



STEPS TO TAKE

You Can Stretch Your Dollars: Choose These Easy Meals and Snacks

You Can Make These Quick and Easy Meals.

Try:

- Bean and cheese burritos
- Eggs with salsa and tortillas
- Rice and beans with tortillas
- Spaghetti with tomato sauce

You might like:

- Lentil or bean soup
- Barley soup with carrots and beef
- Vegetable beef stew

Think about having:

- Baked potato with cheese and broccoli
- Vegetable and cheese lasagna
- Pasta salad with vegetables
- Homemade cheese and vegetable pizza

It's easy to make:

- Tuna noodle casserole
- Stir-fried tofu and vegetables
- Chili with cornbread

You may like these sandwiches:

- Egg salad sandwich
- Tuna salad sandwich
- Peanut butter and jelly sandwich
- Chicken salad sandwich



Try these salads:

- Three-bean salad
- Fruit salad. Use fruits in season.
- Green salads. Wash and cut your own lettuce mixture. You can dry the lettuce and store it in the refrigerator.
- Rice or couscous salad with chicken and fruit

Crackers can be good. What about:

- Graham crackers with milk
- Crackers and cheese
- Tuna or peanut butter and crackers

You may like these healthy cookies:

- Low-fat cookies
- Oatmeal cookies
- Rice cakes
- Fig or fruit bars

You may like:

- Apples and peanut butter
- Carrots and other fresh vegetables
- Fruit canned in juice or water
- Fresh fruit (in season)
- Fruit or vegetable juice

You can try:

- Fruit popsicles
- Frozen yogurt
- Sherbet

How about:

- Yogurt
- Custard
- Pudding

You may want to try:

- Corn tortillas with cheese and salsa
- Cereal with milk
- Popcorn
- Bread sticks
- Pretzels

