

## Gluten-Free Menu Planning: Budget-Friendly Tips

Increased production and distribution costs make gluten-free products more expensive than their gluten-containing counterparts. The National Foundation for Celiac Awareness (NFCA) and Kathleen Reale of [BeFreeForMe.com](http://BeFreeForMe.com) offer the following tips to help you maintain a healthy, gluten-free diet without breaking the bank!

Tips originated from NFCA's webinar: [Gluten-Free Menu Planning: Budget-Friendly Tips](#) (May 2013)

### Before Heading to the Store: Plan Ahead

#### Write a "Master List"

A master shopping list is a list of your important grocery items, which includes:

- 🌱 Naturally gluten-free items: rice, beans, corn tortillas, popcorn, veggies and fruit
- 🌱 Add gluten-free specialty items that you use often: baking mix, chicken broth, pasta, soy sauce/tamari

As you run out of things on this list, add them to your "Shopping List."

#### How to Write a "Shopping List"

- 🌱 Assess your available food; what's in the refrigerator and pantry?
- 🌱 Make use of flyers and coupons.

### At the Store: Shopping Tips

#### Shopping In Stores

- 🌱 Join the "Rewards Programs" at grocery stores and other retailers to get discounts and free items.
- 🌱 Check out a store's circulars/flyers to stock up on deals and coupons.
- 🌱 Shop the perimeter of the stores.
- 🌱 Buy fruits and veggies when they are in-season (See page 3 for an in-season shopping guide).
- 🌱 Avoid pre-packaged food.

#### Shopping "Locally"

- 🌱 Find farmers markets and farm stands for fresh fruits and veggies. (Locate them at [www.LocalHarvest.org](http://www.LocalHarvest.org).)

NFCA Shopping Tip:  
Avoid buying from the bulk bins/containers at the grocery store. They are a huge risk for cross-contamination!



## Cost Per Unit

Watch out for “bad” sales by identifying an item’s Cost Per Unit (CPU).

- Supermarket labels show two prices: retail price and unit price
- Retail price is the price you pay at checkout.
- Unit price is the cost of an item based on a standard unit of measure, such as a pound or a gallon.
- Use the unit price to determine the best deal.



Compare the unit price (red) to the retail price to determine if it is a “good” sale or a “bad” sale. Want some help to determine this? There’s an app for that!

- 📱 Android: “Unit Price Compare”
- 📱 iPhone: “Real Price”

## After Shopping: Cut Down On Waste

### Recipe Planning

- 🌱 Check to see what you have in your pantry and how to use them in a variety of dishes.
- 🌱 Buy fruits, veggies and meats only as you need them.
- 🌱 Re-use leftovers or second meals (i.e. Crackers double as breading/coating; cookies double as pie crusts).

### Double Batch

- 🌱 Freeze foods in single-serve containers and re-heat to serve.
- 🌱 Make a big pot of gluten-free rice, quinoa or other grain and incorporate it into multiple meals.

### Go Meatless

- 🌱 Halve the amount of meat used in chili and stew recipes and add beans, rice, veggies and other gluten-free whole grains.
- 🌱 Dedicate certain days of the week for “meatless meals.”

### Store-Bought Cereal – Budget Killer!

- 🌱 Solution: Make your own granola and store in an air-tight container.

Get all the tips from the May 2013 Webinar, “Gluten-Free Menu Planning: Budget-Friendly Tips” by visiting [www.CeliacCentral.org/webinars/archive](http://www.CeliacCentral.org/webinars/archive).



## Shopping In-Season

Month	Fruits	Veggies
January	Citrus fruits, Papaya	Beets, Broccoli, Cauliflower, Cabbage, Leeks
February	Citrus fruits, Papaya	Brussels Sprouts, Broccoli, Cauliflower
March	Mangoes, Pineapple	Artichokes, Arugula, Asparagus, Cabbage
April	Apricots, Pineapple, Mangoes	Rhubarb, Spring Peas, Artichokes, Asparagus
May	Cherries, Pineapples, Apricots	Asparagus, Spring Pease, Avocados
June	Strawberries, Cantaloupe, Peaches	Corn, Lettuce, Tomatoes
July	Kiwi, Raspberries, Plums, Strawberries	Cucumbers, Corn, Green Beans, Tomatoes
August	Berries, Peaches, Watermelon	Cucumbers, Corn, Eggplant, Summer Squash, Tomatoes
September	Pomegranates, Grapes	Eggplant, Pumpkin, Tomatoes
October	Cranberries, Apples, Grapes, Pomegranates	Sweet Potato, Pumpkin, Winter Squash, Spinach
November	Cranberries, Oranges, Pears, Tangerines	Sweet Potato, Pumpkin, Winter Squash, Mushrooms
December	Pears, Oranges, Grapefruit, Papayas	Sweet Potato, Mushroom



