

# Tips for cooking on a budget

1. Plan ahead
2. Cook what is in season
3. Batch cook and freeze extra meals
4. Use up ingredients that you already have
5. Use up ingredients in order of perishability
6. Don't go food shopping when you are feeling hungry
7. Shop around
8. Buy cheaper cuts of meat like chicken thighs
9. Set a budget and stick to it
10. Make a shopping list