

Doing Things Together as a Family for LESS



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Spending time with your family doesn't have to mean spending a lot of money. Here are some tips to help you enjoy your family time without straining the family budget:

Help your children learn new skills and ideas:

- Teach children how to garden.
- Teach children craft skills you enjoy and spend time doing these together.
- Teach children about issues that are important, such as politics, news or the environment. Does the community provide opportunities to volunteer as a family for a cause you all believe in?

Take advantage of local public resources:

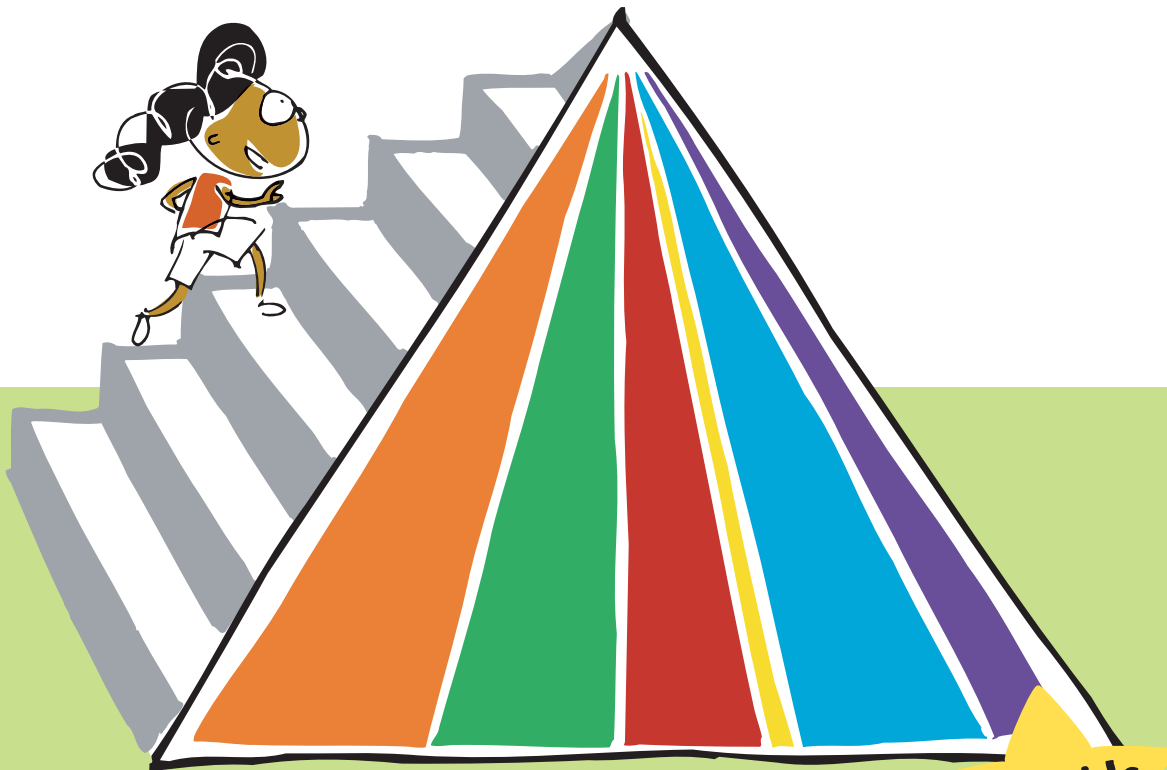
- Spend time together at the park or local community festival.
- Go for hikes or bike rides.
- Go for a family picnic.
- Go swimming at the local pool, lake, ocean or springs.
- Take advantage of free programs offered by the library, museums and community bands or orchestras, or other free community events.
- Check out books, music and videos for free from the library.



Find cheaper entertainment at home:

- Have a family game night.
- Rent or borrow movies, pop some popcorn and have a family movie night at home.
- Bake or cook together as a family.
- Read stories to one another.
- Go on evening walks together.

For more information about family economics, visit www.ag.ndsu.edu/money



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Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it or grill it
- Vary your choices — with more fish, beans, peas, nuts and seeds



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Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices



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