

Food Budget

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Making changes to your everyday eating habits to support your nutrition and health goals does not need to be expensive. If you have some challenges with your spending habits for groceries, this resource can help you work towards a budget that works for you and your lifestyle.

Starting something new often takes time and practice so pace yourself as you move through the steps. You can tweak and make adjustments as you continue to work towards your budget goals, so that you can stay within budget AND make food choices that support your health and nutrition goals.

Steps to get started:

1. Start by collecting your receipts - everything you're purchasing for food: groceries, eating out or takeout, coffee/teas, snacks, etc.
2. Organize receipts by weekly to start, and then by monthly if your prefer it
3. Add up the totals for each week/month/day, and organize by category, e.g., groceries, takeout, etc.
4. Use the chart below to help fill in your totals for each category for the week/month
5. Compare your total to your planned food budget. If you do not have a food budget, a recommended* amount of 10-15% of your income can be a good starting point.

Weekly/ Monthly Totals - week or month of:			
Groceries	Restaurant/Takeout	Coffee/Teas	Snacks/Treats
Total: \$	Total: \$	Total: \$	Total: \$
Weekly/ Monthly expense: \$			

Weekly/Monthly Income:	Weekly/ Monthly expense*:	Money leftover: (Income - expense)
\$	\$	\$ --**

***Note:** this recommendation of 10-15% is general and can be a good comparison, however you may decide on something different as financial goals will differ between individuals.

If this total is in the **negative, you may want to explore ways to make changes to your spending habits to better align with your available income and work towards creating a budget that works better for you and your lifestyle.