



Meryl and Ron Gallatin TZEDAKAH, LEARNING & CHESED PROGRAM

GUIDE TO SHOP WITH A LIMITED BUDGET

Produce / Fruits & Veggies

- 1 bag of salad greens or mixed leafy salad best when BOGO (~ \$2.50)
- 1 package of fresh squash (~ \$3.00)
- 1 bag of carrots or baby carrots (~ \$1.25)
- A bunch of bananas (~ \$1.20)
- 1 bag of apples BOGO (~ \$3.00)
- 1 bag of potatoes (5lb) (~ \$3.99)

Pantry / Staples

- 2 loaves of bread (for sandwiches, toast) (~ \$2.50 each -\$5.00)
- 1 bag of rice or box of pasta BOGO (~ \$2.00)
- 2 cans of beans (black beans / chickpeas) (~ \$0.90 each -\$1.80)
- 1 jar of pasta sauce (~ \$1.79)
- 1 box store brand cereal or oats (~ \$3.00)
- 1 peanut butter BOGO (~\$4.00)
- 1 jelly (~\$3.00)

Protein / Dairy

- 1 dozen eggs (~ \$2.50)
- 1 large tub of yogurt or six individual BOGO (~ \$3.00)
- 1 package chicken legs or thighs (BOGO) (~ \$5.50)
- 1 block of cheese (~ \$3.50)
- 1 gallon of milk (~ \$3.50)

Frozen / Quick Meals

- 1 bag of frozen mixed vegetables (~ \$1.79)
- 2 frozen pizza for a quick night BOGO (~ \$5.00)

Snacks / Extras

- 1 bag of pretzels or popcorn (~ \$2.99)
- 1 treat / dessert (ice cream or cookies) (~ \$3.00)

Adding up the mid-estimates:

Produce & veggies: ~ \$11.20

Pantry staples: ~ \$14.59

Protein/dairy: ~ \$20.50

Frozen/quick meals: ~ \$6.79

Snacks/extras: ~ \$5.99

ESTIMATED GRAND TOTAL: ~ \$66.31

This leaves you some flexibility (up to ~\$75 budget) to pick up one extra item (like extra fresh fruit, a salad dressing, or another snack) or adjust if local prices are slightly higher.

Tips for Making It Work

- Be a smart shopper. Convenience is not always cost effective
- Be sure to check the current weekly circular at the store. (ALDI posts weekly specials online) to catch sale items. ALDI USA+2The Krazy Coupon Lady+2
- Publix(BOGO)
- The Flipp app is a great resource.
- Prioritize items on sale and build meals around them (e.g., if chicken is on special, use that in two meals).
- Use the pantry staples (rice/pasta + beans + sauce + frozen veg) as budget stretch meals.
- Snacks and frozen meals are smaller portion of budget so you still meet family needs without overspending.
- Consider using leftovers (e.g., roast chicken one night, use remaining chicken in sandwiches or salad next day).
- Avoid impulse buys outside the circular specials; stay focused on the list.