document already has regularly used C4K ingredients populated into the template and has room for you to write those particular ingredients that your family enjoy.

Shopping at your "home supermarket" first will stop you from buying unnecessary groceries.

3. **"C4K Ideas List"**

Have a running ideas list

The C4K Ideas List will let you do an ongoing brain dump to help with inspiration when preparing your meal plan.

The document has 2 sections; the first section is "family favourites" which are tried and testing meals that you know your family enjoys. The second section is "New Recipe Ideas" which allows you to record new meal ideas you want to try, and the source you found the recipe.

I know when I start doing my meal plans I can get stage fright and forget all the wonderful ideas I had, this list will have those ideas recorded for you.

4. **Want to save money on your weekly bill?**

Junk mail admiration

Read the junk mail catalogues from the supermarkets and have a look what is on special and what items on your C4K Ideas List can be made using ingredients that are on special. By shopping the specials and planning my meals around the specials I save approximately \$40 per week on groceries.

Also consider the price of fresh produce; is it cheaper from a fruit & veg shop and a butcher rather than the supermarket.

5. **Shop Smarter**

Supermarket does and don't

These principles apply for both internet and in-store shopping.

- Shop with a set list of what you need: need not want
- Do not shop on an empty stomach: you will end up with a trolley full of snacks
- Resist the impulse to buy "bargains" off the list: yes the item might be cheap, but will you actually use it?
- If you are hesitant if you really need to buy and item then put it back on the shelf, you can always come back if you decided you need it.
- Did I mention stick to your shopping list?