



Being Organized in the Kitchen will help Save Money by:

- Preventing "duplicate buys" - buying food or items you already have but can't find or forgot you had
- Reducing the amount of unused or wasted food that can get "lost" in the refrigerator. Be organized by conducting regular refrigerator maintenance on a weekly basis
- Making time to plan and bring lunches from home rather than last minute fast food or eating out regularly
- Preventing last minute or extra trips to the grocery store which usually result in unplanned money spent
- Planning menus for more balanced meals and being able to take advantage of grocery specials and efficiently use grocery items
- Reducing money spent on impulse buys in the grocery store. Be organized by bringing a written grocery list
- Using coupons that are current and placed in an area where you will actually use them
- Saving time trying to find things time you could spend making money
- Caring for appliances or cookware that will have a longer life because of routine maintenance and care
- Saving gas money and time by better planning errands

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