

Ana's Monthly Food Budget

Ana needs to plan how much money she can spend on food each month to feed her family of five. Follow Ana's steps as she makes her first monthly food budget.

Step 1. Figure out how much can be spent.




- Ana receives \$300 in SNAP (Supplemental Nutrition Assistance Program) benefits each month.
- Ana can also put \$175 aside each month for food from what she makes at her part-time job.
- In total, Ana can spend \$475 each month for food. She tries to spend about \$119 per week on food.

Step 2. Keep track.

Ana adds up her food expenses each week. She also saves all her receipts.

Step 3. Stick to a budget.

At the end of each week, Ana looks at how much she has spent so far. She compares this amount with her total monthly food budget to see how much food money she has left to spend during the month. She uses the tips on Money Saving Tips to help stretch her money.

	Week 1	Week 2	Week 3	Week 4
 Step 1	Monthly budget \$475.00	\$ left over from week 1 \$324.52	\$ left over from week 2 \$225.77	\$ left over from week 3 \$113.65
 Step 2	Total spent this week \$150.48	Total spent this week \$98.75	Total spent this week \$112.12	Total spent this week \$109.50
 Step 3	Food \$ left for month \$324.52	Food \$ left for month \$225.77	Food \$ left for month \$113.65	Food \$ left for next month \$4.15

Budget Tip

Try to plan for the entire month so you don't run out of money. You have a good plan if you spend less or do not go over your monthly food budget. Use the Monthly Food Budget to start planning today!

Sample Monthly Food Budget

Month: _____

Week 1	Week 2	Week 3	Week 4
Monthly budget \$ _____	\$ left over from week 1 \$ _____	\$ left over from week 2 \$ _____	\$ left over from week 3 \$ _____
Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____
Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____
Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____
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Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____
Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____	Item _____ Cost \$ _____
Total spent this week \$ _____	Total spent this week \$ _____	Total spent this week \$ _____	Total spent this week \$ _____
Food \$ left for month \$ _____	Food \$ left for month \$ _____	Food \$ left for month \$ _____	Food \$ left for month \$ _____



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