

Create a Food Budget

- 1 Track food expenses**
Keep receipts for all food purchases for one month to see how much you spend on food.
- 2 Compare expenses to budget**
Compare food expenses to how much you wanted to spend.
- 3 Set weekly budget**
Decide how much money you have available for food including SNAP, WIC, cash, and debit cards. Divide your total budget by 4 or 5, depending on how many shopping weeks are in the month.
- 4 Shop with a budget**
Purchase food with your budget in mind.
- 5 Save receipts**
Keep receipts for all food purchases.
- 6 Trim expenses**
Compare food expenses to how much you budgeted. Consider ways to cut costs, if needed.