

# Households Turn to This Tool to Reduce Food Costs and Save During Tax Season

*With food prices rising and tax season underway, here is a practical way for households to cut costs, reduce waste, and manage their budgets more effectively.*

CHARLOTTE, NC, UNITED STATES, March 20, 2025 /EINPresswire.com/ -- Tax season is here, and

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Most people don't even realize how much money they're throwing away each month. Meal prepping is an easy way to save money, reduce stress, and take control of your grocery budget.”

*Nick Quintero, Owner of  
Workweek Lunch*

many households are looking for ways to stretch their budgets. While most people focus on deductions and refunds, one of the easiest ways to save money is often overlooked—meal prep. By planning ahead, shopping smarter, and reducing food waste, families can keep more of their hard-earned money instead of throwing it away.

“Most people don't realize how much money they're literally tossing in the trash each month,” says Nick Quintero, owner of [Workweek Lunch](#). “Meal prepping isn't about spending hours in the kitchen—it's about making strategic food choices that help you save money, reduce stress, and take control of your grocery budget. And with

tax season here, there's no better time to start.”

## The Hidden Cost of Food Waste:

The average household wastes up to 30% of its food budget, often due to impulse buys, over-purchasing, or failing to use leftovers. As grocery prices continue to rise, wasted food translates to wasted money—money that could go toward bills, savings, or tax season expenses.

Tax season often brings financial stress, but a well-planned approach to meal prep can put money back in your pocket.

## Three Simple Ways to Save Money with Meal Prep:

1. Plan Ahead – Choose flexible meals for the week to avoid impulse buys and food spoilage.
2. Shop Smart – Stick to a list and buy ingredients that can be used across multiple meals.
3. Use What You Have – Repurpose leftovers to avoid waste and cut down on unnecessary grocery trips.

A Smarter Way to Meal Prep:  
Workweek Lunch, a leading meal planning program, offers a streamlined approach to meal prep, providing users with weekly meal plans, shoppable grocery lists, and flexible meal options tailored to different dietary needs. Whether using an app, a meal kit service, or a physical planner, building a meal prep system can help save time and money.

Take Control of Your Budget Today:  
For those looking to cut food costs and simplify mealtime, Workweek Lunch provides the tools and guidance needed to meal prep successfully.

To help you take control of your grocery budget during tax season, Workweek Lunch is offering a [free trial of its meal planning service](#).

To learn more and start saving today, visit <https://workweeklunch.com/weekly-meal-plans/>.

Nick Quintero

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**How saving money on food really works**

plan meals based on what you have

buy what you need

eat what you cook

cook & store food properly

**workweek lunch**

how saving money on food really works

The infographic features a central white box with a circular flow diagram. The steps are: 'plan meals based on what you have' (top), 'buy what you need' (right), 'cook & store food properly' (bottom), and 'eat what you cook' (left). Green arrows connect these steps in a clockwise cycle. The background shows various food items in containers, including blueberries, yellow sauce, tomatoes, and green salad. The Workweek Lunch logo is at the bottom of the white box.

This press release can be viewed online at: <https://www.einpresswire.com/article/795598908>

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