



Low Cost Main Dishes

**United States. Congress. Senate.
Select Committee on Nutrition and
Human Needs**

Low Cost Main Dishes:

Family Circle Low-cost Main Dishes Nancy A. Hecht, 1978 The Everything Meals on a Budget Cookbook Linda Larsen, 2008-03-01 With the cost of milk and other food staples on the rise it is important to save wherever you can This thrifty cookbook offers 300 delicious recipes that are short on cost but long on taste including Big Batch Guacamole for pesos on the dollar Curried Chicken Pot Pie that elevates your leftovers to new heights Sicilian Meatballs made from pantry items you already own Spicy Thai Peanut Noodles that are cheaper than take out Beer Cheese Soup made with beer from last night's party Peach Foster Crepes for only 56 cents per serving Also included are tips for food shopping on a budget and how not to get stuck in grocery store price traps With The Everything Meals on a Budget Cookbook you'll feel like you're dining at a gourmet restaurant at a price you can afford Program Aid ,1966 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 & 8 include bibliography and indexes subject personal author corporate author title and media index *Family Food Budgeting* ,1950 **Food and Nutrition Resource Guide for Homeless Shelters, Soup Kitchens, and Food Banks** Andrea Talanian Lindsey, 1998 **Baltimore and Ohio Employees Magazine** ,1948 Your Money's Worth in Foods Dianne D. Odland, 1984 Abstract Meal planning and food shopping guidance for making the most of the money spent on food is presented in this U S Department of Agriculture publication A series of self contained units that can be combined with supplementary materials and or activities in classroom or workshop settings is presented The first step in reducing the amount of money spent on food involves taking stock of individual needs including estimating how much spend for food assessing family food needs preferences and eating patterns and evaluating available time and skills Components of food purchasing plan development and implementation include menu planning shopping lists decisions on where and when to shop and supermarket shopping aids i e open dating unit pricing computer assisted checkout Suggestions are provided for deciding on appropriate amount of foods to purchase and cutting and comparing food costs in each of the following groups vegetables and fruits breads and cereals milk and milk products meat and meat alternates and fats sweets and alcohol Solutions are provided to a number of common problems related to food waste and spoilage Guidelines are given for evaluating the success of the food purchase plan A series of tables compares the cost of simple servings of canned dried fresh and frozen forms of selected vegetables and fruits Additional features include 1 a daily food guide 2 sample menus following a selected meal pattern 3 a chart showing how long perishable foods keep with proper handling and storage and 4 tables that demonstrate food yields cost comparisons and costs per serving of selected items aje *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976 Family Food Budgeting United States. Agricultural Research Service. Consumer and Food Economics Research Division, 1964 **Nutrition Education Materials for Use in the WIC Program** United States. Food and Nutrition Service, 1978 FNS ,1978 Research and

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everyone interested in nutrition It provides solid nutrition information needed by the consumer A wide variety of authors
wrote this book most of them from the U S department of Agriculture and other federal agencies Reference Material to
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