

FEED YOUR WHOLE FAMILY FOR \$4 A MEAL

Prices can be lower if you:

Shop at a "superstore" Buy foods on sale Use coupons Use a store "membership card"

Tips:

1. Each week, make a list of menus for that week: 5 suppers, 5 lunches, 5 breakfasts, 3 snacks, 2 desserts. Let 2 days each week be "wild cards," eating leftovers or being creative with the odds and ends.
2. Make a shopping list for all the ingredients you'll need, meal by meal - organized by grocery-store aisle:
fresh fruits and vegetables frozen
canned goods & condiments meat
bread/ cereal/ pasta eggs & dairy
baking and spices non-food items
3. NEVER shop on an empty stomach; ALWAYS have a complete list.
4. Don't throw away your list when you're done shopping! Post it on the fridge so you remember what meals are available. When the week is done, save your list for the future. You can use it again someday.
5. Public libraries have hundreds of cookbooks you can borrow for free. Lots of them have recipes for quick, cheap meals. You can also find easy directions for making your own bread, making your own yogurt, etc.
6. Buying paper plates, if you can afford them, to cut down on dishes & reduce the temptation to go out for fast food. You will also need storage stuff to recycle your leftovers (for example, you'll use the bones from your baked chicken to make chicken soup the next day) - re-use veggie bags from the produce department; wash and save plastic containers and glass jars.

Breakfast ideas:

oatmeal + butter, brown sugar
cereal + milk, bananas
bagels + cream cheese
yogurt + bananas, raisins
pancakes
eggs + fried potatoes
eggs + instant cornbread
cottage cheese+ cinnamon toast

Lunch ideas:

yogurt + jam
fruit salad + yogurt
cottage cheese + canned peaches
PBJ sandwiches
canned soup
egg salad sandwiches
tuna salad sandwiches

Snack ideas:

saltines with peanut butter
ants on a tree (celery with peanut butter and raisins)
carrot and celery sticks
popcorn
fresh fruit

Dessert ideas:

jello
fruit salad
instant pudding
chocolate chip cookies
brownies

Make your own...

pancake mix - use powdered milk, then all you add is eggs, oil, and water

biscuit mix - use powdered milk and shortening, then all you add is water

spaghetti sauce - make a lot and freeze (re-use yogurt and cottage cheese containers)

salad dressing - use oil and vinegar, fresh garlic, italian seasoning and seasoned salt

baked beans - add salt pork, brown sugar, and ketchup

cheese sauce - melt 2 Tb butter, stir in 2 Tb flour, blend in 1 cup milk, when thick add 1/2 cup cheddar or parmesan

tostada (tortilla) shells - fry them crisp in a half-inch of hot oil & drain on a paper towel

taco sauce - use tomato paste, hot sauce, onion, green pepper, garlic, and chili powder

egg salad - chopped hard-boiled (ten-minute) eggs, mayo, seasonings

tuna salad - tuna, mayo, seasonings

microwave popcorn - put 1/2 c popping corn, 1 tsp oil, & 1/2 tsp salt into a brown paper lunch sack, fold the top over three times tightly, and microwave for 2 to 3 minutes

kettle corn - on the stovetop - use 1/2 c popping corn, 1/4 c sugar, 1/4 c oil - have a tight lid & shake it while it pops

margarine - blend 1 lb butter with 1 c oil and a little salt, store in fridge for spreadability

hot cocoa mix - powdered milk, sugar, and cocoa - then just add boiling water

chocolate chip cookies - recipe's on the bag of chips; you don't need vanilla

yogurt - warm a quart of milk to 'bath temperature', add a small container plain yogurt (without gelatin or pectin), stir well, cover, and let sit still on a heating pad 7 hours without bumping; stir well and refrigerate overnight

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SAMPLE MENUS (focused on 2 meat - 2 starch - 2 veg per week)

Prices are for generic "house" brands, or cheapest products - from a local, midsized grocery store

Week 1: tuna, pork chops - rice, macaroni - peas, carrots

1. tuna rice casserole with peas
2. tuna melt sandwiches, applesauce
3. pork chops, rice, & applesauce
4. red beans and rice with broccoli
5. macaroni and cheese, carrots, peas

1 head whole broccoli	1.50
1 pound cheddar cheese	4.00
12-oz can tuna in water	1.70
4 pork chops (3.70/lb)	6.75
1 loaf whole wheat bread	1.50
2 lb rice	0.75
2 lb elbow macaroni	2.00
1 can mushroom soup	1.05
Canned red beans	0.75
Small can whole tomatoes	0.95
25 oz natural applesauce	1.65
Frozen peas, 1 lb	1.25
	= \$23.85

Week 2: chicken, hamburger - potatoes, pasta - salad, green beans

1. baked chicken with baked potatoes & salad
2. pasta alfredo with salad (oil & vinegar dressing)
3. chicken soup with bread
4. spaghetti with green beans
5. breakfast for dinner (eggs, fried potatoes, bagels, juice)

1 whole chicken (1.70/lb)	5.00
5 lb russet potatoes	2.00
1 head iceberg lettuce	1.60
2 large tomato	2.00
1 large green pepper	1.25
1 head whole garlic	0.50
8 oz whole mushrooms	2.00
1 package frozen bagels	1.10
1 can frozen orange juice	1.70
Frozen green beans, 1 lb	1.25
2 lb spaghetti	2.00
Large can whole tomatoes	1.50
Large can tomato puree	1.15
Small can tomato paste	0.50
8 oz parmesan cheese	2.60
1 dozen medium sized eggs	1.85
(italian seasoning, oil, vinegar, butter, chicken broth cubes, carrots, celery, potatoes)	
	= \$28.00

Week 3: hamburger - macaroni, tortillas - green beans, corn

1. meatloaf and green beans
2. chili-mac soup
3. burritos with mexican corn
4. macaroni casserole with corn
5. vegetable soup

1 large green pepper	1.25
3 lb hamburger (3.00/lb)	9.00
1 box saltine crackers	2.35
Frozen green beans, 1 lb	1.25
Large can whole tomatoes (chili)	1.50
Small can whole tomatoes (veg soup)	0.95
2 Canned red beans	1.50
2 Canned refried beans	2.00
1 can tomato soup (mac cassserole)	0.90
Frozen corn, 1 lb	1.25
2 lb elbow macaroni	2.00
10 small flour tortillas	1.00
(ketchup, chili powder, chicken broth cubes, carrots, celery, potatoes)	
	= \$24.95

Week 4: hamhocks, weiners - beans, biscuit - greens, salad (make powdermilk biscuit mix & keep in fridge - add water & bake)

1. pigs in a blanket, salad
2. bean soup, salad (oil and vinegar dressing)
3. split pea soup, biscuits
4. beans'n'wieners, bread, greens
5. pancakes for dinner, juice

1 package 8 hot dogs	1.00
2 ham hocks	3.00
1 head iceberg lettuce	1.60
2 large tomato	2.00
3 Canned navy beans	1.80
1 lb split peas	0.80
28 oz Canned baked beans	1.40
OR 2 Canned chili beans	1.50
Frozen mustard greens, 1 lb	2.00
1 can frozen orange juice	1.70
(oil, vinegar, flour, shortening, baking powder, powdered milk, chicken broth cubes, eggs, pancake syrup)	
	= \$15.40