

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.