

2.



I bought one onion, one carrot, three potatoes and some chicken legs.

The total weight of these items is about 11 pounds

3. You can maximize your food dollars by making a list of stuff you're going to buy at the grocery story and not buy any of the junk food on the way to the real food.

You can shop locally and buy fruits and vegetables according to the season.

You can buy in bulk, you'll have a lower unit price if you do this.

Cook for yourself, it will be a lot cheaper than going out to eat all the time.

Make meal plans, having a "schedule" of what you eat and when you eat can be beneficial to your health and be good financially.

4. You can dry your fruits and vegetables.

You can freeze your fruits and vegetables.

You can purchase some fruits that are ripe and ready to eat and purchase unripe fruit that you can eat later.

You can pickle your fruits

You can salt them.

5. The \$10 Dollar challenge video shows us ways we can eat healthier and spend less money while doing so. I think this video is an important video for people to watch, because a lot of people don't necessarily know how to buy healthy food or know how to cook it.

6. You can compare food choices by the amount of nutrients in them or how detrimental they can be to your overall health.

