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# How to Save on Food

As any student can attest to, budgeting your food expenses can be quite a tricky dilemma. How do you balance that desire for high-quality food and ingredients with the need stay within a particular spending limit? How do you cut down on excess expenditures without having to give up the occasional luxury of eating that freshly baked pizza or crispy, grilled In-n-Out burger? The struggle is never-ending, but with these few tips, you can save up significantly on money and potentially have enough left over to treat yourself out every now and then.

## Take Advantage of Student Discounts:

Being a UCLA student comes with many perks: one in particular is the various discounts students can get on food at the several restaurants in Westwood. For instance, Bibigo offers UCLA students a 15% discount off any bowl if they present the restaurant with a valid Bruin ID while Chick-fil-A offers an additional classic sandwich with any purchase upon showing of a school ID. Thus, if you do suddenly feel tempted to eat out, then you can at least save a few dollars doing so. A list of other restaurants which offers student discounts can be found at:

<http://www.thewestwoodvillage.com/working-here/westwood-village-discount-program/>



## Shop Smart:

Simple things such as buying food items in bulk or keeping track of weekly coupons or on-sale items can be useful in trimming off some of those excess food costs. Furthermore, certain food items in your grocery list can be particularly expensive, especially meat products. Thus, minimizing meat purchases or even substituting meat for such cheaper protein items as eggs, tofu, or beans can be useful as well. Reducing purchase of junk food for more nutrient-rich options is another helpful strategy that will allow you to stay fuller and more energized, enabling you spend less money on those empty calories and save more in the long run.



## Cook Smart:

For those of us who are not the most skillful of chefs, there are great online blogs and sites that can help you prepare delicious, easy-to-make meals with minimal and cheap ingredients. These sites will certainly help you transition away from spending too much money on eating out and make you more confident in your cooking skills. Some of these sites include:

<http://goodcheapeats.com/>

<http://www.budgetbytes.com/>

<http://collegerecipes.com/>



## Avoid Delivery:

Sometime you can be feeling too tired or lazy to cook a meal, and it can be hassle to walk down to a restaurant to eat. However, definitely try to avoid getting food delivered as much as possible since this requires you to pay an additional delivery charge and tip on top of the food you ordered.

