



# How to Save Money on Food: Stockpile, Clip Coupons, and Eat at Home More (FT Press Delivers Elements)

*Gregory Karp*

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This Element is an excerpt from *Living Rich by Spending Smart: How to Get More of What You Really Want* (ISBN: 9780132350099) by Gregory Karp. Available in print and digital formats.

Save a fortune on food, *without* sacrificing what you really love to eat!

In 1995, Americans spent less than 38% of their food budgets on eating out. Just a decade later, it was 44%. It's even higher among single people. That trend is costing Americans, big-time. But what if you could cut your eating-out budget in half and still have all the special dinners out you wanted? You can. Here's how....

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