EATING IN SEASON IN THE SUMMER

Why is “Eating in Season” Better?

Food is Fresh, Available, and Affordable: Fresh food is available in abundance in the summer months. You can buy your seasonal fresh produce at a much cheaper price directly from the local farm stands or your grocery store.

Fun Meals at a Lower Cost: Get back to basics by creating delectable meals out of what’s in season. In the summer, you can find vegetables like asparagus, cucumbers, corn, and peppers in abundance and you can easily cook up a filling meal with these on your grill. The warmer weather can make eating in season a fun experience for you and your family.

Check out Marathon County Local Food web page for information about Farmers Markets and more. http://marathoncountylocalfood.org/

See the enclosed list for times and locations of Local Farmers Markets
Weekly meal preps are a new trend focused on preparing an entire week’s meals in advance. Weekly meal preps can also help to keep your budget intact.

**Why Do Weekly Meal Preps?**
Rather than ordering out or scrounging to put together a decent meal by the end of the week, weekly meal preps are the perfect solution for a busy household on a budget.

**Buy for the Week**
When meal prepping, it is best to buy enough ingredients for the whole weeks’ worth of meals at your weekly trip to the grocery store. Buying for weekly meal preps saves time from impromptu trips to the grocery store.

**Coupons!**
Of course, couponing helps reduce the cost of the grocery store. Additionally, utilizing coupon may help decide what meals you will have during the week based on what items are available or on sale.

**Prepare for One Session**
Doing your weekly meal prep in one sitting saves both time and effort later in the week. Meal prep also helps to reduce the urge to order takeout.

**Organization is Key**
Once your meals are prepared, you can easily portion your food into Tupperware containers. You can also label each container to keep track of the date you planned to eat the meal. Or, if you meal prep for a family, label the containers with names for a quick grab-and-go system!

**It’s Healthy!**
Meal prep is a super easy way to maintain healthy eating habits that may reduce health related costs in the long run. Since the healthy food is ready and waiting, it’ll make the choice easier. You won’t have any excuses for unhealthy meals that take away from your budget.

**Reduces Daily Food Spending**
Buying in bulk at the beginning of the week helps to reduce unnecessary daily spending on food throughout the week. Plus, meal preps will save you from the dilemma of not wanting to cook.

Weekly meal preps help with sticking to your daily budget and over time, that money can be directed towards another part of your budget, savings, or towards paying off your debts.

*see attached Weekly Menu Planner*