


\$aving Money and Feeding Kidz

Tech-G@L BAM®

By Beth A. Martin

March 29, 2010



Here are a few things to remember when going out (and eating out) with kids.

The last thing that you should do before you leave is have them eat (even if it's a snack) and then pee before you go anywhere, of course unless you are going somewhere to eat.

If you are going out to eat, place your drink order and the children's order at the same time. Then place your order. My kids eat slow so this works real well for us.

Always order the smallest drinks and get refills. Share drinks with children.

Appetizers are great for kids and you will not be charged a "sharing" charge.

Order 1 bigger adult meal and have the children share the meal and sides.

Check with the restaurant about specials and coupons. Many restaurants have kids eat free night or buy an adult meal get a child's free.

At fun centers, movies, sports games, concession stands, etc. just simply do not buy.

Instead pack ziplock bags of snacks or buy pre-packed snacks. Such as peanuts, fruit chews, Goldfish, peanut butter crackers, popcorn, candy, etc.

Explain to the children that you are buying the tickets, games, etc. but food is not an option.

Explain this before you go and have them help pick out and pack the snacks. Carry your own beverages and keep the bottle to refill with water and powdered drink mix.

Personally, I have had to do this because my son is a Diabetic Type 1. His blood sugars may get high or low and I must have healthy, easy snacks to take care of him. If you are caught with these items explain that your child has a need for the snack. You will not be lying. If you are concerned about snacking and not paying for food where you go, then pack your snacks and buy a small beverage. Keep the cup for refills or water.

This will help you save money, the wait in lines, and keep your kids fed and happy.

This is the intellectual and written property of Beth A. Martin.

Before you use ANY of it, be sure to contact me. Thanks. TechG@L