



When Eating Out

1. Eating out is costly. Try to limit the number of meals you eat in restaurants.
2. Try eating your appetizer or your dessert and coffee at home. Dessert is one of the most marked up menu items.
3. Think small. Order only what you can eat. It is not a bargain to supersize only to leave the extra on your plate.
4. Share French fries or other sides and save both money and calories.
5. Drink water. It is usually free and good for you too.
6. Bring your lunch to work. Use leftovers from the previous night and save more than \$1,000 a year.
7. Eat earlier in the day. Restaurant meals become more expensive as the day is closer to dinner.
8. Look for lunch specials.



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9. Avoid vending machines and convenience store snacks. Keep healthy snacks with you or in your office.

10. Order the smallest size drink. Most restaurants offer free refills.

11. Don't use extra gasoline waiting in the drive-through lane. Park the car and go inside. You will get a little exercise too.

12. Always ask for a box to take home leftovers. Take them for lunch the next day or actually feed them to the dog.

13. If you enjoy eating out, plan for the expense as part of your food budget. Know how much you have to spend on food, including meals in restaurants, and stick to it.

Source: Kentucky Extension Specialists and Associates for Family and Consumer Sciences

August 2008

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