

# The Ten Commandments of Shopping as a Frugal Grad

## I. KNOW YOUR PRICES.

It may seem tedious, but it's not.

## 2. BUY AS CLOSE TO 99¢/LB. AS POSSIBLE.

Shop for staples, shop in bulk, aim for a buck.

## 3. BUILD YOUR SHOPPING LIST AROUND YOUR PROTEIN.

It's the most expensive part.

## 4. DON'T BUY STUFF AT FULL PRICE.

If you're worried it won't be there when you want it, plan ahead.

## 5. EAT IN SEASON.

How do you know what's in season? It's on sale!

## 6. EVERYTHING GOES ON SALE EVERY 6 TO 8 WEEKS.

Seriously. Everything. (Almost.)

## 7. CHEAP IS GOOD. CHEAP AND EASY IS BETTER.

Value your time—eat cheap, eat simple.

## 8. USE EVERY PART OF THE WHALE.

Don't leave food behind! Leftover cheese trays make good macaroni & cheese.

A roasted chicken can become broth.

## 9. DOUBLE AND FREEZE.

Double the vegetables called for in a meal. They're cheap and good for you.

Double the recipe and freeze half for later meals, especially soups and stews.

## 10. DON'T BUY THINGS YOU WON'T EAT.

Shop realistically. A good deal on food you'll never eat is a bad deal.

## Shopping List

### TREASURE ISLAND:

Boneless, Skinless Chicken Breasts, 1.99/lb

### DOMINICK'S:

Barilla Pasta, .77/lb

Open Nature Pacific Cod, 7.99/12oz

-or- Fresh Sole Fillets 6.99/lb

Safeway Unbleached Flour, 1.99/5 lbs

Safeway Canned Tomatoes, .99/15oz

### HYDE PARK PRODUCE:

Onions

Garlic

Fresh Herbs, Basil

Red Bell Pepper

Vegetables for pasta dish

All the produce you want!

### PANTRY:

Spices (oregano, bay leaves)

Half & Half

Butter

Olive Oil

Yeast

White Wine

## *The Frugal Grads' Four Favorite Cookbooks*

*The Fix, Freeze, Feast* series  
by Kati Neville

Buy it, cook it, freeze it, eat it.  
Perfect for a grad student.

Betty Crocker cookbooks

There's a reason they're the standard:  
the BC test kitchens ensure that your  
version turns out reasonably well,  
regardless of your cooking skill.

*Artisan Bread in  
5 Minutes a Day*  
by Jeff Hertzberg  
and Zoe Francis

Bread is surprisingly easy to make.  
Pizza dough can be frozen  
in serving-sized balls.

*Vegetarian Cooking for Everyone*  
by Deborah Madison

Easy and pretty simple—  
add meat if you want to,  
or make it vegan.