

Eating Smart at Home

My Food Budget

Food Resources I Receive Each Month:	SNAP WIC			
Cash Resources Divide cash set aside for food into cash for groceries and cash for meals away from home.	Cash for groceries Cash for food not cooked at home (restaurants, food deliveries, convenience stores, etc.)			
Add SNAP, WIC, and Cash for groceries.	Total Food Budget for the Month			
Divide total food budget for the month by the number of times you plan to shop for groceries in a month.	Weekly: Divide the total food budget by 4 Bi-weekly: Divide the total food budget by 2			
TRACK YOUR SPENDING GROCERY BUDGET:	BUDGET FOR MEALS OUT:			

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SNAP				
WIC				
Cash for groceries				
Cash for meals away from home				











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PAD07-E 04/21 Plan: Know What's for Dinner