

RECIPE



If you're looking to develop money-saving skills, the kitchen is a great place to start. Even if cooking is not your thing, there are still many ways to lower your food costs while raising your savings.

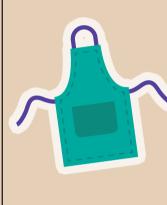
MONEY-SAVING SKILLS

Check out this menu of delicious cost-cutting skills!



MENU CO





MEAL PREP

Batch cooking and meal prepping are two ways to save precious time and make your food dollars stretch even further. Plan out your meals for the week ahead and/or stock up with freezer-friendly options that you can whip up on busy weeknights.

Refining your slicing, dicing and

CHEF SKILLS

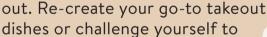
chopping skills reduces total prep time and saves you money! By learning to efficiently process ingredients yourself, you can eliminate pricier "convenience" foods such as shredded cheese and precut produce.





This often overlooked skill involves understanding how to properly store

food in order for it to stay fresh for as long as possible. The result? Tastier meals, less waste and more time for you to use up what you already have before heading back to the store. RECIPE RESEARCH



Save money by trying out new recipes at home instead of dining

whip something up with only the ingredients you have on hand. DIY DRESSINGS





ingredients. Try substituting some of your store-bought salad dressings,

spice rubs and condiments with homemade versions. fresher and cheaper to buy than their



flown-in-from-halfway-around-theworld counterparts. Research seasonal food guides online to find out which fruits and veggies are currently in

WINTER



like pickling, canning and dehydrating, or making jams and jellies.

You don't need to have a green thumb

gardening skills. A sunny spot on your windowsill is all you need to maintain a mini-garden of herbs like chives, basil, parsley, mint, rosemary and thyme. You will always have fresh herbs on hand, plus you can freeze or dry any excess to make your own seasonings.





Sources: BuzzFeed, The Spruce

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