

APPENDIX 3: RESTAURANTS CHECKLIST

- | STRATEGY NO. 1:
CUT VISITS
[GIVEN REASONS
FOR DINING OUT] | STRATEGY NO. 2:
CUT VISITS
[GIVEN
ALTERNATIVES] | STRATEGY NO. 3:
SPEND LESS AT
RESTAURANTS |
|--|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> socializing [try dinner parties, pot lucks, pizza delivery, take out, happy hours, coffee shops, brownbag] <input type="checkbox"/> convenience [try bulk cooking, grilling, slow cooker, brown-bagging, grocery, deli] <input type="checkbox"/> hunger [try stashing food caches in desk at work or in car] <input type="checkbox"/> specialized cuisines [cook it yourself, try pre-packaged versions] <input type="checkbox"/> atmosphere [visit bar instead] <input type="checkbox"/> pampering [trade off meals, cook in bulk] <input type="checkbox"/> habit [try internet recipe nights] <input type="checkbox"/> novelty [eat in different rooms, in backyard] | <ul style="list-style-type: none"> <input type="checkbox"/> deliveries <input type="checkbox"/> take out [try grocer's delis, rotisserie chicken] <input type="checkbox"/> food caches [stock desk drawers, cars, purses] <input type="checkbox"/> bulk cooking [cook big on weekends for next week's meals] <input type="checkbox"/> grilling <input type="checkbox"/> slow cooker meals [load up in a.m., ready when you return home] <input type="checkbox"/> coffee shops [socialize here, not at bars and eateries] <input type="checkbox"/> picnics [make lunch dates for parks] <input type="checkbox"/> happy hours [Happy-Hour.com] <input type="checkbox"/> bar hopping <input type="checkbox"/> dinner parties <input type="checkbox"/> pot lucks <input type="checkbox"/> progressive dinners <input type="checkbox"/> brownbag lunches <input type="checkbox"/> home cooking | <ul style="list-style-type: none"> <input type="checkbox"/> match venues to occasions [cut upscale dining] <input type="checkbox"/> choose value alternatives <input type="checkbox"/> get free kids meals [MyKidsEatFree.com] <input type="checkbox"/> visit diners without waiters <input type="checkbox"/> eat off-peak <input type="checkbox"/> seek diner discounts <input type="checkbox"/> buy discounted gift certificates [Costco, Restaurant.com] <input type="checkbox"/> visit daily-deal sites <input type="checkbox"/> use entertainment books <input type="checkbox"/> use group discounts <input type="checkbox"/> skip items [drinks, salads, sides, desserts] <input type="checkbox"/> eat bread to save bread <input type="checkbox"/> share items <input type="checkbox"/> eat appetizers only <input type="checkbox"/> eat at the bar <input type="checkbox"/> use doggie bags <input type="checkbox"/> know my plastic rewards <input type="checkbox"/> limit sales taxes <input type="checkbox"/> tip fair [15-20%] |