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Holiday Cooking: The Potlucks Are Coming

The holidays are here and special dinners are on the horizon. From family gatherings to office celebrations, tis the season for the always engaging potluck dinner. You might have a standard dish your friends and family count on you to bring or you may find yourself wanting to try a new recipe this holiday season. Either way, don't let "extra" holiday cooking break your budget.

Here are some tips to keep your food costs in line no matter how many holiday dinners are in your future.

- 1) Stick to your list. Plan your grocery trip based on what you need for your dish. While it's ok to pick up necessary staples, don't use the holidays as an excuse for impulse spending at the grocery store.
- 2) Buy in bulk. If you are taking cheesy potatoes to five different holiday gatherings, buying the needed shelf-stable ingredients in bulk may save you some money.
- 3) Watch sales, compare prices, find coupons. Digital coupons have made saving money easier and less time consuming. From larger stores in metro markets to the local Dollar General in rural areas, using coupons is as easy as selecting options in an app and typing phone number at checkout.
- 4) Savor the leftovers! If your dish isn't devoured at the party, take it home and feed to your family at their next meal.

It's been a rough year. As the holidays approach, celebrate with your family and friends but remember to be safe. Always practice food safety, socially distance when possible and enjoy each other as we navigate this season together.

For more information, contact Julie Smith at juliesmith@ksu.edu or by calling 620.238.0704.

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