



# Just Another Day In Fair-a-Dise



## Plan Ahead to Save Dollars

Knowing what's already in storage in your home can help you save money when grocery shopping. A solid meal plan provides nutritional variety and cost savings on at-home dinning.

**You might ask, what does this have to do with the Fair. Well, I will tell you. We all cook at home at least sometimes and I'm sure you have your favorite recipes that you love to make. So whip out some of those recipes and make something to bring to the fair.**

**Who knows, maybe you will inspire others to cook or bake more at home and also bring their item to the fair. It's possible!**

**I know there are many good cooks in our county and I would love to see what their favorite recipes are.**

After a long day at work, the last thing many people want to do is cook dinner; oftentimes they default to grab and go meals on the way home. We are actually lucky that we don't have a lot of options in our town at Sharon Springs or St. Francis to just go grab something for dinner. This makes us cook more meals at home.

Planning ahead can reduce stress, stretch food dollars and ensure a more nutritious meal.

Meal planning allows consumers to take advantage of any in-store sales. I also encourage consumers to first shop their cupboards at home because by using the items in the pantry, food waste is decreased and foods are fresher due to the shorter turnaround use time of the ingredients.

Keeping track of what you have at home before you go shopping is a great way to save both money and time at the store.

Also, check your freezers to assess the available space for grocery storage, as well as remembering what foods are already on hand.

Work on creating a weekly menu to allow for more

variety in meals and provide healthier options.

Many recipes focus around specific ingredients, so you can use up an item in the cupboard by doing a search on the web for that ingredient. Many recipes can be easily adapted for meat and key ingredient substitutions. Don't be afraid to try some recipe swaps to use similar or related ingredients you have on hand.

Remember that oftentimes convenience is a tradeoff and we can actually make our meals healthier by preparing them at home, which allows us to save money and build more variety into our diets.

## Let's talk more about Your County Fair!

Look at the following items. I'm sure some of these pictures remind you of some of those recipes you love to make and share with others.



Go ahead and bring some of these items to the fair to spark some interest in baking and preservation.

**Fair is a time to share your talents with others and inspire them to do the same.**

I can't wait to see the delicious items you choose to bring to the fair this year! See you soon!!!!