Eating Well on $6 a Day

Ever wonder how much money you spend on food? Does the thought cross your mind, “Am I getting my money’s worth?” Am I eating what is valuable to my body? **Common Cents for Colorado** will consider these questions during a new seminar offered on (fill in time and place). There will be lots of useful information about saving money and living well.

The name of the seminar is, **Eating Well on $6 a Day.**  (Name instructors and qualifications) who will discuss the importance of eating an amazing, well-balanced diet at a minimum cost.

If you are like most people, you probably don’t spend much time considering the food dollar. After all, eating is necessary, three or more times a day; and food is relatively inexpensive and easily accessible in our country. People are accustom to grabbing a quick meal-to-go at breakfast and/or lunch during the work week, heading for prepared food items at the grocery store, and enjoying a nice sit-down restaurant meal once or more a week.

Those daily eating habits, however, do total a costly portion of our budgets. Studies show that food is the third largest category in the average American’s budget at 13%, behind transportation (16%) and housing (35%).

Of that 13%, over half of those dollars are spent on dining out which includes the to-go items picked up at the drive-up lane, the cup of latté from the coffee shop, the sandwich purchased at the office cafeteria, and of course, the paycheck-buster, sit-down meal at an urban restaurant.

The cost of prepared (or processed) items at the grocery store is another interesting component of the food dollar. Consider, for example, the cost of macaroni and cheese. You can visit the prepared food aisle of your grocery store buying two single-servings in plastic containers ready for the microwave for $3. In the frozen food aisle, an oven-ready, family- size casserole costs $6. A quick-to-fix box mix might be on sale for $2. How much would it cost to make your own casserole at home? Which of those choices (and more) is the best for your health, your wallet, your taste buds, and your schedule?

Consider the economic loss of food not consumed. A 2012 study done by the Natural Resource Defense Council estimated that over 40% of the food produced in America goes uneaten. That’s the equivalent of over $165 billion, an amount big enough to catch one’s eye!

So is it possible to eat delicious, satisfying meals made with organic, local ingredients without spending lots of time and money?

Come find out how easy it is. Register to attend the seminar on (insert time and place). Cookbook recommendations, menu ideas, and interesting discussion will be included.  You may find that changing a few of your food habits will put extra dollars in your savings account and make you healthier and happier besides!