



There are ways you can feed your family well for less without cutting back on the valuable nutrients your family needs. Following are some suggestions to help keep your wallet and your family full.

Milk and Milk Products

Tip: Get the most bang for your *quarter*. At just 25 cents an 8-ounce glass, on a gallon basis,* milk is a bargain when you think of all the liquid assets inside, including nine essential nutrients such as calcium, vitamin D, protein, vitamin A and potassium.

4 gallons fat free milk

5 individual servings of yogurt

1-8 ounce package of cheese

Grains

Tip: Look for whole grain breads, cereals and past to pack a powerful nutrient punch for your dollar.

2 loaves of whole grain bread

2 boxes of cereal

2 boxes of pasta

1 box of popcorn

2 boxes of brown rice

Fruits

Tip: Select in-season fruits to keep choices fresh and nutritious, but expenses low. Locally grown foods have less distance to travel, which helps keep costs down.

3 lb bag of apples

2 bunches bananas

1 lb grapes

4 lb bag of oranges

Large can of peaches

1 melon

Vegetables

Tip: Grab canned or frozen vegetables if you need some more variety that what is in season, but still want to save some green on your greens.

1 bag of potatoes

1 head of lettuce

2 green peppers

3 tomatoes

1 lb bag of carrots

1 bag frozen broccoli

1 bag frozen peas

1 cabbage

Meat and Beans

Tip: Add beneficial beans and economical eggs to your list. Beans are versatile and count as a vegetable and a protein food, and eggs are another top source of quality protein that won't break the bank.

4 lbs ground beef

12 chicken breasts

10 fish fillets

1 package sliced turkey meat

1 dozen eggs

2 cans of beans

Other Foods

Tip: Plan ahead - by planning meals a week at a time, you'll be sure to avoid buying unnecessary extras and avoid spoilage.

3 cans of soup

1 frozen family entrée (pizza, etc.)

1 jar of pasta sauce

1 jar of peanut butter

Visit whymilk.com for more about the value of milk and how to maximize household grocery budgets.

Food selections based on a budget of \$150 for a family of four.

Average costs calculated based on prices of leading brands from representative brands across the United States. Costs may vary.

**Based on August 2008 USDA and IRI nationwide grocery surveys for the average price of a gallon of milk.*