

# Deal on a Meal

How can I feed my family on a limited budget and eat good!

# Background

- Have a family of 5 (22,20, 16)
- Teach and lead the College Ministry at Parkwood
  - College kids in my house several nights a week
  - They eat all the time
- I cook all the meals
- I do all the meal planning and grocery shopping

# Why eat at Home?

- Fellowship
  - Study at High Point University
  - Increased student interactions and fellowship times around the meal
- Saves Money
- Healthier
- Family Time
- Better Portions
- Convenient

# Sweat Equity

- Do I really have to work that hard?
  - Watch Newspaper and Online Weekly Ads
  - Plan Menus (Use MS-Word)
  - Make a Shopping List (Use MS-Word)
  - Never Shop on an Empty Stomach
- Stay on Budget
  - We are a Family that lives on the Crown Budget
  - Pay Cash as you go
- Stick to the List
  - Buy only what is on your shopping list
  - Shopping on the List makes things faster

# Where to Shop?

- Grocery Store?
  - ALDI – Generic Brands are always cheaper (75%)
  - Wal-Mart (15%)
  - Other chain stores based on Weekly Ads (10%)

# I don't have time

- You don't have time because you don't plan to make time
  - Procrastination
  - Shop early Saturday Morning. No Crowds and it's fast (Friday nights)
    - Done by 11am
  - Prep Foods and prepare for the week
    - Done by 2pm
  - Do Chores and Errands
  - Cook a nice meal
    - Done by 7pm

# Extras

- Know your prices
- Beware of Buy one get one free
- Shop the Meat Bargain bin at Lowes
- Remember Generics are great & you can add spice is needed
- If you like a name brand, buy it, just watch your budget.

# Why Cut Up Your Own Chicken?

- Whole chickens cost much less per pound
- Precut meat is often poorly trimmed
- You get more meat per pound.



## Shopping Comparision

Buy 10 Chickens on sale for 59 cents a pound (Approx Weight 40 Lbs)

		Estimated Cost			\$23.60
Yields	Item		LBS	Per LB	Cost
20	Breast Filets		11	\$1.69	\$18.59
20	Wings		7	\$1.59	\$11.13
20	Thighs		7	\$0.79	\$5.53
20	Drumsticks		7	\$0.79	\$5.53
20	Tenders		3	\$1.99	\$5.97
10	Backs, Necks		5	\$0.79	\$3.95
2	Broth (Quarts)			\$1.50	\$3.00
2	Chunk Chicken Meat		2	\$3.00	\$6.00
					\$59.70
	Savings:				\$36.10

# 13 with 10 Chickens

- 20 Wing Dinner with Blue Cheese and Celery Sticks and Fries
- 7 Thigh Dinner – Tomato Braised
- 7 Thigh Dinner – Fried Chicken with Mashed potatoes and Green Beans
- 6 Thigh Dinner – Stewed with Rice, Sweet Potato Casserole
- 10 Drumsticks – Fried with Dirty Rice Mix
- 10 Drumsticks – BBQ Grilled with Corn on Cob
- 5 Grilled Chicken Breasts, Scalloped Potatoes, Carrots
- 5 Italian Grilled Chicken Breasts and California Blend vegetables
- 3 Breasts – Make Chicken Jambalaya with Zaterains Mix
- 3 Breasts/ 2 quarts of Stock – Make Chicken & Dumplings
- 4 Breasts = Strips, Make Chicken Taco's and Black Beans
- 20 Tenderloins – Fried with Sauces (BBQ, Teriyaki, Honey Mustard)
- 2 Lbs of pulled Chicken, - Make Chicken Stuffing Casserole

# Large Meat – Multiple Meals

- Whole Turkey

- Cook during football game
- Prep Meals from this in advance
  - Turkey Slices (Serve with potatoes, gravy, vegetable)
  - Turkey Tetrazzini
  - Turkey Quesadillas
  - Turkey Noodle Soup
  - Turkey Subs or Sandwiches

- Pork Roast

- Sliced with Corn and potatoes
- BBQ Sandwiches
- Brunswick Stew

# Ground Gobbler

- I use Ground Turkey instead of Ground Beef to save money
- Use in :
  - Spaghetti Sauce
  - Tacos
  - Baked Ziti
  - Hamburger Helper
  - Enchiladas
  - Do not use for Hamburgers
- Ground Turkey is 99 cents/Lb vs \$2/Lb for Ground Beef

# Prep Ahead

- I mentioned Saturday is my prep day
- Pre-cook beans and store in freezer bags in portion sized
  - 1 can beans – 92 cents, 1 bag of bean 92 cents (yields 6-8 Cans)
  - Pintos, Red Beans, Black Eyed Peas, Limas
- Buy Fresh Vegetables
  - Cut up and place in portion bags in the refrigerator
  - Get home from work, dump in pan and cook
  - Larger portions
  - Cheaper and Fresh
- Potatoes
  - Buy bagged potatoes and not frozen
  - Cut up and make roasted potatoes
  - Small 1.5 Lb Hash Brown Potatoes - \$2 vs. 10 Lbs Potatoes \$3
  - Cook and Freeze

# I Knew That

- Buy 2 liters and not can drinks
- Use your Crock Pot and cook ahead (Easy)
- Make your own salsa
  - make ½ gallon of salsa (4 Jars) for what you can buy 1 jar of salsa
  - Good on Turkey Quesadillas
  - Chips and Salsa
  - Tacos
  - On a baked potato

# Fun, Easy & Cheap Recipes

- Veggie Wraps
- Enchiladas
- Turkey Quesadillas
- Turkey Chili
- Chicken Wing Dinner
- Baked Zito
- Turkey/Chicken Stuffing Casserole

# I need more info

- Website: [www.tomparnelle.com](http://www.tomparnelle.com)
- Link on home page for this presentation
- Link will also get you a list of recipes I use
- It will also have my email address so we can chat.