

Convenience Foods

Some convenience foods can save you time and money. These include:

- frozen juice concentrate
- pancake mix
- cake mix
- spaghetti sauce
- canned soup
- canned fruits and vegetables

Other convenience foods are expensive and save little time. These include:

- meat "helpers"
- seasoned rice mix
- some frozen dinners
- coating mix for meat and poultry
- salad dressing

Try this easy, low cost recipe for salad dressing.

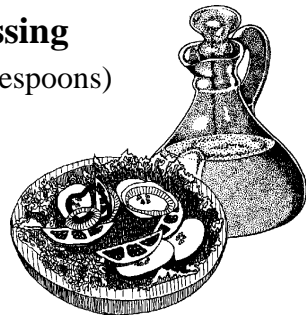
Sweet Red Russian Dressing

Makes 1 cup (serving size 2 Tablespoons)

- 1 cup catsup
- 1/4 cup vinegar
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder
- 2 Tablespoons brown sugar
- 1 teaspoon vegetable oil (optional)

Combine all ingredients in a jar with lid and shake well. Refrigerate.

1 serving has 50 calories.



SHOPPING TIPS

To Stretch Your Food Dollar



Follow These Steps To Get The Most For Your Food Dollar

