



K-State Extension Connection

For Immediate Release: November 23, 2017

The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

Martha Murphy
Wildcat District Extension Agent
Pittsburg EFNEP office

The Holidays Are Merrier with Money-Saving Meals

Saving money is on everyone's mind during the holidays. Here are several ways to help you get the most out of your food dollars. Be merry this holiday saving money on your meals!



Stretch Your Savings

Plan your menu early. Look in store flyers for pre-holiday food sales.

Delay Your Festive Meal to Get Day-After Deals

The day after a holiday can be a great time to find festive food bargains at the store. Consider delaying your holiday meal by several days to take full advantage of sales. Special-event foods may be marked down to half price. Look for reduced prices on certain meats, such as turkey and ham; baked goods, such as holiday rolls and pumpkin pie; and traditional fresh or canned fruits and vegetables, such as pumpkin. Be sure to check the "sell-by date" for freshness before purchasing any food.

Plan Your Portions

Limit costs by buying only as much food as your family needs. For example, do you want to serve enough turkey for just 1 meal? If so, buy 1 pound per person. Want a few leftovers for sandwiches? If so, plan to bake 1 1/2 pounds per person. To provide for an entire extra meal, buy 2 pounds per person. Each pound of a bone-in ham will provide 2 to 3 servings. A pound of semi-boneless ham will yield 3 to 4 servings. One pound of a boneless ham will provide 4 to 5 servings.

Designate Some Dishes

Inviting guests? Save money and add some surprises to your menu by asking them to bring beverages, bread or a non-perishable dessert.

Compare the Costs of Prepared Convenience Foods

Compare costs per serving. Some convenience foods are money-savers. Canned sweet potatoes and frozen fruits may be a better buy than fresh ones. Pre-baked “brown and serve” rolls can often be found for a low price per package. Similarly, for pies, canned pumpkin pie filling mix on sale is usually less expensive than buying canned pumpkin and adding spices, evaporated milk and eggs. Some prepared foods are more expensive. For example, you can make gravy and stuffing inexpensively with foods that you probably already have at home.

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930 and Wilson County, 620-378-2167. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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