

Food on a Tight Week

Plan eating for a week when there is not much, without turning it into a project.

WHEN TO USE THIS

Use this at the start of a week when money is short.

What food is already in the house?

Cupboard, freezer, back of the fridge.

1. _____
2. _____
3. _____
4. _____
5. _____

Which days are covered, and which days are not?

Who or where could help this week?

Food bank, a friend, family, meals at school or work.

A food bank or a local group is there for weeks like this. You do not have to prove how bad it is.

Eating something beats eating well when the week looks like this.