## Gluten-Free Budget-Friendly Recipes

### Breakfast Recipes

- [Very Berry Breakfast Shake](#)
- [Shelly Case's High Fiber Hot Cereal](#)
- [Make-Ahead Mini Portable Quiches](#)

### Lunch/Dinner Recipes

- [Roast Chicken with Fresh Sage](#)
- [Chicken-Olive Quesadillas](#)
- [Broccoli & Pepper Frittata](#)
- [Roast Beef Hash](#)
- [Quick & Easy Gluten-Free Tomato Soup](#)
- [Italian Herbed Sauce and Spaghetti Squash](#)
- [Pasta and Vegetables with Basil](#)
- [Alice Waters' Lentil Salad](#)
- [Herbed Bean Soup](#)

### Rice Recipes

- [Turkey Stuffed Peppers](#)
- [Chicken Cacciatore](#)
- [Mediterranean Chicken Wraps](#)

### "Restaurant-Style" Recipes

- [Stir-Fried Turkey in Lettuce Wraps](#)
- [Gluten-Free Fried Chicken](#)
- [Shrimp on the Barbie](#)

### Dessert Recipes

- [Vermont Apple Cobbler](#)
- [Oatmeal-Berry Bars](#)
- [Whoopee Pies](#)

Get new gluten-free recipes  
each Monday with NFCA's  
Recipe of the Week!

[www.CeliacCentral.org/recipes](http://www.CeliacCentral.org/recipes)





## Additional Budget-Friendly Resources

### Ingredients and Cooking

#### Gluten-Free Whole Grains

- [Overview of Gluten-Free Whole Grains](#)
- [Quinoa](#)
- [Gluten-Free Oats](#)

#### Recipe Planning For Specific Ingredients

- [Epicurious.com](#)
- [Delish.com](#)
- [BeFreeForMe.com](#)

#### Gluten-Free Asian Cooking

- [The Gluten-Free Asian Kitchen by Laura B. Russell \(Book\)](#)
- [Asian Cooking Blog Post From BeFreeForMe.com](#)

#### Budget-Friendly Ideas

- [Ways to Incorporate Pulses in a Gluten-Free Diet](#)
- [Nutritious and Budget-Friendly Gluten-Free Snack Ideas](#)
- [50 Healthy Foods for Under \\$1 a Pound](#) (Note: Some foods on this list are not gluten-free.)

#### Healthy Gluten-Free Meals

- [How to Eat Healthy on Gluten-Free Diet](#)
- [How to Make the Gluten-Free Diet More Nutritious](#)
- [Eating Vegetarian and Gluten-Free](#)
- [Taking Control of Your Gluten-Free Diet and Weight](#)

### Coupons and Discounts

#### General Coupon Sites

- [Coupons.com](#)
- [SmartSource.com](#)
- [RedPlum.com](#)
- [CouponNetwork.com](#)
- [Couponcabin.com](#)
- [Retailmenot.com](#)

#### Grocery Coupon/Deal Sites

- [MyGroceryDeals.com](#)
- [Organicgrocerydeals.com](#)
- [Freebies4mom.com](#)
- [Wickedcooldeals.com](#)
- [Glutenfreesaver.com](#)
- [HealthEsaver.com](#)

#### Manufacturer Savings Clubs and Printable Coupons

- [Jones Dairy Farm](#)
- [Kretschmar Deli](#)
- [Cabot Cheese](#)
- [Amy's Kitchen](#)
- [Bob's Red Mill](#)

#### Online Shopping

- [Glutenfreemail.com](#)
- [Navanfoods.com](#)
- [Vitacost.com](#)
- [Peapod's Nutrifilter](#)

#### Shopping Apps

- [Zip List](#)
- [GroceryPal](#)
- [Locavore](#)
- [Apples2Oranges](#)

#### Tax Deductions

- [NFCA's Tax Deduction Guide for Gluten-Free Products](#)

[www.CeliacCentral.org](http://www.CeliacCentral.org)