

NEWS FROM

KHEAA–Alabama

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Money Tip for Students, November 2021

College students can save money by cooking for themselves

College students looking to stretch their dollars can do so by cooking meals for themselves instead of dining out, according to KHEAA–Alabama.

Eating right is a necessity, but it doesn't have to be an expensive one. Students who don't take advantage of campus food plans can cut their food costs by smart shopping and making their own meals.

Instead of buying meals at restaurants, students can save quite a bit of money by fixing most of their meals at home. According to <https://www.moneyunder30.com>, the average price for a restaurant meal is about \$13, more than three times the cost for the average meal prepared at home. A web search for “recipes for college students” will bring up a list of many sites to help students make healthy, inexpensive meals on their own.

Someone who dines out four times a week can save nearly \$1,000 a year by cutting back to two restaurant meals. That money can be deposited into a savings or investment account, which allows it to earn interest.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

The agency also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

In addition, KHEAA disburses private Advantage Education Loans on behalf of its sister agency, KHESLC. For more information, visit www.advantageeducationloan.com.

For more information about financial aid and college planning, visit www.alstudentaid.com.