



Saving on Food Bills

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Enter our cookbook raffle! See details below!

I have been spending much more on food than I ever have in the past. What about you? Our family is spending more on food primarily because we have a 19-month-old daughter who is eating more and more each day and food prices have become increasingly more expensive.

According to one study, food inflation is the highest it's been in over 46 years. Meat prices have seen the most dramatic increase with a 25% increase over 2020. Eggs, fruits and vegetables, including potatoes and tomatoes, all have had big price increases as well. Food, for many, has become their biggest expense.

I have always loved to save money when it comes to buying food. I buy in bulk when food is on sale, I also buy herbs, spices, rice and beans in bulk at our local co-op. We also save a lot on organic vegetables by having a farm share.

How do you save money on food?

Enter our raffle for 4 cookbooks from our Chefs Around the World Series! Please tell me:

- What are you doing to save money on food?
- Do you shop online? Do you buy into programs like misfits food?
- Are there stores you shop at that have particularly good value?
- Do you use coupons?
- Do you use the circulars in supermarkets?
- Do you have any money saving secrets you can share about saving money on food?

Send an email to: bbradley@mma.org titled: "How I save money on food." And you will be entered into our cookbook raffle. We will share answers in our next newsletter.