



After not visiting the Florida resort town for several years, we recently had lunch at a popular eatery. The food was health-themed, but the bill was sickening.

It was \$190 for the four of us, with booze, but no desserts. When we first ate there just a dozen years ago, the same lunch cost less than \$80 for four people. There are ways to fight the high prices. For seniors trying to live on limited budgets, we can deal with the ever-rising cost of restaurant dining.

The most obvious is to visit high-priced restaurants less frequently and find the most reasonable eateries. When traveling, avoid expensive restaurants and catered in-room hotel meals and drinks. Buy take-out food and booze at a nearby grocery, and enjoy bargain meals in the park and your hotel room.