



## Adding Up the Savings!

### When Eating Out

The average American spends half of the food dollar on meals purchased away from home. Although it's no longer realistic that families will not dine out at all, doing so less frequently and making good choices can help add up the savings.

Planning can help us stretch our food dollar tremendously. We tend to dine out because of lack of time to shop or cook however with just a little advance planning we can make good choices for our family that is healthier and more cost effective. Try to look at your schedule and see what days you must dine out and take these simple steps to start adding up your savings.

- Drink water. Beverages can dollar up fast And water is a healthy option.
- Try an appetizer for your entrée. Appetizers are usually smaller portions of the entrée and sometimes much cheaper.
- Spilt your entrée. You can share with a friend or box it up for lunch the next day. This will avoid overeating and save money.
- Skip dessert. Desert is one of the higher mark ups at the restaurant. For the price you pay for one dessert portion, you can probably go to the supermarket and buy the entire dessert.
- Shop dollar menus. Usually smaller portions, but adequate for most people.
- Take coupons and restaurant specials into consideration when making your decision of where to eat.

Not only can dining out be expensive, it can also lead to increased caloric intake. On days where we dine out, making good nutritious food choice can help improve our health. However nutritious choices

are sometimes hard to determine. Available at your local Cooperative Extension Service in the Mammoth Cave Area (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren) you can come by in the month of January and pick up "Nutrition in the Fast Lane" which is a handbook for nutrition in fast food and casual dining restaurants. It contains 64 restaurants and nearly 3200 menu items with calories, protein, sodium, carbohydrates and cholesterol. Being informed can help you make good healthy decisions.

Anyone who comes by and picks up a handbook will be entered into a drawing for a \$25 gift certificate to a local restaurant.

Each month through May your Cooperative Extension Service will be offering an "Add up the Savings" lesson on energy, growing your own food, shopping for food, and food preparation. Contact your local Extension Office for more details.

For more information on add up the savings tips, contact your local Extension Office or visit <http://ces.ca.uky.edu/moneywise>.

