



Gluten-Free Menu Planning: Budget-Friendly Tips

Increased production and distribution costs due to the fact that gluten-free ingredients are sourced differently make gluten-free products more expensive than their gluten-containing counterparts. Beyond Celiac and Kathleen Reale of BeFreeForMe.com offer the following tips to help you maintain a healthy, gluten-free diet without breaking the bank! Tips originated from the webinar: Gluten-Free Menu Planning: Budget-Friendly Tips (May 2013)

Before Heading to the Store: Plan Ahead

Write a “Master List”

A master shopping list is a list of your important grocery items, which includes:

- Naturally gluten-free items: rice, beans, corn tortillas, popcorn, veggies and fruit
- Add gluten-free specialty items that you use often: baking mixes, chicken broth, pasta, soy sauce/tamari
- As you run out of things on this list, add them to your shopping list.

How to Write a Shopping List

- Assess your available food: what’s in the refrigerator and pantry?
- Make use of flyers and coupons

At the Store: Shopping Tips

Shopping in Stores

- Join the “Rewards Programs” at grocery stores and other retailers to get discounts and free items
- Check out a store’s circulars/flyers to stock up on deals and coupons
- Shop the perimeter of the stores
- Buy fruits and veggies when they are in-season
- Avoid pre-packaged food

Shopping “Locally”

- Find farmers markets and farm stands for fresh fruits and veggies (Locate them at www.LocalHarvest.org)



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Cost Per Unit

Watch out for “bad” sales by identifying an item’s Cost Per Unit (CPU)

- Supermarket labels show two prices: retail price and unit price
- Retail price is the price you pay at checkout
- Unit price is the cost of an item based on a standard unit of measure, such as a pound or a gallon
- Use the unit price to determine the best deal
- Compare the unit price (red) to the retail price to determine if it is a “good” sale or a “bad” sale. Want some help to determine this? Here are some helpful apps!
 - o Android: “Unit Price Compare”
 - o iPhone: “Real Price”



After Shopping: Cut Down on Waste

Recipe Planning

- Check to see what you have in your pantry and how to use them in a variety of dishes
- Buy fruits, veggies and meats only as you need them
- Re-use leftovers or second meals
- Crackers double as breading/coating and cookies double as pie crusts

Resources for Recipe Planning with Specific Ingredients

- Epicurious.com
- Delish.com
- BeFreeForMe.com

Double Batch

- Freeze foods in single-serve containers and reheat to serve
- Make a big pot of gluten-free rice, quinoa or other grain and incorporate it into multiple meals

Go Meatless

- Halve the amount of meat used in chili and stew recipes and add beans, rice, veggies and other gluten-free whole grains
- Dedicate certain days of the week for “meatless meals”

Make your own!

- Instead of buying store-bought, processed foods, find a recipe and try making it at home
 - Store-bought cereal is a budget killer – make your own granola and store in an air-tight container
 - Get new gluten-free recipes each Monday with our Recipe of the Week! www.BeyondCeliac.org/recipes

Additional Budget-Friendly Resources

General Coupon Sites

- Coupons.com
- SmartSource.com
- RedPlum.com
- CouponNetwork.com
- CouponCabin.com
- RetailMeNot.com

Grocery Coupon/Deal Sites

- MyGroceryDeals.com
- OrganicGroceryDeals.com
- Freebies4Mom.com
- WickedCoolDeals.com
- GlutenFreeSaver.com
- HealthEsaver.com

Online Shopping

- GlutenFreeMall.com
- NavanFoods.com
- Vitacost.com
- Peapod's Nutrifilter
- Amazon Smile (remember to designate Beyond Celiac as your charity of choice!)

Shopping Apps

- Zip List
- GroceryPal
- Locavore
- Apples2Oranges



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