

GLUTEN-FREE ON A BUDGET

Gluten-free products can be more expensive than regular products. Here are our top tips for maintaining a gluten-free diet without breaking the bank!



BEFORE HEADING TO THE STORE: PLAN AHEAD

WRITE A SHOPPING LIST

Write down what you need and try not to stray from the list at the store. This includes avoiding other sections of the store selling decorations, clothes, or fun items!

Only buy fruits, vegetables and meats as you need them. Buying more than what you need can lead to accidental food waste.

RECIPE PLANNING

Check to see what you already have in your pantry and build meals around that. Prioritize using ingredients that have the soonest expiration dates.

Select a few recipes that you would like to try that week and only buy ingredients for those recipes.

GO MEATLESS

Meat tends to be the most expensive grocery a person will buy. Try designating certain days of the week as "meatless days," or halve the amount of meat you put into recipes, to cut down on meat intake.

Eggs, tofu, and beans are cheaper alternative sources of protein.

MAKE YOUR OWN

Instead of buying lots of packaged products, which tend to be more expensive than the basic ingredients, try finding a recipe and making it at home. This includes things like cookies, granola bars, trail mixes, and even breads and pastas.

AT THE STORE: SHOPPING TIPS

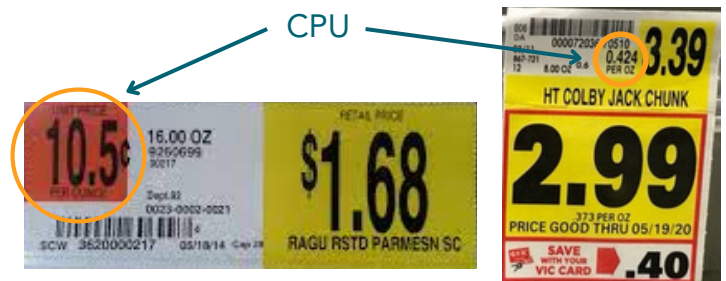
TOP TIPS

- Join the rewards programs at grocery stores to get discounts, coupons and free items
- Check out a store's weekly flyer to get coupons and deals
- Shop the perimeter of the store—stick to whole foods instead of buying prepackaged items
- Buy the in-season fruits and vegetables
- If you can afford it, purchase a membership at a wholesale grocery like Costco or Sam's club to save money in the long run
- When possible, buy generic brand products, not name brand

COST PER UNIT

Get the most bang for your buck by identifying a product's cost per unit (CPU). Supermarket labels show two prices, the retail price and a unit price. Retail price is what you pay at checkout, but a unit price is the cost per a standard unit, like pound or gallon.

If you're trying to choose between two similar products, choose the one with the lower CPU.



AFTER THE STORE: REDUCE WASTE

EAT LEFTOVERS

If you make more food than expected, save the extras to eat the next day. If you don't like eating the same thing twice in a row, make a basic meal that you can easily change: eg, make rice and tofu but have it with soy sauce one day and sriracha the next.

DOUBLE BATCH

If you make more food than expected but don't enjoy leftovers, freeze the extra to eat on a different day when you don't feel like cooking or don't have anything in the pantry.

ADDITIONAL RESOURCES

- The Beyond Celiac website—scan the QR code to go there directly!
- BeFreeForMe.com
- Coupons.com
- MyGroceryDeals.com

