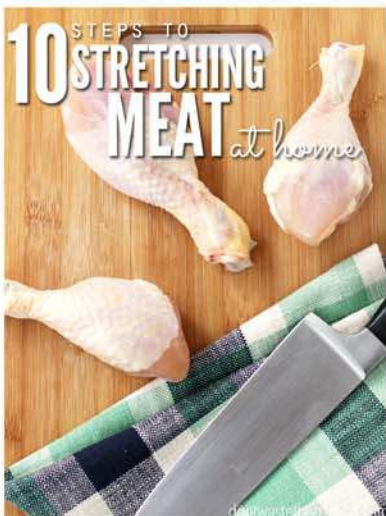




Without buying a cow

1. Shop around at different farms
2. Buy a partial cow, instead of whole
3. Join a CSA
4. Go in with friends on bulk purchases
5. Buy cheaper cuts of meat
6. Know your cuts of meat (same cuts have different prices)
7. Buy unpopular cuts of meat



At home

1. Make it the sideshow, not the star
2. Butcher whole cuts yourself
3. Make steaks/chicken breasts thinner
4. Grind it yourself
5. Use 2 cups of shredded instead of a whole pound
6. Replace meat with beans or rice
7. Choose recipes light in meat
8. Use less meat in recipes
9. Don't let your meat become freezer burned
10. Save the bones for stock



At the store

1. Buy it in bulk
2. Buy the family packs
3. Keep a price book
4. Know what the different labels mean
5. Compare prices within the store
6. Have the deli slice it
7. Stock up seasonally
8. Talk to the store butcher about sourcing
9. Shop the clearance section for marked down meat
10. Use coupons
11. Price match