

PREP ON A BUDGET

YOUR BUDGET IS IMPORTANT

You do not need expensive dehydrated meals or huge bins of grains to survive. There are ways to save money while creating your emergency supply.

- Add one or two items to your shopping list, per week. Canned goods are very affordable but some snack foods and high energy foods are not. Consider stocking more expensive items over time to save cash.
- Look for deals on bulk items and shop with a buddy. Bulk buying cases of can goods, granola bars, nuts, and soup can save money. Shop with neighbors and family to prepare together.
- Visit your local pantry. When your budget is too tight, a food pantry can help.
- Learn to can. Learning to preserve food can help maximize your food budget all year long. Fresh food is cheapest during the growing season. Purchase extra produce in summer and preserve it for winter. Be sure to follow good canning practices to make sure your food is safe to eat. Resources for learning about canning are available at your local library.

SCRIPT TIP

To build an emergency supply of your regular prescription medicines, order your refill ahead. Most insurers, including Medicare plans, will allow you to order your refill up to 5 days ahead of time. Do this twice and you will always have a 10 day surplus of medicine on hand.



FOOD POLICY
COUNCIL
of Buffalo & Erie County

The mission of the Buffalo and Erie County Food Policy Council (FPC) is to advocate for an equitable and sustainable food system for the people of Buffalo and Erie County.

STAY IN TOUCH



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For more information on Live Well Erie initiatives, visit www.erie.gov/livewellerie

PREPARE

YOUR PANTRY

WITH TIPS FROM



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