



# 5 EASY WAYS

## TO PACK A BUDGET-FRIENDLY LUNCH

Restaurants are convenient for lunch meals because they offer opportunities for on-the-go eating. Did you know the average person spends over \$2,000 a year on lunch meals alone? Dining out can have a sizable impact on the wallet and one's health because these foods are often high in fat, sugar, and salt. Fortunately, packing your lunch is a sure way to save on food costs while eating nutritious and savory meals on-the-go. Here are five ways to help you pack a budget-friendly, yet nutritious lunch each day.



Choose a reusable lunch bag or box to carry meals.



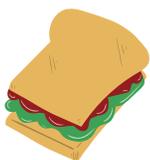
Select microwave-safe containers and insulated bottles to store food and beverages.



Plan meals a week in advance and purchase only what you need for each lunch.



Maximize the use of leftovers by packing or freezing them for future meals.



Purchase foods in season, while on sale, and with coupons to help reduce food cost.

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