

A THE CREDIT UNION ADVANTAGE



HELPING YOU ACHIEVE
FINANCIAL SECURITY

Ways to Slash Your Food Budget

Nothing brings people together like good food. That's until the bill hits your checking account. Whether you are dining in or out, food expenses can quickly add up and leave your wallet empty.

When it comes to saving money, limiting how much you eat out is usually one of the first ways to cut expenses. Though it is usually much cheaper to eat at home, there are still ways to save while dining out. Most restaurants offer coupons, regular promotions and more to draw in customers. Take the time to look for a coupon or promotion before you choose where you will dine.

Adding appetizers or desserts to your meal can easily double or triple your bill. Instead, spend a little extra on an entrée or if you are dining with someone else, trying splitting.

Drink water instead of purchasing a drink. It may only seem like a couple bucks, but when you are buying drinks for an entire family, just drinking water can really add up to a lot of savings.

If you are not careful, eating at home can cost just as much as dining out. By focusing on your own cooking skills and a few money savings tips, you can enjoy high quality food at home.

First, you must learn to cook. When you have complete control over your spending and ingredients, you can make the foods you want

and stay within your budget.

Being a savvy shopper can also create additional savings. Try planning meals around the grocery store's weekly ad and discounts. Remember it is also important to shop according to the season. Pay close attention to reward programs and other discounts. Try going to the grocery store less and shop for a week or two at a time. Grocery pick-up is a great tool for many who are trying to stay within a specific budget. Before you check-out via your app or online, you will see the total, and this allows you to take a few items out of your cart if needed. Pick-up also keeps many from making impulse buys.

Buying takeout or having food delivered are tempting for many. When you do order out, utilize coupons and promotions when possible.

If you want to cook at home but dislike the idea of planning menus and choosing ingredients, a meal prep service may be a good option. A meal prep service will ship you fresh ingredients and recipes each week. In some cases, people even save more money than they would by shopping for themselves.

The bottom line is, there are many ways to cut the amount you spend on food if you make a conscious effort to do so. The first step is making the choice to find ways to save that work for you.



Delores Cox

Doug Hall

Tim Riley

Nancy Watson

Carolyn Williams

Re-Elected Board Members

During our 2021 Annual Meeting, Delores Cox, Doug Hall, Tim Riley, Nancy Watson and Carolyn Williams were re-elected to serve an additional three-year term on the Board of Directors. Thank you to our Board of Directors who dedicate many hours for the credit union.

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has won **\$25.00!**

*Contact First Abilene FCU to redeem your prize.

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NORTH LOCATION:

1118 Pine | Abilene, Texas 79601
(325) 670-2429

NORTH DRIVE-THRU:

7:30-6:00 Monday-Friday
Closed Saturday

NORTH LOBBY:

9:00-4:00 Monday-Thursday
9:00-5:00 Friday



SOUTH LOCATION:

3324 Catclaw | Abilene, Texas 79606
(325) 670-2429

SOUTH DRIVE-THRU:

7:30-6:00 Monday-Friday
9:00-1:00 Saturday

SOUTH LOBBY:

9:00-4:00 Monday-Thursday
9:00-5:00 Friday



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