



Stretching the Food Dollars

Face it food is expensive!! Most people on a budget are looking for creative ways to save money, especially with food. After all, we can't live without it! Your job will be to investigate and research ways to save money:

- Before buying food...what are some pre-shopping suggestions that can help save money before ever entering the store? (Include 2)
- How about at the store, while shopping? What can a consumer do to help lower costs? (Include 3-4)
- Share ways the consumer can save at home with storing, prepping, and cooking foods to help stretch the food dollars. (Include 3-4)
- What can a consumer change about their eating habits to help lower food costs? (Include 1-2)

After researching the above information, using at least 3 different sources, create a one page "catchy titled" newsletter sharing your best 10 suggestions as they apply to the above bullets.

Be sure your suggestions are clear, realistic, well explained and in your own words. You will include your cited sources in your document along with at least 3 appropriate graphics.

Rubric	Self	Teacher
Catchy Title & Author's Name	____/4	____/4
10 Ways to Save \$ as per Bulleted Criteria, Explained	____/20	____/20
Aesthetic Layout/Use of Space	____/5	____/5
3 Appropriate Graphics	____/3	____/3
Free of Spelling/Grammar Errors	____/5	____/5
Citations: 3 Resources	____/3	____/3
Self-Graded Section Complete	____/5	____/5
Total	____/45	____/45

