

SOUTHERN UNIVERSITY AG CENTER
COOPERATIVE EXTENSION

IRS DEPOSITED THE FIRST ECONOMIC IMPACT PAYMENTS ON APRIL 11, 2020.

How to get more
"bang for your buck"
with stimulus fund dollars

Stimulus Fund Investment Ideas

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Urban Ag

Sustainable Urban Agriculture is the production of food and fiber products using new, emerging and traditional practices in an urban environment. It can also include breeding and raising livestock, beekeeping, fish farming, aquaponics and non-food products such as producing seeds, cultivating seedlings, and growing flowers. Urban Agriculture is becoming more popular across the state as a growing number of small businesses and local residents are spending their quarantine time in their backyards, patios, and porches planting tomatoes, cucumber, and parsley. It's easy to learn how to start a vegetable garden. Learning to grow your own food can also provide a means to eat healthy, save money for other purchases, and charitable giving. For a nominal amount, you can purchase the items necessary to start your produce garden:

Seasoning: Onion, Bell Pepper, Celery

Herbs: Basil, Thyme, Parsley

Vegetables: Cucumber, Tomatoes, Collards

Planting Materials: Soil, Garden Tools, Vegetable Fertilizer, Container Pots or Raised Beds

There are a variety of vegetables and herbs that will grow well in Louisiana climate. Of course, the best plants to grow are the ones you and your family enjoy the most! You can start with young plants to save time. If you want to save more money, start with seeds. You'll need a sunny spot, good soil, and water frequently. With a little time and tending, you will enjoy a hearty harvest!

Ready to jump in to gardening? Contact your **Southern University Cooperative Extension Center** for assistance!



How Meal Planning provides extra income to your monthly budget

Meal planning is proven to save hundreds and even thousands of dollars per household per year! With these simple and helpful tips, you can start saving now:

1) First, start with what you have- Take stock of your refrigerator and pantry items. You may be able to prepare several days of meals or you can incorporate the items on hand to complete a meal

2) Determine if you will start with a weekly, biweekly, or monthly plan. Consider your current paycheck cycle and how often you will visit your local grocery store for purchases.

3) Draft your meal plan-Create or purchase a monthly calendar. Or, a simple journal will do the trick! Plan your meals around your daily schedules. Be sure to include snacks!

4) Look for coupons and other discounts- Save even more with savings from coupons. Also, check the sales ads from your local newspaper and grocers where you shop.

5) Make bulk purchases- For items most consumed and can hold long shelf-life such as rice, flour, or pastas, purchase these types in bulk to save additional costs. Be sure to purchase only as much as needed to avoid spoilage or expiration.

6) For extra bonus- Develop a monthly food budget. When shopping, use cash only to avoid any temptation to spend more than what you have planned.

SHOP

LOCAL

LOUISIANA!

Boost your local economy and invest in the communities where you live by shopping at local businesses. As local businesses grow, local employment and tax revenue increases which supports improved roads, schools, and other state and parish infrastructure.

SOURCES <https://www.epa.gov/agriculture/agricultural-crops> & Farmer's Almanac Home and Garden at farmersalmanac.com/category/home-garden

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