

# Thrifty Kitchen Tips



Incorporate at least five of these tips every week into your Traditional Foods Kitchen

Tip	Week 1	Week 2	Week 3	Week 4
1. <b>Don't waste.</b> Learn to cook with scraps or save scraps for Bone Broth.				
2. <b>Don't strictly rely on recipes.</b> Learn to make substitutions.				
3. <b>Keep a well-stocked pantry.</b>				
4. <b>Practice a no-spend challenge.</b> Test out your Prepper Pantry.				
5. <b>Grow vegetables and herbs from scraps.</b>				
6. <b>Make homemade versions of expensive store-bought items.</b>				
7. <b>Learn how to preserve food, including home canning.</b>				
8. <b>Make a Clean-Out-the-Fridge meal.</b>				
9. <b>Cook a large meal that will create leftovers.</b>				
10. <b>Start a soup container.</b>				