



# 6 Money-Saving Home-Cook Hacks

Try these six money-saving tips to help you meet your healthy eating and better budgeting goals.

## 1. Prep Your Pantry

Stock up monthly on staples like grains, beans, oil, vinegar, and nuts for easier weekly shopping.

## 2. Survey Your Stores

Remember that the nearest big-box grocery isn't your only option. Ethnic markets, smaller chains, and warehouse clubs all offer deep discounts and are worth hitting up from time to time.

## 3. Make Monday (or Tuesday) Meatless

Choosing vegetarian protein like beans and tofu in place of beef or chicken will save you dollars and is a heart-healthy choice.



## 4. Love Leftovers.

Whip up extra items from dinner for tomorrow's lunch. Add a new flavor for a fresh spin. For example, shred an extra supertime chicken breast and toss with lemon vinaigrette and spinach for a zesty salad. Dinner chili makes a flavorful, protein-packed, baked sweet potato topping.

## 5. Reimagine Food Scraps

If you only want half a banana on your cereal, freeze the other half for tomorrow's smoothie. Celery tops, onion skins, and carrot peels make delicious vegetable broth when simmered.

## 6. Follow FIFO

That's shorthand for "first in, first out." Organize your fridge and pantry the FIFO way, so you use the oldest items first before they spoil.

Not a Livongo Member? See if you're eligible for personalized health support at [enjoy.livongo.com/HEALTHYCOUNTRY/new](https://enjoy.livongo.com/HEALTHYCOUNTRY/new).