The word of the week is

 FRUGAL

**It Means:** sparing & economical when it comes to money or food,

**Used in a sentence:**

They ate a frugal meal of rice and beans.

We were saving up for a new car so we had to be frugal with all our other purchases.

There is nothing wrong with being frugal, just don’t become stingy.

His lifelong frugal ways allowed him to live comfortably in his retirement years.

She is the most frugal shopper I know – she clips coupons and checks sale papers every week.