

# BUDGET

# STRETCHING

# IDEAS

## Get A Lunch You'll Love Without Breaking The Bank

(NAPSA)—Americans are finding ways to deal with the pressure of a weak economy.

According to the U.S. Department of Labor Consumer Price Index, inflation is at a 17-year high. From cutting down on driving to lower their gas costs to dining out less, people are finding ways to stretch their dollars farther.

One change that more and more people are embracing is to pack a lunch from home more often.

But adjusting your lunchtime routine to pinch pennies doesn't have to take all the fun out of your midday break.

"Everyone wants delicious lunch options that won't break the bank," says Oscar Mayer brand manager, JP Bittencourt. "Luckily, there are simple ways Americans can still have a lunch they love, even in times when they're watching their wallets."

Here are some lunch tips to help keep you on budget, yet provide the fun and flavor you want at lunchtime:

**Get the restaurant taste, but not the price:** Forgo pricey delis and restaurants and instead opt for Oscar Mayer Deli Creations Sub Sandwiches or Flatbread Melts.

In 10 varieties and flavors, you might mistake them for one of the menu items at your favorite lunch spot.

Plus, at just \$3.29 per sandwich, you can save, on average, 46



**There are simple ways Americans can have the lunches they love for less. There are many delicious options for brown bagging.**

percent more than eating out, says Yankelovich Dollars & Sense 2008.

**Think variety:** Brown bagging can quickly become a bore, so be sure to mix it up. Have a Flatbread one day and a sandwich from home the next. Packing a great sandwich you can look forward to will help solve the temptation to buy out and, in turn, break the bank.

**Make a clean break:** Just because you may not be dining out, it doesn't mean you have to be chained to your computer during lunch. Grab a friend and head outside or simply head to the office breakroom to ensure you're not poring over your e-mail when you should be taking a break.

For more information, visit [kraftfoods.com/DeliCreations](http://kraftfoods.com/DeliCreations).