

# BUDGETING RESOURCES FOR GROWING FAMILIES

FROM FAMILY & CONSUMER SCIENCES  
**UFEXTENSION**  
INSTITUTE OF AGRICULTURE



**MANAGING YOUR FOOD BUDGET FOR SAVINGS (W1353A)**

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**COUPONING: SAVING MONEY MADE EASY (W1353B)**

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**IS THIS STILL GOOD? UNDERSTANDING LABEL DATES (W1353C)**

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**SMART SHOPPING: UNDERSTANDING MARKETING TACTICS (W1353D)**

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**MEAL PLANNING MADE EASY (W1353E)**

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**GROCERY LIST BASICS: PLAN TO SAVE (W1353F)**

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**PURCHASING, PREPARING AND STORING FOOD SAFELY (W1353G)**

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**UNIT PRICING: ANOTHER MONEY SAVING TOOL (W1353H)**