



SPEND SMART

Inside Track, Week 2: stretch a small commissary balance further.

OUTSIDE EATS.ORG

Make every dollar count.

Commissary prices are set for you. What you buy is your choice.

This week is about getting more food for your money: items that fill you up, last a long time and work in more than one meal.

Before your next order, read the whole list, compare a few prices and plan what each item will turn into. Use what works for you.

Important: general educational information only. Follow your facility's rules on food, trading and storage. For medical or diet needs, use your facility's medical or diet request process.

Four kinds of good buys.

Look for these on your commissary list. Items vary by facility.

1

FILLERS

- Oatmeal
- Instant rice
- Ramen
- Tortillas
- Crackers
- Potato flakes

2

PROTEIN

- Bean pouch
- Refried beans
- Peanut butter
- Peanuts
- Seeds
- Trail mix

3

PRODUCE

- Dried fruit
- Fruit cup
- Veggie soup
- Applesauce

4

FLAVOR

- Hot sauce
- Salsa
- Soy sauce
- Seasoning
- Spices
- Jalapeños

DO THE MATH

Compare cost per meal, not price per item. A bag of rice that makes four bowls beats a snack that is gone in one.

My commissary plan

I BUY

Item and price.

IT BECOMES

Which meals.

IT LASTS

How many days.

BUY WHAT STRETCHES

Snacks are fine. Buy a few items that turn into real meals first, then treat yourself with what is left.

TRY IT THIS WEEK

Commissary meals

Cheap items, real meals. No kitchen needed.

Rice + Bean Burritos

HOT WATER

YOU NEED

- instant rice
- bean pouch
- tortillas
- hot sauce

DO THIS

Add hot water to the rice. Cover 5 min.
Fill tortillas with rice and beans.
Add hot sauce.

OPTIONALLY:

Add crushed chips for crunch.

Peanut Noodles

HOT WATER

YOU NEED

- ramen noodles
- peanut butter
- soy sauce
- hot water

DO THIS

Soak noodles in hot water 3 min. Drain most of it.
Stir in peanut butter and soy sauce.

OPTIONALLY:

Skip the seasoning packet to cut salt.

FOLLOW THE RULES

Only buy, share or trade items your facility allows. Lists and prices vary by facility.

What I spent

Check what you did this week.

- ☐ I read the whole commissary list.
- ☐ I compared prices on 3 items.
- ☐ I planned my order before I wrote it.
- ☐ I bought one item that makes 3+ meals.
- ☐ I made one of this week's meals.
- ☐ I kept track of what I spent.
- ☐ My food lasted until my next order.
- ☐ I shared one idea with someone else.

One thing I will keep doing:

My question for Week 3:
