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- ***Handbook For Good Low Cost Eating (author, Clarence Parker)***  
A family of 4 can save up to \$200 or more per month. The secret is knowing how to find low cost items, planning, and making changes in what you eat. This 100-page book also has over 50 easy low cost recipes.
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# HANDBOOK FOR GOOD LOW COST EATING

**Prepare budget-friendly meals! (RECIPES INCLUDED)**

**RECIPES**

**Find low cost items!**

**\$0.99/lb**

**Groceries**

**Prepare Lists**

**Plan Meals**

**START SAVING**

**This book will show you how to:**

**Save up to \$200/mo.+ on food costs!**

**SAVE, SAVE, SAVE ON FOOD PURCHASES!**  
**HOW TO FEED A FAMILY OF FOUR FOR ABOUT \$275 A MONTH**  
by Clarence A. Parker

To all those who struggle to feed their families.

# Handbook For Good Low Cost Eating

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This book has been prepared with great empathy for all people who struggle to feed their families good food at the least possible cost.

This book has been made available free of charge to low-income families in the greater Fredericton area. A federal grant was obtained under the National Homelessness Initiative.

CAPINC Services will consider applications for supplying the book, at cost, to other agencies that are assisting low-income families.

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# PREFACE

The good news is that there are many easy ways to save money on food. The most important thing is that you must have the will to do it.

Preparing good food at minimum cost is made easier by discovering the large number of items that can be bought at low prices when shopping carefully.

My estimate for feeding a family of four is about \$275/month. This low cost is only possible if you use the recommended cost savings to obtain food that is affordable and good for you.

You need to be able to find and buy low cost items while being prepared to make changes in what and how you eat. You'll find this a little difficult at first but it will get easier with time.

Prices do change depending on many circumstances. If prices increase, the lowest costs will still be obtained by using the ideas from this book.

Once you understand planning, shopping and cooking, you only need to use this book as a reference and for selecting low cost recipes.

In Appendix F, Shopping Guide, I have summarized information from the book that I think you should take with you when you go shopping. Remove these 2 pages from the book.

# ACKNOWLEDGEMENTS

In writing any book there are many people who provide motivation and input. It is not possible to identify all of these individually.

I have carried the initial idea for this book for many years. The final incentive for me to take on the challenge to write it was my involvement over the last 4 years with the Fredericton Community Planning Group (CPG) on Homelessness. The federal government's National Homelessness Initiative also provided a means of making this book available free of charge to a large group of low-income persons or families in the greater Fredericton area.

While family, friends and associates provided a lot of help and advice, special thanks have to go to Virginia Bjerkelund and H el ene Thomas who not only provided advice but also assisted in editing. H el ene had the most difficult task of reviewing the total book many times. It would have been difficult to complete the book without her very significant effort.

The support of the approximately forty members of the Fredericton CPG also has to be acknowledged. Most of the members are representatives of organizations who are concerned not only about homelessness but in helping those at risk.

I also want to thank my wife for not only providing advice and ideas on recipes but also for giving me the opportunity to work on the book. This required a significant commitment of my personal time.

# Chapter 1 Introduction

## The secrets to keeping food costs low are:

- Finding and buying low cost items at large stores, and
- Preparing to make changes in what and how you eat.

## Shop at large stores as they:

- Have specials, low cost and reduced items.
- Use cost codes to help find the lowest prices.



## There are major savings at large stores.

This justifies the use of a taxi. Use a bus to the store and share a taxi home with a friend. Meat markets, discount stores and bulk stores have some low cost items but transportation to several stores may be expensive.

## Cost codes are used for all items except, fresh meat, fish, vegetables and fruit.

- 25 cents/100 gr is “25 100 gr”
- 25 cents/100ml is “25 100 ml” also “25 cents 100M”
- For example,
  - a 284ml can at 60 cents is 21 cents/100ml
  - a 796ml can at \$1.00 is 12 cents/100ml
  - if \$1.50/kg, the cost is 15 cents/100gr
- If there are no cost codes, calculate them as follows: If price is 80 cents for 200 gr(or 200 ml), divide 80 by 200 to get the cost code of 40 cents/100 gr.

*Note: For most foods, 100 gr is about 1/2 cup*

There are many choices with different prices for meat, fish, vegetables and fruit. While they are expensive, there are low cost choices.

<b>At a Glance, Fresh and Frozen Meat, Fish, Vegetables and Fruit</b>			
	<i>Range, price/kg</i>	<i>Range, price/lb</i>	<i>Too expensive</i>
Meat and Fish	\$2.20 to \$5.50	\$1.00 to \$2.50	\$6.00/kg or \$2.75/lb
Vegetables	\$0.75 to \$2.00	35 to 90 cents	\$2.20/kg or \$1.00/lb
Fruit	\$1.10 to \$2.40	50 cents to \$1.10	\$2.60/kg or \$1.20/lb
<b>At a Glance, Canned Meat, Fish, Vegetables and Fruit</b>			
	<i>Range</i>	<i>Too expensive</i>	
Meat and Fish	50 to 95 cents/100 gr	\$1.00/100 gr	
Vegetables	12 to 20 cents/100 ml	22 cents/100 ml	
Fruit	20 to 30 cents/100 ml	32 cents/100 ml	

The symbol “/” means “per” (22 cents/100 gr is 22 cents per 100 gr).  
 The symbol “-” means “to” (20-22 is 20 to 22).

**You should know that:**

- 1 kg is 1,000gr or 2.2 lb, 1 lb is 454 gr (about 1/2 kg), 1 liter is 1,000ml, 1 cup is 250 ml, 1/2 cup is 125ml, 1 tsp is 5 ml, 1 tbsp is 15ml, 1 cup is 16 tbsp

**Suggested Amounts/Month at a Glance (Total \$250-\$300)**

Meat and Fish	\$40-\$45	Vegetables	\$30-\$35
Fruit	\$25-\$30	Juice	\$12-\$14
Eggs	\$11-\$12	Rice, Pasta, Beans and Cereal	\$15-\$17
Baking Ingredients	\$25-\$27	Milk, Cheese and Ice cream	\$55-\$60
Bread	\$13-\$15	Spreads	\$15-\$17
Flavorings, Hot Drinks, Store Packages and Miscellaneous			\$20-\$30

**Save 50 to 300% (up to \$200 or more per month)**

- Save up to 50% (\$44 to \$62) by buying low cost meats, fish, vegetables and fruit.
- Save an additional \$10 to \$12 by buying reduced meats, vegetables and fruit.  
 Shop for these at a large store when it first opens in the morning. Check with the store as to their policy for reducing these items.
- Save up to 50% (\$30 to \$40) on milk.  
 Milk made from skim milk powder is 18-22 cents/cup and whole milk is 38-42 cents/cup.
- Save up to 50% (\$30 to \$40) by using home made items.  
 Store made items (for example, muffins, cakes and cookies ) and precooked or packaged meals are very expensive.
- Save 25 to 50%(\$30 to \$40) by using cost codes for all other purchases.  
 This may require buying larger quantities. These can be used for several months.
- Save 300%(\$10 to \$12) by buying flaked oatmeal cereal.  
 A serving of cooked flaked oatmeal is 2-4 cents while dried boxed cereal is 8-12 cents.

<b>At a Glance, Fresh and Frozen Meat, Fish, Vegetables and Fruit</b>			
	<i>Range, price/kg</i>	<i>Range, price/lb</i>	<i>Too expensive</i>
<b>Meat and Fish</b>	<b>\$2.20 to \$5.50</b>	<b>\$1.00 to \$2.50</b>	<b>\$6.00/kg or \$2.75/lb</b>
<b>Vegetables</b>	<b>\$0.75 to \$2.00</b>	<b>35 to 90 cents</b>	<b>\$2.20/kg or \$1.00/lb</b>
<b>Fruit</b>	<b>\$1.10 to \$2.40</b>	<b>50 cents to \$1.10</b>	<b>\$2.60/kg or \$1.20/lb</b>
<b>At a Glance, Canned Meat, Fish, Vegetables and Fruit</b>			
	<i>Range</i>	<i>Too expensive</i>	
<b>Meat and Fish</b>	<b>50 to 95 cents/100 gr</b>	<b>\$1.00/100 gr</b>	
<b>Vegetables</b>	<b>12 to 20 cents/100 ml</b>	<b>22 cents/100 ml</b>	
<b>Fruit</b>	<b>20 to 30 cents/100 ml</b>	<b>32 cents/100 ml</b>	



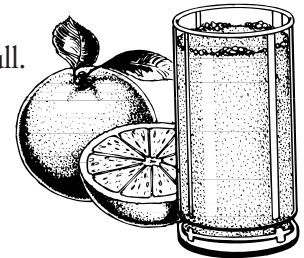
- Save up to 300%(\$10 to \$20) by buying items to be cooked instead of instant.  
Flaked oatmeal cereal is 15 cents/100 gr.                      Instant oatmeal cereal is 45 cents/100 gr.  
Raw long grain rice is 12 cents/100 gr.                      Instant rice is 36 cents/100 gr.  
Fresh potatoes are 10 cents/100 gr.                      Instant potatoes are 75 cents/100 gr.
- Save up to 500%(\$15 to \$20) on spices.  
Buy in bulk instead of in small containers. The exception is salt.

**Other Cost Savings are:**

- Save by using raw long grain brown rice. It is healthy, takes longer to cook but can be cooked ahead of time and reheated when used. A 5 kg bag costs \$6.00 and makes 100 cups of cooked long grain rice.
- Make biscuits (4-6 cents each) in place of store bought bread (5-9 cents/slice).
- Make a low cost pancake (no milk or egg) at 2-3 cents. It can be used in place of toast.
- Do not peel or discard any part of a vegetable. While only washing is required, you can use a copper wire pad to remove a thin layer of the outer skin. Save parts not used for soup.
- The recipes often include items that are optional and can be omitted.
- Margarine is not required if using another spread. Only use one spread at a time.
- For fried items, you can often use small quantities of water instead of oil or margarine.
- Make vegetable soup to avoid having to throw out vegetables that would otherwise spoil.
- Store fruit and vegetables properly to prevent spoilage.

**Some tips at mealtime are:**

- Drink at least 6 to 8 glasses of water per day.
- When serving a main meal, using a smaller plate will make it look larger.
- When serving small portions (for example fruit), cut into small pieces and serve on a small plate.
- Start the meal with a small serving of fruit, shredded vegetables or raw vegetables cut into small pieces. For dressings see salads in Chapter 8B.
- Eat slowly. Fully chewing your food will help you enjoy it and make you feel full.



**Some Suggested Average Serving Amounts per person are:**

*Juice, Fruit and Vegetables*

- 1/2 cup of juice or fruit (for breakfast, lunch and other occasional servings)
- 1/2 cup serving of potatoes (each day) \*\*
- 3 servings of other vegetables (one 1/2 cup serving and 2 1/4 cup servings) each day

*Meat, Fish and Alternates*

- 1/2 cup meat or fish (each day either as a main meal or as part of a lunch meal)
- 1 cup of beans (at least 2 times/week)
- 1 to 2 eggs (2 to 3 times/week)

*Grain Products*

- 5 1/4 - 1/2 cup servings/day ((bread (1 slice), cereals, rice, pancakes and/or pasta))\*\*

### *Milk Products*

- 1/2 cup of milk from skim milk powder(4 times/day for youth and 3 times/day for adults)
- 2 tbsp serving of cheese at least 2 times/week
- 1/2 cup serving of ice cream at least 2 times/week

### **Note:**

\*\* If pasta or rice is used as a main meal, use 1 cup. As long grain brown rice is very low cost use it often in place of pasta or potatoes.

### *Other Notes*

Cost recommendations are only a guide.

However, low cost items will still be low cost even if there is an overall increase in food prices.

Cost for a meal for one person is 35 cents to \$1.10.

You do not need high quality cooking equipment. You do need a refrigerator or access to one.

See also *Appendix 9B, Cooking Utensils*.

# Chapter 2 – Planning & Shopping

- 1 Review what you have, want, need and can afford.
- 2 Planning and shopping becomes easier over time.

Some helpful ideas are:

- Try and shop at a large store twice/month and occasionally at a bulk food store.
- If you live near a smaller grocery store, check prices. There may be items that are low cost.



## Some Helpful Hints for Planning Food Purchases

- Chicken stock powder is desirable for making soup tastier.
- Vinegar and oil make low cost dressing.
- Beans and eggs are good low cost substitutes for meat.

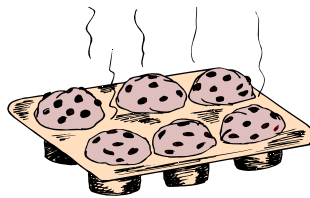
Below are some suggested meals. Use these as a guide when planning and preparing your shopping list. For more detail, see Chapter 3, *Breakfast*, Chapter 4, *Lunch*, Chapter 5, *Supper* and Chapter 6, *Dessert*.

### Breakfast (includes sugar, jam, syrup)

1/2 cup oatmeal cereal, 1 cup milk, 2 toast, 1/2 cup fruit or juice, hot drink	60 cents/meal
3/4 cup dry boxed cereal, 1 cup milk, 2 toast, 1/2 cup fruit or juice, hot drink	70 cents/meal
1 egg, 1 cup milk, 3 toast, 1/2 cup fruit or juice, hot drink	70 cents/meal
6 small pancakes, 1 cup milk, 1/2 cup fruit or juice, hot drink	72 cents/meal
1 muffin, 1 cup milk, 1/2 cup fruit or juice, hot drink	50 cents/meal
2 french toast, 1 cup milk, 1/2 cup fruit or juice, hot drink	94 cents/meal

### Lunch (includes sugar, spreads, spices)

1 sandwich, 1/2 cup soup, 1/2 cup vegetables, drink	65 cents/meal
1 sandwich, 1/2 cup salad, 1/2 cup fruit, drink	60 cents/meal
1 cup soup, 1 muffin or 2 bread, other, drink	70 cents/meal
1 cup salad, 1 muffin, other, drink	55 cents/meal
3/4 cup oatmeal, 2 bread, other, drink	45 cents/meal
6 pancakes, other, drink	50 cents/meal
1 cup beans, 2 bread, other, drink	45 cents/meal
Small desserts as snacks	15 cents/snack



### Supper (includes sugar, spreads, spices)

Meat, potato (rice or pasta), vegetables, drink, other	\$1.10/meal
Fish, potato (rice or pasta), vegetables, drink, other	\$1.10/meal
Casserole, 1 bread, drink, other	80 cents to \$1.00
Stew, 2 bread, drink, other	90 cents/meal
1 cup soup, 1 sandwich, drink, other	90 cents/meal
6 pancakes, drink, other	60 cents/meal
2 eggs, 2 bread, drink, other	70 cents/meal
1 cup beans, 1 bread, drink, other	50 cents/meal

Drink is 1/2 cup milk or 1/2 cup juice or 1 cup hot drink for 3 to 10 cents.\*\*

Bread is store bought or homemade biscuits, cornmeal or banana bread for 5 to 7 cents.

Other is 1/2 cup salad, 1/2 cup soup, 1/3 cup beans or a small dessert for 15 to 20 cents.

\*\* If juice is not served, use 1/2 cup of lemonade as a cold drink.

In the following table, not all items are required each month. Some can be purchased over time.

### What you need for all meals for 1 month for 4 persons

\* indicates basic items \*\* indicates bulk price \*\*\* best price is 1.36L can(fresh) or 340ml can of frozen(1.36L)

\*\*\*\* the prices below the budget amounts are the estimated costs of the amounts needed.

Milk: 6.5 kg of powder makes 260cups of milk. Juice: 17 liters is about 13 cans.

Item	Amount Needed	Cost/Item	Budget ****	Best Store Buy
Meat and Fish *	8-10kg(18-22lb)	\$3.00 - \$5.50/kg (\$1.40-\$2.50/lb)	\$40-\$45	\$3.00-\$4.50/kg
Vegetables *	25-30kg(55-66lb)	80cents - \$2.00/kg (35-90cents/lb)	\$30-\$35	\$0.80-\$1.50/kg
Fruit *	11-14kg(25-30lb)	\$1.00 - \$2.20/kg (45-99cents/lb)	\$25-\$30	\$1.00-\$2.00/kg
Juice *	17 liters	6 - 11 cents/100ml	*** \$12-\$14	\$1.00/can of fresh/frozen
Eggs *	5 dozen, med	\$2.00 - \$2.35/dozen	\$11-\$12	\$2.00-\$2.20/dozen
<b>Milk/Cheese/Ice Cream *</b>			<b>\$55-\$60</b>	
Powdered milk*	6.5 kg (11 lb)	70 - 99 cents/100gr	\$48.00	2.5 kg bag (\$*18.00)
Cheese *	1 kg	50 - 80 cents/100gr	\$ 6.00	500gr bottled/sliced (\$3.00)
Ice Cream *	4 liters	10 - 14 cents/100ml	\$ 4.50	4 liters (\$4.00)
<b>Rice/Pasta/Dried Beans/Oatmeal cereal *</b>			<b>\$15-\$17</b>	
- rice	6kg	10 - 20 cents/100gr	\$ 7.00	5 kg bag (\$6.00)
- pasta	2 kg	10 - 20 cents/100gr	\$ 3.00	1 kg bag (\$1.50)
- dried beans*	2.2 kg	18** - 25 cents/100gr	\$ 4.40	1 lb bag (\$1.15)
- oatmeal cereal	2.0 kg	10** - 20 cents/100gr	\$ 3.00	1.3kg bag (\$3.50)
<b>Baking</b>			<b>\$25-\$27</b>	
- baking powder*	750 gr	24** - 66 cents/100gr	\$3.00	450 gr can (\$2.50)
- baking soda	70 gr	14** - 22 cents/100gr	\$0.14	500 gr box (\$1.00)
- cornmeal	600 gr	14** - 30 cents/100gr	\$1.50	500 gr bag (\$1.00)
- flour, white*	12 kg	7** - 14 cents/100gr	\$9.00	10 kg bag (\$7.00)
- shortening*	1.4 kg	30 - 40 cents/100gr	\$5.00	454 gr box (\$1.50)
- sugar, white*	4 kg	10** - 11 cents/100gr	\$2.40	2 kg bag (\$2.30)
- vegetable oil*	1 liter	18 - 22 cents/100gr	\$2.00	3 liter bottle (\$5.00)
Bread, store made	12-14 loaves	90 cents - \$1.30/loaf	\$13-\$15	
<b>Spreads</b>			<b>\$15-\$17</b>	
- jam spread *	650 ml	30 - 45 cents/100ml	\$2.50	750ml bottle (\$2.40)
- ketchup *	750 ml	17 - 42 cents/100ml	\$1.50	1 liter bottle (\$1.75)
- margarine *	454 gr	16 - 25 cents/100gr	\$1.00	1 lb tub (\$1.00)
- mayonnaise	250 ml	17 - 40 cents/100ml	\$0.55	950ml bottle (\$1.80)
- molasses *	2.5 kg	16 - 25 cents/100ml	\$5.00	1 kg box (\$2.00)
- mustard *	750 ml	14 - 20 cents/100ml	\$1.00	750 ml bottle (\$1.00)
- peanut butter *	800 gr	25 - 35 cents/100gr	\$3.00	2 kg bottle (\$5.50)
<b>Flavorings/Hot Drinks/Store Packages/Miscellaneous</b>			<b>\$20-\$30</b>	
- cake mix *	1 package	22 - 35 cents/100gr	\$0.90	310gr package (80cents)
- canned soup*	1.7 liters	14 - 24 cents/100ml	\$3.00	284ml can (45cents)
- cocoa	100 gr	70 - 99 cents/100gr	\$1.00	no specials
- coffee, instant	120 gr	\$1.50 - \$2.00/100gr	\$1.80	200gr bottle (\$3.00)
- jello	1 package	35 - 40 cents/100gr	\$0.60	package for 8 (60cents)
- lemon conc. *	250 ml	22 - 55 cents/100ml	\$0.60	750ml bottle (\$1.70)
- muffin mix *	1 package	15 - 22 cents/100gr	\$1.50	900gr bag (\$1.50)
- pudding	1 package	70 - 90 cents/100gr	\$0.60	package for 4 (80cents)
- raisins *	320 gr	46 - 60 cents/100gr	\$2.00	no specials
- salt*	640 gr	5 - 7 cents/100gr	\$0.50	1 kg (55cents)
- soup stock*	240 gr	56 cents** - \$1.10/100gr	\$1.50	450gr can (\$4.50)
- spices	140 gr	\$1.00 - \$1.30**/100gr	\$2.50	150gr bag (\$2.25)
- tea *	100 bags	1 - 3 cents/tea bag	\$1.30	100 bags (\$1.30)
- vinegar *	500 ml	5 - 7 cents/100ml	\$0.50	4liter bottle (\$2.00)
- other items			\$4.00	

**Total cost for 1 month for a family of four is \$250-\$300**

Get to know your store. Take time to look around. For example, oatmeal cereal may be in the baking, bulk, cereal or large package sections. Ask for help from employees.



### **Prepare a Shopping List.**

- Plan for the next 2 weeks using the suggested meal items to help prepare the plan.
- Make your initial selection of meat, fish, fruit and vegetables.
- Select the other items you need from the table of “What You Need For All Meals”.
- Prepare your list using the sample lists from Appendix 9C as a guide.
- Stay within the suggested amounts.
- Just because an item is on sale doesn't mean you should buy more than you can use or store safely.
- Eat before going shopping.

### **Follow a Basic Shopping Procedure.**

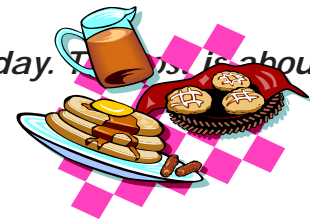
- 1 Obtain a flyer and check specials. If you do not have one, obtain one at the store. Take Appendix F, Shopping Guide” with you when you go to the store.
- 2 Check for reduced fresh meats, fruit and vegetables. Buy these items as they will be sold fast. Fish is usually not reduced in price.
- 3 Record what you buy (price, quantity) on your shopping list. Use pricing and quantities information for preparing future lists.
- 4 Select low cost fresh fruit and vegetables and again check for reduced items. Be prepared to make changes. For more details, see Chapter 5, *Supper, Including Meat Fish and Vegetables* and Chapter 6, *Dessert, Including Fruit*.
- 5 Select the items not requiring refrigeration. Use the cost codes to get lowest price.
- 6 Buy bulk items, if available at lowest cost. Some low cost bulk items are:
  - baking powder
  - spices
  - oatmeal
  - beans (navy)
  - corn meal
  - beef and chicken stock - sugar (white and brown)
- 7 Select low cost fresh and canned meat and fish. See Chapter 5, Supper.
- 8 Buy frozen items (meat, fish, ice cream, frozen orange juice and frozen vegetables). Fresh fish is usually not low cost. In cart, place frozen items around fresh meat/fish.
- 9 Check again to see if any new reduced items are available. If so, return the more expensive ones.
- 10 Watch carefully at the check out as there are often mistakes made by the clerks. Make sure that you get the reduced prices as these are often not in the computer system.



# Chapter 3 Breakfast

*A good breakfast provides energy for a positive start to the day. A good breakfast is about:*

- 60 to 73 cents/day or \$18.00 to \$22.00/month for 1 person
- \$2.40 to \$2.92/day or \$72.00 to \$88.00/month for 4 persons



Suggested Items for 1 Person for 1 Month

Suggested Item	Serving Size	Cost/serving	Servings/month	Total Cost
Oatmeal cereal	1/2 cup	3 cents	20	60 cents
Dry boxed cereal	3/4 cup	10 cents	2	20 cents
Pancakes	6 small (4 inch)	30 cents	1	30 cents
Eggs	1 medium	16 cents	4	64 cents
French toast	2 slices	40 cents	1	40 cents
Juice	1/2 cup	9 cents	15	\$1.35
Milk	1 cup	20 cents	30	\$6.00
Fruit	1/2 cup	30 cents	15	\$4.50
Toast	1 slice	6 cents	30	\$1.80
Muffins	1	8 cents	3	24 cents
Hot drinks (adults)	1 cup	2 cents	12	24 cents
Miscellaneous				\$2.63
<b>Total Cost per Person for 1 Month</b>				<b>\$19.00</b>

## Breakfast (includes sugar, jam, syrup)

1/2 cup oatmeal cereal, 1 cup milk, 2 toast, 1/2 cup fruit or juice, hot drink	60 cents/meal
3/4 cup dry boxed cereal, 1 cup milk, 2 toast, 1/2 cup fruit or juice, hot drink	70 cents/meal
1 egg, 1 cup milk, 3 toast, 1/2 cup fruit or juice, hot drink	70 cents/meal
6 small pancakes, 1 cup milk, 1/2 cup fruit or juice, hot drink	72 cents/meal
1 muffin, 1 cup milk, 1/2 cup fruit or juice, hot drink	50 cents/meal
2 French toast, 1 cup milk, 1/2 cup fruit or juice, hot drink	94 cents/meal

*Note: If juice is not served, use 1/2 cup of lemonade as a cold drink.*

## Cost Reductions

There are not many options for reducing breakfast costs. However, for some meals either fruit or juice (but not both) might be served. Not all individuals will have milk with each meal. Make pancakes without adding an egg or milk (use water instead). Serve larger portions of oatmeal leaving out the toast.

## Time Savings for Preparing for Breakfast

- It only takes 10 to 15 minutes to prepare hot oatmeal cereal.
- Eggs are probably best served on the weekend or in place of meat.
- It takes about 20 minutes/batch to prepare pancakes. They can be made the day before.
- Muffins should be made the day before or on the weekends as they take 1 hour to make.
- Mix frozen juice the night before.
- Make milk the day before using powdered skim milk and keep it in the refrigerator.

- 1 The best breakfast item is cooked oatmeal cereal. It is low cost and good for you. It is recommended 5 days/week. Instant oatmeal and dried boxed cereal are 3 times more expensive. If oatmeal is not an option choose low cost dried boxed cereals.
- 2 Milk made from skim milk powder is 1/2 the cost of whole milk.
- 3 Buy only low cost canned or frozen juices. Avoid fruit drinks, fruit punches and fruit crystals.
- 4 Buy whole wheat bread if it is about the same price as white.
- 5 If the cost of store bought bread is high, use homemade biscuits, cornmeal or banana bread. Also, low cost pancakes made without milk or egg can be used in place of toast.
- 6 French toast (bread soaked in milk and beaten egg and then fried) makes for a change.
- 7 A cup of tea or coffee can be made for about 2 to 3 cents/serving. One tea bag can make 4 to 5 cups of tea. Left over tea can also be reheated.
- 8 Molasses, margarine and jam cost about 3 cents/serving.
- 9 In place of a hot drink when juice is not served, you can make a low cost lemonade using 3 tsp of lemon concentrate with 1 tsp of sugar to 1 cup of cold water. Cost is about 2 to 3 cents for 1/2 cup.

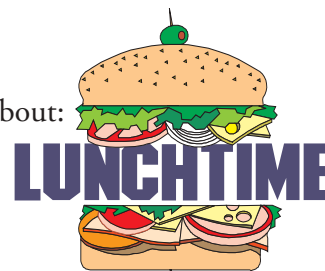


# Chapter 4 – Lunch

## Home, Packed for Takeout and Snacks

Lunch is made more difficult because of packed takeout lunches. The cost is about:

- 75 to 85 cents/day or \$22.00 to \$26.00/month for 1 person
- \$3.00 to \$3.40/day or \$88.00 to \$104.00/month for 4 persons



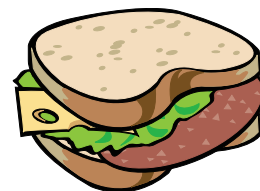
## Suggested Items for 1 Person for 1 Month

Items	Serving size	Cost/Serving	Servings/Month	Total Cost
Sandwiches	1	20 cents	15	\$3.00
Soup	1 cup	45 cents	4	\$1.80
Soup, small	1/2 cup	25 cents	5	\$1.25
Salad	1 cup	30 cents	4	\$1.20
Salad, small	1/2 cup	15 cents	10	\$1.50
Vegetables	1/2 cup	12 cents	5	\$0.60
Milk	1/2 cup	10 cents	30	\$3.00
Juice	1/2 cup	9 cents	15	\$1.35
Fruit	1/2 cup	30 cents	10	\$3.00
Desserts*	1/2 cup	15 cents	3	\$0.45
Cookies	2	8 cents	30	\$2.40
Biscuits	1	5 cents	6	\$0.30
Hot & cold drinks	1 cup	3 cents	30	\$0.09
Beans	3/4 cup	15 cents	3	\$0.45
Pancakes, 4 inch	6 small	25 cents	3	\$0.75
Oatmeal	3/4 cup	3 cents	3	\$0.90
Muffins	1	8 cents	2	\$0.16
Breads	1	6 cents	10	\$0.60
- Miscellaneous (sugar, spreads, spices, others)				\$1.50
<b>Total cost per person for 1 month</b>				<b>\$24.00</b>

\* For desserts see Chapter 6.

## LUNCH (includes sugar, spreads, spices and other)

1 sandwich, small soup, 1/2 cup vegetables, drink	65 cents/meal
1 sandwich, small salad, 1/2 cup fruit, drink	60 cents/meal
Soup, 1 muffin or 2 bread, other, drink	70 cents/meal
Salad, 1 muffin, other, drink	55 cents/meal
3/4 cup oatmeal, 2 bread, other, drink	45 cents/meal
6 pancakes, other, drink	50 cents/meal
1 cup beans, 2 bread, other, drink	45 cents/meal
Small desserts as snacks	15 cents/snack



## Cost Reductions

There are some options for reducing lunch costs such as: Serving beans, pancakes, rice and oatmeal more often. Making more use of small salads or raw vegetables. Minimizing desserts.

### **Time Savings For Preparing Home & Takeout Lunches**

- Make sandwiches at home or package the items to assemble at lunchtime.
- Prepare soup, stew or beans in the afternoon, evening or on weekends.
- Soup or beans can be reheated.
- Make biscuits as they only need 20 minutes preparation time and are low cost.
- Cookies, muffins and breads should be made the night or day before or on the weekend.
- Desserts can be made prior to lunch, in the evening or the day before.
- Salads can be made up just before lunch or in the morning for a packed takeout lunch.
- Try not to add dressing to a salad until just before it is served.
- Coleslaw can be made and kept safely in the refrigerator for more than one month.
- It is safe to include coleslaw for packed takeout lunches as long as cold packs are used.
- Left over rice, potatoes, pasta, vegetables and casseroles can be reheated for lunch.
- For some packed takeout items, reheating or cold storage packs may be required.

### **Packed Takeout Lunches**

- Some people take the same items every day, but there is opportunity for more variety.
- Most home lunches can be used but a lot of care must be taken to keep them from spoiling.
- Milk powder can be put in a bottle and cold water added at lunch.
- If free milk is given at school, you could also include a small container of juice.
- Buy cold packs and small plastic containers at “dollar stores” to keep foods safe.
- Some items that require cold packs are: Meat and fish, sandwiches made with mayonnaise, hard-boiled eggs and casseroles with meat or fish.
- Some items that do not require cold packs are: Fried rice (no meat or eggs), vegetable soup, beans, casseroles without meat or fish, many sandwiches, fruits and vegetables.

### **Other Lunch Notes**

- Small desserts are home made cookies, cakes, fruit, ice cream or combinations.
- If using spreads such as mustard or mayonnaise, you do not need to also use margarine.
- Include home made biscuits, muffins, snacks and hot drinks for home and packed takeout lunches. Have a glass of water with each meal.
- Low cost non-meat sandwich ingredients for 3 to 14 cents are 1 to 2 tbsp of peanut butter, mustard, jam, vegetables, a 1/2 boiled egg or 1 slice of cheese.
- Low cost meat or fish sandwich ingredients for 1 sandwich at 7 to 10 cents are 1 to 2 tbsp of canned meat or fish or 1 thin slice of bologna, luncheon meat or corned beef.
- Mustard, mayonnaise, ketchup or margarine for sandwiches cost about 1-2 cents.



# Chapter 5 Supper

## *Including Meat, Fish, Vegetables, Rice and Pasta*

Supper is usually the most expensive meal of the day. The cost is about:

- 83 cents to 96 cents/day or \$25.00 to \$29.00/month for 1 person
- \$3.30 to \$3.85/day or \$100.00 to \$116.00/month for 4 persons



## **Suggested Items for 1 Person for 1 Month**

<i>Items</i>	<i>Serving Size</i>	<i>Cost/Serving</i>	<i>Servings/Month</i>	<i>Total Cost</i>
Meat fresh/frozen(no bone)	80 gr *	45 cents	7	\$3.15
Meat fresh/frozen(with bone)	110 gr	45 cents	5	\$2.25
Meat, canned(184 to 340 gr)	1/3 can	35 cents	4	\$1.40
Fish, fresh/frozen	1/3 cup	45 cents	2	\$0.90
Fish, canned(170 gr)	1/3 can	40 cents	2	\$0.80
Vegetables, canned/fresh/frozen	3/4 cup	22 cents	20	\$4.40
Small salads	1/3 cup	10 cents	15	\$1.50
Pasta, rice, potato	1/2 cup	12 cents	20	\$2.40
Beans	1 cup	20 cents	3	\$0.60
Pancakes (4 inch size)	6 small	25 cents	2	\$0.50
Milk	1/2 cup	10 cents	15	\$1.50
Juice	1/2 cup	9 cents	10	\$0.90
Eggs	2 medium	32 cents	3	\$0.96
Desserts	1/2 cup	15 cents	12	\$1.80
Biscuits/breads	1	6 cents	16	\$0.96
Miscellaneous				\$2.98
<b>Total Cost per Person for 1 Month</b>				<b>\$27.00</b>

*\* 1 lb of hamburger divided into 6 portions is about 80 grams.*

### **Supper (includes sugar, jams, syrups, hot drinks)**

Meat, potato (rice or pasta), vegetables, drink, other	\$1.10/meal
Fish, potato (rice or pasta), vegetables, drink, other	\$1.10/meal
Casserole, 1 bread, drink, other	80 cents to \$1.00
Stew, 2 bread, drink, other	90 cents/meal
1 cup soup, sandwich, drink, other	90 cents/meal
6 pancakes, drink, other	60 cents/meal
2 eggs, 2 bread, drink, other	70 cents/meal
1 cup beans, 1 bread, drink, other	50 cents/meal

Drink is 1/2 cup milk or 1/2 cup juice or 1 cup hot drink for 6 to 10 cents.\*\*

Bread is store bought or homemade biscuits, cornmeal or banana bread for 5 to 7 cents.

Other is 1/3 cup salad, 1/3 cup soup, 1/3 cup beans or a small dessert for 20 cents.

**\*\* If juice is not served, use 1/2 cup of lemonade as a cold drink.**

## Cost Reductions

There are some options for reducing supper costs, such as: Having beans, pancakes and long grain rice more often. Using small servings of salads with each meal. Serving banana bread and other low cost desserts. Reducing the 3/4 cup serving of vegetables to 1/2 cup. Making more use of biscuits (especially when bread is expensive). Keeping the price of fruit, vegetables, meat and fish as low as possible by careful shopping.

## Meat and Fish

If the price is more than \$6.00/kg (\$2.75/lb), it is too expensive.

You can average \$4.50/kg (\$2.00/lb) by buying low, medium and higher priced low cost items.

*Low cost meats (such as wieners or bologna) should only be used occasionally when more nutritious meats are not available at low cost. Others such as sausage or frozen fish in batter are high in fat and should also be limited in use. However, some of these will have to be purchased in order to have an average cost that will permit purchasing some of the more nutritious meats.*

At a glance, some low cost fresh & frozen items		
<i>Less than \$4.00/kg (\$1.75/lb)    Less than \$4.50/kg (\$2.00/lb)    Less than \$5.00/kg (\$2.25/lb)</i>		
Pork liver	Chicken bologna ***	Small chicken roast **
Chicken wieners ***	Chicken thighs	Hamburger **
Chicken legs *	Beef wieners	Beef roast **
Turkey drum sticks *	Beef liver	Fish in batter (frozen)
Hamburger (frozen)**	Beef bologna	Pork shoulder roast **
Salmon (large frozen) **	Fish cakes	Boneless ham **
	Sausage (frozen)	

\*good in soup or stew

\*\* store special

\*\*\* no difference in taste from beef

At a glance, some low cost canned items			
<i>Less than \$1.00/can</i>		<i>Less than \$2.00/can</i>	
184 gr can of flaked chicken, ham or turkey		213 gr can salmon (usually rose)	
170 gr can of flaked tuna		349 gr can corned beef or luncheon meat	
At a glance, serving portions			
Fresh/frozen-no bone	Fresh/frozen-with bone	340 gr canned	184 or 213 gr canned
80 grams/person	110 grams/person	6 servings/can	4 servings/can
<i>184 gr or 213 gr cans are good in casseroles or for sandwiches.</i>			
At a Glance, Major Cost Savings (\$13.00 to \$19.00)			
Quantity	Cost	If aver. price \$5.50/kg	If aver. price \$6.00/kg
9 kg (20 lb)	\$42.50	Extra cost \$9.00	Extra cost \$14.00
			Use smaller portions
			Save \$4 to \$5

Suggested Amount/month is \$40-\$45.

This buys 8-10 kg(18-22 lb) and makes 25-30 servings for 4.

## Vegetables

If the price of *fresh* is more than \$2.20/kg(\$1.00/lb), it is too expensive.

You should average \$1.50/kg (70 cents/lb) by buying low and medium priced items.

## At a glance, some low cost fresh, frozen & canned items

<i>Fresh, 90cents to \$1.55/kg or 40 to 70cents/lb (buy first)</i>	<i>Frozen, \$1.40 to \$2.00/kg or 65 to 90cents/lb (buy second)</i>	<i>Canned, 12 to 20cents/100ml (buy last)</i>
Cabbage	Corn niblets	Carrots
Carrots	Carrots	Creamed corn
Onions	Mixed vegetables	Mixed vegetables
Turnip	Peas	Peas
Squash (occasionally)	String beans	String beans
Other (occasionally)	French fries	Tomatoes

### Notes:

- Always check for specials on other fresh vegetables at less than \$2.20/kg or \$1.00/lb.
- For variety, include at least 1 kg bag of frozen vegetables each time you go shopping.
- Frozen fries are usually less than \$1.40/kg. Use occasionally as a change.
- Include some canned vegetables (they are high in salt), especially tomatoes.

## At a glance, serving portions

Cooked fresh/frozen	398 ml can	Cooked potatoes	Fresh, raw or shredded
1/2 to 3/4 cup	1/4 of can	1/2 cup	1/4 to 1/2 cup

Have 3 servings of vegetables/day/person with one main serving of 1/2 cup and 2 small servings of 1/4 cup.  
Have 1/2 cup of potatoes, if not having rice or pasta.

Storage of vegetables (keep dry, if moist they spoil quickly)

- For turnip and cabbage, wrap in plastic and store in refrigerator.
- For potatoes, carrots and onions keep in a cool dry location or in the refrigerator crisper.
- Squash can be kept for several months uncovered at room temperature (never in a bag).

If cost/kg of fresh vegetables is not given, it is difficult to know best buy.

- If cost/lb, the price should be less than 80 cents/lb.
- If on an individual basis, it should serve 4 persons for less than 80 cents.
- If by the bag, the maximum prices (try for less) should be:
  - 1 lb bag – 80¢
  - 2 lb bag – \$1.50
  - 3 lb bag – \$2.25
  - 4 lb bag – \$3.50
  - 5 lb bag – \$6.00

## At a glance, major cost savings (\$15 - \$21)

Quantity	Cost	If aver. price \$2.00/kg	If aver. price \$2.20/kg	Use smaller portions
25 kg (55 lb)	\$32.50	Extra cost \$12.50	Extra cost \$17.50	Save \$3 to \$4

Suggested Amount/month is \$30.00-\$35.00.

This buys 25-30kg(45-66 lb) and makes 45-55 servings for 4.

## Rice, pasta and potatoes at a glance

<i>Items</i>	<i>Cost/1/4cup uncooked</i>	<i>When cooked is</i>	<i>Cost/cup cooked</i>	<i>Time to cook</i>
Raw brown rice	6 cents	1 cup	6 cents	45 min
Raw white rice	6 cents	3/4 cup	8 cents	20 min
Instant rice	8 cents	1/2 cup	16 cents	10 min
Pasta	6 cents	1/2 cup	12 cents	20 min
Potatoes	6 cents	1/4 cup	24 cents	20 min

Use raw long grain brown rice often. A 5kg bag costs \$6.00 and makes 100 cups of cooked rice. 100 cups of pasta would cost \$12.00 and 100 cups of potatoes would cost \$24.00. Brown rice is not always available in a large bag but it is still a good buy.

### Time Savings for Preparing for Supper

- Prepare meat (or fish), potatoes (rice or pasta) and vegetables before supper if possible. If not, you might be able to cook the meat, potatoes, vegetables or rice during the evening and reheat them the next day. Pasta should be made just before serving.
- A large dish of baked beans can be made and served on one day with enough for a second meal. Make a batch on the weekend. You can also freeze them. Don't use a microwave for thawing or cooking beans as they can become overcooked very quickly. If home made not available, low cost canned beans can be heated when needed.
- A large batch of soup or stew can be made for two meals. Make during the day, in the evening or on the weekend. You can also freeze them.
- Usually a casserole for four will only be made for one meal. You would need a very large casserole dish for 2 meals. Make on day served, in the evening or on the weekend.
- Raw rice is more difficult to prepare. You might want to prepare it the day before and reheat it when it is served. The procedures for preparing rice are as follows (don't use the procedure on the package as it is too difficult and doesn't always work).
  - For long grain brown rice (it is nutritious), use 2 1/2 cups of water for 1/2 cup of rice. Add rice and water to a pot, bring to a boil and boil uncovered for about 40 to 45 minutes. Stir frequently and if necessary add more water. Remove before it is completely dry. Serve or let cool, cover and store in the refrigerator.
  - For long grain white rice, use 2 cups of water for 1/2 cup of rice. Add rice and water to a pot, bring to a boil and boil uncovered for about 15 to 20 minutes. Stir frequently and if necessary add more water. Remove before it is completely dry. Serve immediately or let cool and store covered in the refrigerator until ready to use.
  - To reheat rice, place amount to be used in a pot (or a frying pan), add 2 tbsp of water and heat on medium until warm throughout. Stir often until almost dry and fluffy. You could also add a tsp of soya sauce or ketchup for flavor. Add salt when served.

# Chapter 6 Dessert

## Including Fruit

There are many desserts and they are generally high priced. Some may be high in sugar.

Suggested Items & Cost per Person

Items	Serving size	Cost/ serving
Cakes	1 slice (1/10 of cake)	13 to 23 cents
Cookies	2 (3 to 4 inches wide)	6 to 10 cents
Fruit, apples	small	20 to 25 cents
Fruit, bananas	small	20 to 25 cents
Fruit, orange	1/2 medium	25 to 35 cents
Fruit, others	1/3 cup	15 to 22 cents
Fruit, canned	1/3 cup	17 to 21 cents
Jello	1/2 cup	7 to 10 cents
Ice cream	1/4 cup	6 to 10 cents
Pudding	1/2 cup	15 to 25 cents
Yogurt, frozen	1/4 cup	12 to 15 cents
Yogurt, fresh	1/2 cup	50 to 60 cents



## Fruit

If the price of *fresh* fruit is more than \$2.60/kg or \$1.20/lb, it is too expensive.

You should average \$2.00/kg (90cents/lb) for *fresh* and 26cents/100ml for *canned*.

At a glance, some low cost canned and fresh items	
<i>Fresh</i>	<i>Canned, 20 to 30 cents/100 ml</i>
Bananas at less than 70cents/lb or \$1.50/kg 1 small banana is about 25cents	Apple sauce
Apples at less than \$1.10/lb or \$2.40/kg 1 small apple is about 25 cents	Fruit cocktail
Oranges at less than \$1.20/lb or \$2.60/kg 1 small orange is about 40cents	Peaches
Other fruit if less than \$2.60/kg	Pears

**Notes:** Bananas are low cost most of the year.  
Apples and oranges are low cost in season or if on special.  
Low cost canned fruit is available all of the year. It is also high in sugar if canned in syrup.  
Include some canned fruit when you shop, especially if the price of fresh is high.

Storage of fruit is important.

- Store in the crisper of your refrigerator or in a cool location in your house.
- Apples and oranges can be stored for up to a month and bananas for 2 weeks.

### At a glance, low cost serving portions

Banana:	1/2 to 1 small
Apple:	1/2 to 1 small
Orange:	1/2 to 1 small
796 ml can with juice:	8 servings

- Only remove the thin yellow outer layer of the orange (save this for marmalade).
- Cutting fresh fruit into small pieces makes for a larger looking serving.
- Because fruit is usually very expensive, if larger portions are served, you will not be able to have fruit every day. When prices are low, you can increase the amount served.

*Note:* The white portion of the orange can be eaten. Save the thin yellow outer layer to make a low cost marmalade as follows.

- Cut the peel into small pieces. Store in a plastic bag in freezer until you have 2 cups.
- Add peel and 6 cups of water to pot. Cover and store over night.
- Boil in covered pot for 20 minutes. Store covered overnight.
- Add 2 cups of sugar to mixture. Simmer boil in covered pot 3 hours. Mash and simmer boil for 1/2 hour. If it becomes dry, add a small amount of boiling water.
- Cool and store in clean covered bottles in refrigerator. It will last for 2 months.

If prices for apples or oranges are high, use more bananas, canned fruit and less apples and oranges. Try and have fresh fruit for at least 1/2 of your total fruit purchases. You can also buy extra juice at a cost of \$1.00 for 1,360 ml (5 1/2 cups) to replace expensive fruit.

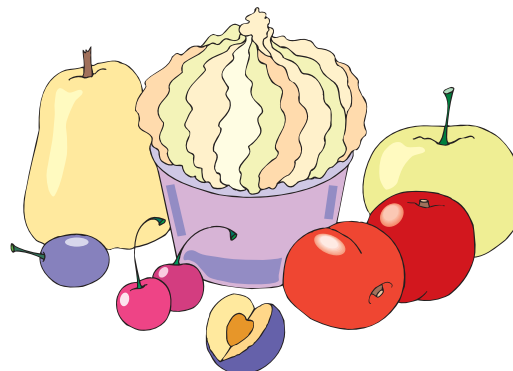
If the cost/kg of fresh fruit is not given, it is difficult to know best buy.

- If cost/lb, the price should be less than \$1.10/lb.
- If on an individual basis, it should serve 4 persons for less than 80 cents.
- If by the bag, the maximum prices (try for less) should be:

1 lb bag:	\$1.10
2 lb bag:	\$2.20
3 lb bag:	\$3.20
4 lb bag:	\$4.20

### At a glance, major cost savings (\$16.00 to \$22.00)

Quantity:	11kg (24 lb)
Cost:	\$22.50
If average price \$2.00/kg:	Extra cost \$12.50
If average price \$2.20/kg:	Extra cost \$17.50
Use smaller portions:	save \$4 to \$5



Suggested Amount/month for fruit is \$25.00-\$30.00  
This buys 25-30lb(11-14kg) of fruit and makes 28-35 servings for 4.



# Chapter 7 Baking

Home baked items are usually cheaper than store bought. You should provide 5 single servings of breads, biscuits or muffins/person/day.

## Suggested Items to be Baked for 1 Month

Items	Serving Size	Cost/serving	Quantity/month
Cornmeal Bread	1 slice	7 cents	4 loaves (60 slices)
Banana Bread	1 slice	5 cents	4 loaves (60 slices)
Tea Biscuits ***	1 biscuit	5 cents	16 batches (256 biscuits)
Muffins, home made	1 muffin	9 cents	2 batches (24 muffins)
Muffins, package mix	1 muffin	15 cents	2 batches (24 muffins)
Cake, white	1slice	11cents	1 cake (10 slices)
Cake, chocolate	1slice	16 cents	1 cake (10 slices)
Cake, packaged mix	1slice	11 cents	1 cake (10 slices)
Cookies, carrot	2	3 cents	2 batches (100 cookies)
Cookies, molasses	2	3 cents	2 batches (100 cookies)
Cookies, peanut butter	2	4 cents	2 batches (100 cookies)
Cookies, sugar	2	3 cents	2 batches (100 cookies)
Pudding, bread	1/2 cup	17 cents	2 puddings (4 cups)
Pudding, homemade fruit	1/2 cup	15 cents	2 puddings (4 cups)
Pudding, rice	1/2 cup	16 cents	2 puddings (8 cups)



\*\*\* Additional store bought bread will have to be purchased if the bread items are not made.

## What You Need to Bake the Above Items

Baking Powder, 25 tbsp	• Baking Soda, 16 tsp	• Bananas, 12
Carrots, 2 cups	• Cake Mix, 1 package	• Cinnamon, 2 tsp
Cocoa, 7 tbsp	• Cornmeal, 2 cups	• Eggs, 13
Flour, 50 cups	• Fruit, 1 cup	• Ginger, 1 tbsp
Milk, 30 cups	• Molasses, 3 cups	• Muffin Mix, 1 package
Oatmeal, 3 cups	• Peanut butter, 1/2 cup	• Raisins, 1 cup
Rice, 1/2 cup	• Shortening, 9 cups	• Sugar, brown, 1/2 cup
Sugar, white, 16 cups	• Vanilla, 11 tsp	• Vegetable Oil, 4 cups
Vinegar, 8 tsp		

- Bread is a main food item. Some key points are:
  - It is cheaper to buy bread than to make it. It is also difficult to learn how to make bread.
  - If only shopping twice a month you will have to make bread items. Biscuits are recommended as they are low cost, easy to make and can be made in about 20 minutes.
  - You need about 20 loaves/month (3 slices/person/day) of bread if all store bought.
  - Easy to make alternatives are biscuits, muffins, cornmeal bread and banana bread.
  - Banana bread is a low-cost sweet bread. Buy price reduced bananas at 1/2 price.

- 2 Make baking a family activity. Children get pleasure from helping. They enjoy food more if they help make it. They also learn how to cook.
- 3 Once/week bake (in addition to biscuits) cornmeal bread, banana bread, muffins, cookies and cake. Most of these can be made in the evening or on the weekend. By baking some items at the same time, you only need to do this 4 times per week. Make biscuits and puddings before a meal. If baking any of the above is too difficult, make more biscuits.
- 4 You can also use some whole wheat flour mixed with white when making biscuits. Start by adding a small quantity as it may increase the cooking time.
- 5 Baking powder is used to raise dough and with time can lose effectiveness. To check, add a pinch to water (it should bubble). Baking powder and baking soda raise dough.
- 6 Baking ingredients are generally lower cost at the bulk food stores. Bulk food stores also allow you to buy small quantities of the more expensive items such as spices.
- 7 The baking recipes do not require many spices or flavorings. However, salt is often used and it is low cost at a large store. Powdered chicken or beef stock may be required for soups and stew. If possible, buy in bulk. However low cost packages are available in large stores. Vinegar, mustard, ketchup and soya sauce are low cost in large stores.
- 8 Do not buy small packaged spices. For example, if price is \$1.00/20gr this is expensive at \$5.00/100gr. Buy the following spices in bulk and in small quantities when you can afford them. 1 Pepper, 2 Ginger 3, Poultry Seasoning, 4 Corn Starch, 5 Chili powder, 6 Cinnamon.
- 9 Other notes:
  - Pepper is very expensive especially if used in place of salt.
  - Poultry seasoning should be the main spice for use with chicken.
  - Stock powder is very important to give flavor to soups and stews. It can also be used in place of poultry seasoning.
  - Ginger and cinnamon are often interchangeable. They can be used to make a hot drink.
  - Vinegar is good in salads.
  - A small quantity of chili powder gives a lot of taste. Use in place of curry or cayenne pepper.
  - Cornstarch is good as a thickener for gravy and stew in place of flour.



# Chapter 8A Recipes – Breakfast

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## Table of Contents

*Note: Below are the average costs for a family of 4, if you buy items at the lowest prices.*

### **Cereal – use 1/2 to 3/4 cup of cereal per person (does not include cost of milk or sugar)**

- Cooked oatmeal 8 to 16 cents
- Cooked red river 20 to 22 cents
- Cooked cream of wheat 32 to 34 cents
- Cooked instant cereal 40 to 45 cents
- Boxed dry cereal 33 to 45 cents

### **Eggs - use 1 -2 medium eggs per person**

- Boiled 64 to 72 cents
- Scrambled (with milk added) 74 to 84 cents

### **French Toast - use 2 slices per person (includes cost of toppings)**

\$1.43 to \$1.81

### **Milk - use 1/2 cup/person (for youth, 4 servings/day and for adults 3 servings/day)**

- Cost of powdered milk, 1 cup is 18 to 23 cents, and for 6 is \$1.08 to \$1.38
- Cost of whole milk, 1 cup is 39 to 40 cents, and for 6 is \$2.34 to \$2.40

### **Pancakes - use 5 to 6 small (4 inch) pancakes per person (includes cost of toppings)**

- Home made (with milk and egg) \$1.03 to \$1.41
- Home made (no milk and egg) 52 to 78 cents
- Package mix with water 90 cents to \$1.20
- Package mix with milk and egg \$1.30 to \$1.70



## Cereal

A serving of oatmeal for one person is 1/4 cup of oatmeal to make 1/2 cup of cooked cereal. A serving of boxed dry cereal is about 3/4 cup (it can vary with the type of cereal). A cup of oatmeal is 80 gr and the best price is 10 to 20 cents/100gr.

### Oatmeal, What You Need (for 4 persons)

- 1 cup flaked oatmeal
- 4 cups water
- 1/4 tsp salt (optional)

### Preparation Method

- |   |                                    |   |                            |
|---|------------------------------------|---|----------------------------|
| 1 | Add water, salt and oatmeal to pot | 5 | Stir often to avoid lumps  |
| 2 | Bring to a boil                    | 6 | Keep a low boiling rate    |
| 3 | Reduce heat to low medium          | 7 | Reduce heat to simmer      |
| 4 | Cook for 8 to 10 minutes           | 8 | Cover until ready to serve |

### Good Ideas

- 1 For a smoother cereal, follow “Preparation Method” instead of the package instructions and use fine grained oatmeal (not large flaked). You can also use a microwave but it is harder to get a smooth tasting cereal.
- 2 Cooking cereal uncovered prevents boil over, gives a smoother texture, and lets you stir frequently.
- 3 Serve with 1 to 2 tablespoons of milk and 1/2 tsp of sugar or none.
- 4 For cooked cereal, you can use 1 tbsp of molasses instead of milk and sugar.
- 5 The cooking for Red River and Cream of Wheat cereal is the same as for Oatmeal. Quantities used are 3/4 cup of uncooked cereal to 4 cups of water for Red River cereal and 2 cups of uncooked cereal to 4 1/2 cups of water for Cream of Wheat.



# Eggs, Boiled and Scrambled

Use 1 medium egg per person.

## Well Done Boiled Egg, What You Need (for 4 persons)

4 eggs

### Preparation Method

- 1 Add eggs to cold water in a small pan
- 2 Bring to a boil on high heat
- 3 Cover the pan and remove from heat
- 4 Remove eggs after 15 to 17 minutes
- 5 Cool quickly with cold water
- 6 Serve immediately (serves 4 persons)

### Good Ideas

Well-done eggs give you the advantages of:

- Easily dividing eggs in half
- Using them as meat alternatives in casseroles
- Using them in salads

## Scrambled Eggs, What You Need (for 4 persons)

- 4 eggs
- 1/2 cup milk
- 1 tsp vegetable cooking oil



### Preparation Method

- 1 Add eggs and milk to a bowl
- 2 Mix thoroughly
- 3 Heat frying pan on medium, add oil, spread oil and add egg mixture
- 4 Turn frequently until soft and fluffy
- 5 Serve immediately

### Good Ideas

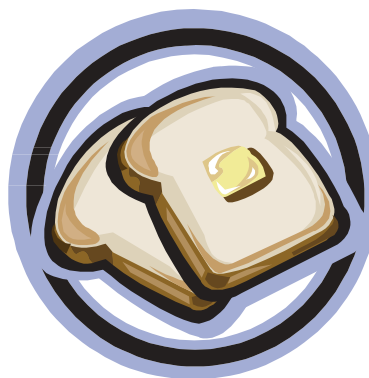
- 1 Using milk with eggs gives a larger portion. Do not increase the quantity of milk by more than the above. Milk gives the eggs a soft and tasty texture.
- 2 You could leave out the milk and add 2 tbsp of water instead.
- 3 You could add to the egg, before cooking, 1/4 cup of finely cut raw or cooked onions or 1/4 cup of canned tomatoes. If so, do not add water or milk.
- 4 Don't overcook the eggs. With turning frequently, there is little risk of overcooking.
- 5 With too high a heat, the eggs can burn very easily.

# French Toast

Use 2 slices per person.

## What You Need (for 4 persons)

- 5 medium eggs
- 8 slices bread
- 3/4 cup milk
- 4 tsp vegetable oil
- 4 tbsp molasses, table syrup or margarine



## Preparation Method

- 1 Mix eggs and milk in a bowl
- 2 Preheat frying pan on medium
- 3 Spread 1 tsp oil over hot pan
- 4 Soak each piece of bread for 10 seconds in egg and milk mixture
- 5 Place soaked bread in frying pan
- 6 Heat 2 mins. turn and heat 2 mins.
- 7 Again, turn and heat 2 minutes
- 8 Repeat turning until golden brown
- 9 Serve or keep warm

## Good Ideas

- 1 Check frequently as too hot a pan will overcook them.
- 2 Do not use thick bread or do not over soak as more egg and milk will be needed.
- 3 If not ready to serve, place cooked French toast in a warm oven (200 F) or in a covered pot.
- 4 Each time new French toast is started, add 1 tsp of vegetable oil and spread evenly.
- 5 Ensure no raw egg is in the cooked French toast. Extra turning may be required to cook fully.
- 6 Take the hot frying pan off the burner before adding the next batch of French toast. This helps prevent the frying pan from becoming too hot.
- 7 Serve with 1 tbsp/person of molasses or table syrup. While margarine can be used as a topping, it is not really necessary and not recommended.

# Milk

Each person should have at least 3 to 4 servings (1/2 cup/serving) of milk products/day. Using milk made from skim milk powder can provide milk for one half the cost of whole. A family of four would need about 8 cups of milk/day for drinking and cooking.

## What You Need (makes 1 cup of milk)

1/4 cup (4 tbsp) skim milk powder  
1 cup cold water

## Preparation Method

- 1 Obtain a large bottle (\*\*)
- 2 Add 1 1/2 cups of milk powder to bottle
- 3 Add 6 cups of cold water
- 4 Cover bottle and shake for 1 min.
- 5 Place covered bottle in refrigerator

*\*\* You will need a clean bottle with a tight cover for shaking.*

## Good Ideas

- 1 If people have trouble adjusting to using skim milk, add at first 1/4 cup of whole milk to a cup of skim milk.
- 2 Always shake the bottle after taking it from the refrigerator and before serving.
- 3 When the bottle is empty, give it a good washing. If not clean, the milk will sour.
- 4 You can make 1 cup of milk in a small bottle with 4 tbsp powder in 1 cup of very cold water. Shake to mix.
- 5 A 2.5 kg bag of powdered skim milk makes about 100 cups of milk and a 500 gr bag makes about 20 cups of milk. Buy the largest bag of skim milk powder that you can afford. For example, 100 cups of milk cost \$18.00 for a 2.5 kg bag but \$25.00 if you buy 5 bags of 500gr.
- 6 Bulk powdered skim milk is more expensive.
- 7 Whole milk is twice as expensive as milk made from powder.



# Pancakes

Pancakes can be home made or made from purchased premixes.

## Homemade, What You Need (makes 24 small 4-5 inch wide pancakes)

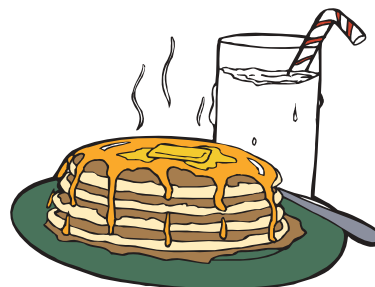
2 cups flour	2 cups powdered skim milk
1 med egg	2 tbsp white sugar
2 tbsp baking powder	1/2 tsp salt
4 tbsp vegetable oil (1 in mix and 3 to grease pan)	
4 tbsp molasses, table syrup or margarine	

## Preparation Method

- 1 Blend all ingredients in a mixing bowl
- 2 Mix thoroughly
- 3 Heat frying pan on medium  
(or electric frying pan on 325 F)
- 4 Spread 1 tsp of oil over pan
- 5 Pour mixture in pan forming small pancake
- 6 Turn when bubbly on top  
(takes 1 to 2 minutes to form bubbles)
- 7 Turn several times till golden brown  
(cooking time is 4 to 6 minutes)
- 8 Cook remainder as in steps 4 to 7
- 9 Serve immediately

## Good Ideas

- 1 Pancake batter should spread easily in the frying pan. If too thick, add a small amount of water. If too runny, add a small amount of flour.
- 2 Keep pancakes warm when cooked by placing them in a warm oven (200 F).
- 3 Pancakes can be eaten without spreads but are more tasty when served with molasses, table syrup, or home made low cost rind marmalade. See recipe in Chapter 6, *Dessert*. Use only 1 spread.
- 4 When cooking with a frying pan take the frying pan off the burner after removing the pancakes and before adding the second batch of pancakes. This keeps the frying pan from becoming too hot and cuts down on the amount of oil needed.
- 5 Store leftover pancakes in a plastic bag in refrigerator. To serve, reheat in toaster, oven, frying pan or microwave.
- 6 You can make homemade pancakes using only water instead of eggs and milk. The taste is acceptable and they do make a good substitute for bread. A teaspoon of spice (cinnamon or ginger) improves the flavor.
- 7 The best price is in-store special brands with only water added.





# Chapter 8B Recipes – Lunch

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## Table of Contents

### Salads

*General: Use 1/3 cup as a side dish and 1 cup as a main meal item.*

Prices for salads are for 4 persons and include salad dressing

	<i>As a side dish</i>	<i>As a main meal item</i>
• Vegetable	26 to 53 cents	80 cents to \$1.60
• Fruit	32 to 56 cents	96 cents to \$1.68
• Potato	22 to 29 cents	64 to 80 cents
• Coleslaw	26 to 37 cents	50 to 70 cents
• Jellied with fruit/vegetables	22 to 33 cents	67 cents to \$1.00

### Soups

*General: Use 1 cup per person*

- Prices for soups are for 4 persons
- Meat (minimal vegetables) \$1.40 to \$2.20
- Vegetable (no meat) \$1.20 to \$1.60
- Vegetable (with meat) \$1.60 to \$2.50

### Salads: General

- 1 Salads can be made from both fruit and vegetables, either separately or prepared together.
- 2 Low cost vegetable salads can be made with raw cabbage, carrots, onions, potatoes, turnip, and canned or frozen vegetables.
- 3 Low cost fruit salads can be made from oranges, bananas, apples and canned fruit.
- 4 Keep total cost within estimates by mixing low with medium cost vegetables or fruits.
- 5 Low cost salad dressings are 1 to 2 cents/tbsp. Use 1 to 2 tbsp of dressing for 1 cup of salad. Fruit salads can be made with no dressing.
- 6 Prepared salad dressings are expensive at 4 to 10 cents/tbsp and must be kept refrigerated.

# Vegetable Salad

There is a wide range of cost and variety of vegetables that can be used. If available at a low price, use spinach or lettuce. Raw, cooked, frozen or canned vegetables can be used.

## What You Need (for one cup)

3/4 cup of basic low cost vegetables

Fresh carrots, cabbage, onion, turnip, squash and potatoes

1/4 cup medium priced vegetables, if on special

Fresh lettuce, tomatoes, cucumbers, broccoli, cauliflower, and/or canned or frozen

## Preparation Method

### *Salad*

- |   |   |   |                                  |
|---|---|---|----------------------------------|
| 1 | Select 2 to 4 of the basic vegetables             | 4 | Add vegetables to bowl and mix   |
| 2 | Wash, shred, slice or cut into small pieces       | 5 | Keep covered in refrigerator     |
| 3 | If available, use 1 or 2 medium priced vegetables | 6 | Add and mix dressing when served |

### *Dressing*

- 1 Mix 1 tbsp of vegetable oil with 1 tbsp of vinegar, 1/4 tsp of salt and 1/4 tsp sugar.

Or

- 2 Mix 1 tbsp of vegetable oil with 1 tsp of lemon concentrate, 1 tbsp of water, 1/4tsp of salt and 1 tsp of sugar.

## Good Ideas

- 1 Wash all vegetables and remove the outer skins of carrots, turnip, squash and potatoes by scrubbing with a copper pad. Thaw frozen and drain canned vegetables.
- 2 After washing thoroughly, prepare vegetables to be used as follows:
  - Shred carrots, turnip, squash and potatoes (just before serving as they will turn black) .
  - Cut cabbage into fine pieces and slice onions thin.
  - Cut tomatoes, cucumbers, broccoli and cauliflower into larger pieces.
  - No cutting of canned vegetables unless very large pieces.
  - Tear lettuce and spinach into small pieces.
  - Cut cooked potatoes into 1/2 inch pieces (they should be firm).
- 3 Prepare dressing, keep in refrigerator and give a final mix before adding to salad. If you purchase store made dressing, do not pay more than 65 cents/100ml.
- 4 You can also arrange cut up vegetables on a plate and sprinkle dressing on the top.

# Fruit Salad

The range of low cost fresh fruits is limited but there are often specials. Using low cost vegetables with fruit helps to make for more variety.

## What You Need (for one cup)

3/4 cup of low cost fruit (1/4 small orange, 1/4 small apple and 1/2 small banana)

1/4 cup of canned fruit, peaches, pears or fruit cocktail (optional)

## Preparation Method

### *Salad*

- |   |  |   |   |
|---|--|---|---|
| 1 | Wash well orange and apple. Peel banana  | 4 | Drain canned fruit (save juices)          |
| 2 | Remove the thin yellow layer of orange * | 5 | Place cut and canned fruit in medium bowl |
| 3 | Cut fruit into 1/4 to 1/2 inch pieces    | 6 | Mix lightly and add dressing, if used     |

*\* Save orange peel in small plastic bag in freezer for making marmalade. See recipe in Chapter 6.*

### *Dressing*

*Mix 2 tbsp orange juice with 1 tsp lemon juice concentrate and 1/2 tsp sugar.*

## Good Ideas

- 1 Normally no dressing is required. To keep salad moist you can also use:
  - 1 to 2 tbsp of water or fruit juice (orange or apple), or
  - 2 tbsp water mixed with 1 tsp lemon concentrate and 1/2 tsp sugar, or
  - 1 tbsp canned fruit liquid.
- 2 Cut the orange into very thin slices containing a portion of the white skin. Cut the slices in halves or quarters.
- 3 Medium priced fruits may be used if they can be combined with low priced fruits.
- 4 The juice from canned fruit should be saved for using in other dressings. It would make a good dressing for fruit and vegetable salads.

# Potato Salad

*This salad is especially good in the summer served with cold meat or other vegetables.*

## What You Need (for 4 persons)

- 6 (3 cups) small potatoes
- 1 well done medium egg
- 2 tbsp mayonnaise
- 1 tbsp finely cut onion
- 1/4 tsp salt

## Preparation Method

- |  |   |
|--|---|
| 1 Boil potatoes, drain and cool on counter                     | 5 Add mayonnaise, onion and salt            |
| 2 Boil a well-done egg and cool with water                     | 6 Toss gently                               |
| 3 Cut cold potatoes into 1/2 - 3/4 inch cubes                  | 7 Keep covered in refrigerator until served |
| 4 Shell egg, cut small and add to bowl along with the potatoes |   |

## Good Ideas

- 1 Do not overcook the potatoes. They should be slightly firm.
- 2 Be very gentle in mixing the ingredients with the potatoes.
- 3 This can be served as a side dish with cold cooked meats or fish or as a lunch item with a small vegetable salad.
- 4 If you do not have mayonnaise use a tablespoon of vinegar instead.

# Coleslaw

*This is a good salad and is low cost, keeps well and can be made all year, as cabbage is usually low priced.*

## What You Need (makes 6 cups)

### Vegetables

- 4 cups shredded cabbage
- 2 tbsp shredded onion
- 3/4 cup shredded carrot

### Dressing

- 3/4 cup white vinegar
- 1/4 cup water
- 1 cup white sugar
- 1 tsp salt
- 2 tsp prepared mustard



### Preparation Method

- 1 Wash cabbage and carrot
- 2 Shred the cabbage, onion and carrot
- 3 Place shredded vegetables in bowl
- 4 Add the dressing ingredients to a pot
- 5 Bring to a boil
- 6 Boil and stir until sugar has dissolved
- 7 Remove from heat and let cool
- 8 Pour dressing over shredded vegetables
- 9 Mix thoroughly
- 10 Cover bowl with plastic wrap
- 11 Keep in refrigerator for at least 12 hours

### Good Ideas

- 1 Shred vegetables small (1/16 to 1/8 inch in size).
- 2 Discard dark outer layer of cabbage or keep for a soup.
- 3 The coleslaw will remain good to eat for at least a month if kept refrigerated.
- 4 Use 1/4 to 1/3 cup/person as a side dish or 1 cup as a main meal item.

# Fruit and/or Vegetable Jellied Salad

*This is a good summer salad and you can make it with low cost fruit or vegetables all year.*

## What You Need (makes 4 cups)

- 1/2 cup shredded carrots and/or cabbage
- 1 170gr package of jello
- 1/2 cup cut up oranges, apples and/or bananas

## Preparation Method

- |   |   |    |  |
|---|---|----|--|
| 1 | Wash and shred vegetables                     | 6  | Chill until partially set (1 to 2 hrs) |
| 2 | Wash fruit and cut up fruit into small pieces | 7  | Add fruit and vegetables               |
| 3 | Dissolve jello in 2 cups boiling water        | 8  | Stir to mix through the jello          |
| 4 | Add 2 cups iced water                         | 9  | Return to refrigerator until firm      |
| 5 | Stir and place in refrigerator                | 10 | Cover and store until needed           |

## Good Ideas

- 1 Fruit, vegetables or a combination can be used and you can add less or more (up to 2 cups) and it would still become firm.
- 2 If no iced water (water with ice cubes) use cold water to set the jello (make firm). Keep in the refrigerator to complete setting.
- 3 When the jello is set it must be kept covered in the refrigerator until served.
- 4 To serve, remove portion sizes with a large spoon.

## Soup: General

- 1 Make it frequently, especially if vegetables might go bad.
- 2 Make during the day, the night before or close to usage date. Make enough for 2 meals.
- 3 All vegetables should be cut very small. Cut potatoes in 1/2 inch cubes.
- 4 The secret of good tasting vegetable soup is the spices. Simmering helps concentrate the spices. If required, extra salt can be added when served. Always taste test before adding salt.
- 5 Normally about 3 cups of water will be boiled off during the cooking process. If making a soup for one meal start with 7 cups of water (makes 4 cups of soup) and if for 2 meals, start with 12 cups of water (makes 8 cups of soup). You may still need to add extra water if the soup is too thick.
- 6 Save the water from boiled vegetables and pasta and store in the refrigerator or freezer. This water is rich in vitamins and minerals and can be a stock for your next batch of soup or used when making gravy.
- 7 All of the vegetable can be used. Dark peel should be scraped clean with a copper wire pad. Suggestions for preparing vegetables are:
  - Inside of squash. This can be boiled for soup stock (strain out the seeds).
  - Hard portions. All portions (and leaves) of cabbage, turnip, and celery can be cut up and added to the soup or boiled for soup stock.
- 8 When making your next batch of soup, you can decrease the quantity of fresh vegetables added if there are a lot of vegetables in the stock that you have stored.
- 9 Add the powdered beef or chicken stock, ketchup or other spices for flavor during the last hour. You do not need a lot of these. It helps to remove a small sample for taste testing 1/2 hour after adding the spices. Soya sauce could also be used but it is more expensive than ketchup and has added salt.



# Meat Soup

*Canned soup with meat is about 2 to 3 times more expensive than home made. Normal serving size is 1 cup/person.*

## What You Need (makes 8 cups)

- 12 cups water
- 2 cups cut-up onions
- 2 cups cut-up carrots
- 1 tbsp powdered meat stock
- 1 cup pasta or rice
- 2 tsp salt
- 3 tbsp ketchup
- 1 cup meat (200gr) with bone

## Preparation Method

- |   |   |   |                             |
|---|---|---|-----------------------------|
| 1 | Bring water to boil in a large pot                  | 5 | Add pasta and/or rice       |
| 2 | Add onion, meat and salt                            | 6 | Add stock and ketchup       |
| 3 | Reduce heat and slow boil (covered) for 1 1/2 hours | 7 | Simmer covered for 1/2 hour |
| 4 | Add carrots and simmer (covered) for 1 1/2 hours    | 8 | Serve immediately           |

## Good Ideas

- 1 If possible, select meats with not more than 25% bone. For example, chicken thighs, \*chicken legs, pork or beef with bone. If no bone in meat, use 175 gr (3/4 cup). Frozen turkey drumsticks make a good low cost meat base for soup.
- 2 While carrots are good, you can also use turnip, celery or cabbage. You should always try to use 1 cup of onions.
- 3 For pasta use macaroni. If spaghetti is used, break it into small pieces. Stir frequently as it might stick to the bottom.
- 4 If there are vegetables that might spoil, use them, even if the total vegetables will be more than 4 cups. If too thick, more water can be added.
- 5 When the soup is almost done, remove a spoonful and check it for taste. Often all that is necessary is a little salt. This can be added when the soup is served.



## Soup: Vegetable (with meat option)

*Canned chunky vegetable soup is about 2 times more expensive than home made. Normal serving size is 1 cup/person.*

### What You Need (makes 8 cups)

- 12 cups water
- 6 cups cut up vegetables (including onions)
- 2 tbsp powdered meat stock
- 3 tbsp ketchup
- 2 tsp salt
- 1 cup pasta or rice (long grain brown rice is best)
- 3/4 cup cut-up left over meat (150 gr), optional

### Preparation Method

- |   |   |   |  |
|---|---|---|--|
| 1 | Bring water to boil in a large pot              | 5 | Add pasta and/or rice, ketchup and stock |
| 2 | Add vegetables (except potatoes) and salt       | 6 | Simmer boil covered for 1 hour           |
| 3 | Reduce heat and slow boil (covered) for 2 hours | 7 | Serve immediately                        |
| 4 | Add potatoes and simmer 1/2 hour                |   |  |

### Good Ideas

- 1 Try to always use 1/2 to 1 cup of onions. Other good vegetables are turnip, carrots, cabbage, potatoes and celery (if on sale). Cut up your vegetables (except potato) before adding water so that you will know what size of soup to make (12 cups water to 6 cups of vegetables and 8 cups of water to 4 cups of vegetables).
- 2 If you have extra quantities of one vegetable use more of that vegetable.
- 3 (Meat Option) Add any left over meat only if it must be used. As this is a vegetable soup, try to save the meat for other meals.



# Chapter 8C Recipes – Main Course Meals

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## Table of Contents

*Note: Below are the average costs for a family of 4, if you buy items at the lowest prices. Serve about 1 to 1 1/4 cups per person.*

### Beans

- Home made(1 cup/person) 87 cents to \$1.23, for 6 58 to 68 cents, for 4
- Canned beans (3/4 cup/person) 50 to 80 cents/can, for 2 \$1.00 to \$1.60, for 4

**Bean, Beef and Tomato Casserole** \$1.87 to \$2.48, for 4

**Cabbage Casserole** \$1.86 to \$2.58, for 4

**Corn Beef Dinner Casserole** \$1.60 to \$2.19. for 4

**Corn Scallop** \$1.56 to \$1.94, for 4

**Meat, Potato and Carrot Casserole** \$2.22 to \$3.03, for 4

### Pasta with Cheese Casserole

- Pasta with cheese 60 to 75 cents, for 4
- Pasta with cheese, onion & ketchup 77 cents to \$1.10, for 4
- Pasta with onion & ketchup 27 to 70 cents, for 4
- Pasta with cheese, onion, ketchup and meat \$1.30 to \$1.90, for 4

### Stew

- Vegetable 95 cents to \$1.35, for 4
- Vegetable with meat (no bone) \$1.45 to \$2.50, for 4
- Vegetable with meat (with bone) \$1.45 to \$2.25, for 4

### Stir Fry

- Vegetable 95 cents to \$1.30, for 4
- Vegetable with meat \$1.75 to \$2.50, for 4

**Tomato and Bread Casserole** \$1.60 to \$2.15, for 4

**Tomato and Rice Casserole** \$1.92 to \$2.54, for 4

# Beans

As beans are a good substitute for meat, make them often and save leftovers in the refrigerator for use as a side dish, lunch item or for adding to other casseroles.

## What You Need (makes 6 servings of 1 cup each)

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 2 cups (454 gr) white navy beans   | 1/2 tsp salt                      |
| 3 tbsp molasses                    | 4 1/2 cups water                  |
| 1 small (1/2 cup) onion (optional) | 1 tsp prepared mustard (optional) |
| 1 tbsp ketchup (optional)          |                                   |

## Preparation Method

- 1 Remove discolored beans
- 2 Rinse remaining beans and drain
- 3 Place beans & 4 1/2 cups water in pot
- 4 Boil on medium heat 30 minutes
- 5 Remove from heat and cover
- 6 Leave for 1 hour and drain  
Note: The beans are now called 'soaked beans' ready for baking
- 7 Place all ingredients in casserole dish
- 8 Stir and cover casserole dish
- 9 Preheat oven to 350 F
- 10 Place dish in center of preheated oven
- 11 Bake for 3 hours
- 12 Remove casserole dish from oven
- 13 Uncover and place casserole back in oven
- 14 Bake for 1 hr to brown beans
- 15 Remove from oven when beans are soft
- 16 Cover until ready to serve

## Good Ideas

- 1 You can also create 'soaked beans' as follows:
  - 1-a Remove discolored beans
  - 1-b Rinse remaining beans and drain
  - 1-c Place beans in covered pot with 4 1/2 cups of water and leave overnight or longer
  - 1-d Drain and place beans in casserole dish
  - 1-e Cook as per steps 7 to 16 above
- 2 For a shorter cooking time of 2 to 2 1/2 hours, beans may be cooked on medium low heat in a covered pot on the top of the stove.
- 3 Beans do not need to be browned by removing the cover to taste good. However, if very juicy, removing the cover would be required to thicken them.
- 4 You can bake beans with only water and salt.
- 5 During baking (or cooking on top of stove), the beans may become dry on top. Check often. If dry, add 2 to 3 tbsp of boiling water, stir and cook until done (soft). Water may have to be added more than once.
- 6 Other beans are yellow eyed, kidney and soldier (usually more expensive).



# Bean, Beef and Tomato Casserole

## What You Need (makes 4 servings)

- 1/2 lb (1 cup) ground beef
- 2 cups cooked beans
- 1 540 ml can diced tomatoes
- 1 tsp salt
- 1 med. onion (optional)
- 1 tsp vegetable oil

## Preparation Method

- |   |                                     |   |   |
|---|-------------------------------------|---|---|
| 1 | Cut onion into thin slices          | 5 | Pour 1/2 of mixture into casserole dish |
| 2 | Brown beef keeping moist with water | 6 | Cover with sliced onions                |
| 3 | Mix beef, tomatoes, beans and salt  | 7 | Add remainder of mixture                |
| 4 | Heat oven to 350 F                  | 8 | Bake 1 hour uncovered in center of oven |

## Good Ideas

- 1 Try and use homemade beans as store bought are almost twice as expensive.
- 2 Use small quantities of water for frying instead of vegetable oil. Keep moist at all times.
- 3 Use 2 cans of low cost tomato soup diluted with 1 cup of water if you do not have diced tomatoes.
- 4 Normally beef is the cheapest ground meat. If you do not have it, flaked meat or fish can be used. If used, do not brown as per step 2 but mix with tomatoes, beans and salt.

# Cabbage Casserole

## What You Need (makes 6 to 8 servings)

1/2 lb (1cup) ground meat  
1 medium(1 cup) onion  
1 can tomato soup

2 1/2 cups cabbage, cut up  
1/2 cup rice, raw brown long grain  
1 1/2 cups hot water with soup

## Preparation Method

- 1 Add 2 cups water and rice to a small pot
- 2 Boil on low heat for 40 to 45 mins \*\*
- 3 Remove from heat and fluff with a fork
- 4 Heat large frying pan on medium heat
- 5 Add 1/4 cup water, meat and onion to pan
- 6 Cook, stirring, until meat is brown
- 7 Add soup, water, ketchup and rice to fry pan
- 8 Simmer about 10 minutes
- 9 Heat oven to 350 F
- 10 Cut cabbage into very small pieces
- 11 Grease casserole dish lightly with oil
- 12 Place cabbage in casserole dish
- 13 Flatten and press cabbage level
- 14 Pour fry pan contents on top
- 15 Cover and place in center of oven
- 16 Cook for 1 1/2 hours

\*\* *Add small amounts of water until the rice is soft and nearly dry.*

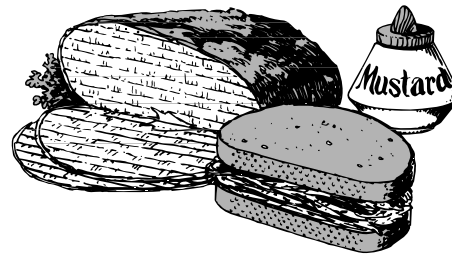
## Good Ideas

- 1 You can use small quantities of water for frying instead of vegetable oil. Keep moist at all times.
- 2 Use brown long grain raw rice as instant rice is twice as expensive. If instant rice is used, do not cook and add it to the frying pan with the soup and an extra 1/2 cup of water. You can also cook your raw brown rice ahead of time and save it covered in the refrigerator. Use it like instant rice (see Chapter 5, Supper).
- 3 Do not mix frying pan contents with cabbage before cooking.
- 4 Normally beef is the cheapest ground meat. If you do not have it, flaked meat or fish can be used. If used, do not brown meat as per step 6. However, fry onions and add meat when the onions are soft. Continue with steps 7 to 16.
- 5 Check after 1 hour. If dry on top, add 1/2 cup of boiling water with 1 tbsp of ketchup to the top of the casserole and continue cooking.
- 6 Serve hot and keep covered after serving. When cool, place leftovers in covered casserole in refrigerator and use it for a second meal. It can also be frozen for later use.

# Corned Beef Dinner

## What You Need (makes 4 servings)

- 3/4 cup corned beef
- 2 cups cabbage (1/2 of small)
- 3 cups potatoes (3 medium)
- 1 tsp salt
- 2 tbsp vinegar
- 1/4 cup water (from boiled vegetables)



## Preparation Method

- 1 Cut potatoes into 1 inch slices
- 2 Cut cabbage into large pieces
- 3 Boil potatoes and cabbage 15 minutes
- 4 Drain and allow them to cool
- 5 Heat oven to 350 F
- 6 Place potatoes in large casserole dish
- 7 Cover with cabbage pieces
- 8 Sprinkle with vinegar, salt and water
- 9 Add thin slices of corned beef
- 10 Cover casserole
- 11 Place in center of oven
- 12 Heat 15 to 20 minutes
- 13 Remove and keep covered until served

## Good Ideas

- 1 Other meats can be used such as cooked ground meat and flaked meat (or fish).
- 2 This recipe could be used with any combination of vegetables. Instead of or with the cabbage, use carrots, turnip or onions.
- 3 The added water helps keep the casserole moist. Use the water from the boiled vegetables.
- 4 Use a little more than 1/2 of the can of corned beef (about 3/4 cup) for the casserole and save the rest for sandwiches or serve with potatoes and vegetables.

# Corn Scallop

## What You Need (makes 4 servings)

- 1 cup milk
- 1 medium egg
- 1 540 ml can creamed corn
- 1 tbsp flour
- 1 cup cracker crumbs
- 1 tsp salt



## Preparation Method

- 1 Heat oven to 350 F
- 2 Mix flour, milk and corn in bowl
- 3 Beat egg with a fork
- 4 Add to bowl egg, 3/4 cup of crumbs and salt
- 5 Mix and place in large casserole dish
- 6 Sprinkle 1/4 cup crumbs on top
- 7 Bake uncovered in center of oven 1 hour

## Good Ideas

- 1 If you don't use the cracker crumbs as a topping, cook covered.
- 2 In place of crackers, you could use 2 medium (2 cups) potatoes (sliced thin and boiled until slightly firm). If potatoes are used, cook covered.



# Meat, Potato and Carrot Casserole

## What You Need (makes 4 to 6 servings)

1/2 lb (1 cup) ground beef	1 tsp salt
3 medium (3 cups) potatoes	1- 284 ml can tomato soup
2 med.(2 cups) carrots	1/2 cup water
1 med.(1 cup) onion	1 tbsp ketchup, added to water

## Preparation Method

- 1 Brown beef keeping moist with water
- 2 Cut all vegetables into thin slices
- 3 Use a large casserole dish, lightly greased
- 4 Place ground meat in bottom of dish
- 5 Create layers as follows:
  - most of the onions
  - all of the potatoes
  - all of the carrots
  - rest of the onions
- 6 Sprinkle salt on top
- 7 Spread soup/water/ketchup mixture on top
- 8 Heat oven to 350F
- 9 Cover casserole, place in center of oven
- 10 Heat 80 to 90 minutes
- 11 Remove and keep covered until served

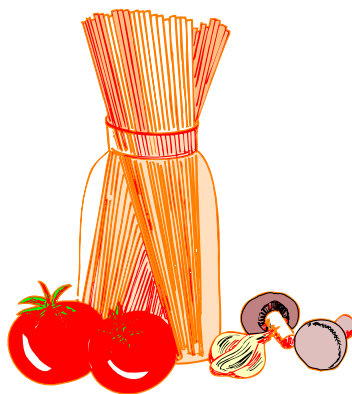
## Good Ideas

- 1 Other ground meats could be used but they usually are more expensive.
- 2 Turnip or cabbage could be used in place of the onions or carrots. The thinner the vegetables are sliced, the shorter the cooking time.
- 3 Don't overcook meat while browning.
- 4 Store leftovers covered in the refrigerator for 3 or 4 days.
- 5 Use small quantities of water for frying instead of vegetable oil. Keep moist at all times.
- 6 Normally beef is the cheapest ground meat. However, flaked meat (or fish) can be used. If used, do not place on the bottom layer. Use layering as per step 5. Add 3/4 of the soup/water/ketchup mixture to the top and place covered in oven. Add the meat (or fish) during the last 1/2 hour of cooking. Top with 1/4 of the soup/water/ketchup mixture before returning to the oven.

# Pasta With Cheese Casserole

## What You Need (makes 4 servings)

- 2 1/2 cups pasta (macaroni or spaghetti)
- 5 tbsp cheese , sliced or bottled
- 1/2 cup onion (optional)
- 1 tsp salt
- 4 tbsp ketchup (optional)



## Preparation Method

- 1 Bring pot of water to boil
- 2 Add pasta boiling uncovered
- 3 Cook until soft (12 to 18 minutes)
- 4 Drain pasta and place in casserole dish
- 5 Cut cheese fine or use processed
- 6 Heat oven to 350 F
- 7 Heat fry pan on medium
- 8 Cut onions in thin slices and add to fry pan
- 9 Add water and cook 10 mins. stirring often
- 10 Keep moist by adding water
- 11 Add to casserole onions, cheese and ketchup
- 12 Mix, cover and place in center of oven
- 13 Bake 10 to 15 minutes
- 14 Remove and serve

## Good Ideas

- 1 You can leave out the onions or the ketchup if you have none or need to cut costs. If you have no cheese, you could also make the pasta by adding only onions and ketchup.
- 2 You could replace the cheese and ketchup with a 284 ml can of tomato soup or a 398 ml can of diced or chopped tomatoes. If canned used, omit the salt.
- 3 Mixing a can of flaked meat or fish with the pasta makes for more variety.
- 4 This casserole makes a good take out lunch if no meat or fish added.
- 5 If you do not want to use the oven, you can also fry the onions while the pasta is being cooked. After draining the pasta, add the cooked onions, cheese, ketchup and any meat to the pasta. Mix and heat on top of the stove for 5 to 10 minutes.

# Stew

## What You Need (makes 4 servings)

5 cups water (or home made stock if you have it)  
2 tbsp powdered stock (chicken or beef)\*  
4 cups vegetables (1/4 to 1/2 inch in size)  
1/2 lb meat

\* *Omit powdered stock if using home made stock.*

1 tsp salt  
1 cup onions



## Preparation Method(for vegetable stew)

- 1 Place liquid, salt and onion in large pot
- 2 Bring to boil
- 3 Reduce heat to simmer and cover
- 4 Simmer for 1 hour
- 5 Add all other vegetables except potatoes
- 6 Bring to a boil
- 7 Reduce heat to simmer and cover
- 8 Simmer for 1 1/2 hours
- 9 Add potatoes, bring to a boil
- 10 Reduce heat to simmer and cover
- 11 Simmer for 1 hr or until potatoes soft
- 12 Add powdered stock
- 13 Stir and simmer boil for 15 minutes
- 14 Cover until ready to serve

## Good Ideas

- 1 Low cost vegetables are turnip, carrots, cabbage, celery and potatoes. If available at low cost, also use tomatoes or zucchini.
- 2 If you have it, use chicken stock as part of the liquid. See roast chicken in Chapter 8D, *Meat and Fish* for the stock recipe.
- 3 For a meat stew, use raw meat with or without bone (about 1 cup). First coat the meat with flour by shaking the meat and flour in a paper or plastic bag. Cook on medium heat until brown on all sides. Add meat with bone in step 1 and continue.
- 4 If using left over cooked meat add it (about 1/2 cup cut up) when adding powdered stock.
- 5 Use only low cost meats and vegetables. If you have only a few low cost vegetables, use more than one cup of each. There should be, however, about 3 vegetables used and if possible one of these should be onions or celery. If you have no potatoes add a handful of raw rice or pasta 1 hour before the stew is finished.
- 6 If necessary, you can thicken the stew by adding a mixture of 1 tbsp of flour or cornstarch to 1 cup of cold water. Mix in a bottle, shake well and add to stew during the last 15 minutes of cooking.

# Stir Fry

## What You Need (makes 4 servings)

4 cups vegetables: onions, carrots, cabbage or turnip  
1 cup rice, raw brown long grain (optional)  
1 tbsp lemon juice concentrate  
1/2 lb cooked or raw meat (optional)\*

*\* If meat not used, serve this with side order of beans.*

1 tbsp soya sauce (optional)  
1 tbsp vegetable oil  
1 tsp salt



## Preparation Method

- 1 Pre-cut vegetables into thin slices, set aside
- 2 Add water, rice and salt to uncovered pot
- 3 Boil, on low heat 40 to 45 mins.
- 4 Add water to keep rice soft until nearly dry
- 5 Remove from heat
- 6 Fluff with a fork and set aside
- 7 Add 1/4 cup water to fry pan
- 8 Add vegetables and soya sauce
- 9 Cook 10 mins. on med. heat, stir often
- 10 Add rice and mix with vegetables
- 11 Keep moist by adding water
- 12 Continue cooking 15 minutes
- 13 Remove from heat when vegetables soft
- 14 Serve immediately

## Good Ideas

- 1 It is very important to keep the stir fry moist at all times. Cook uncovered adding water to the frying pan when it starts to get dry.
- 2 If you have leftover meat or canned meat, add during the last 5 minutes of cooking. If using raw meat add it to the fry pan during the last 15 minutes of cooking.
- 3 If available at low cost, other vegetables could be used such as celery, broccoli, peppers, zucchini, mushrooms, tomatoes, cauliflower and parsnips. These can be cut into thin slices or bite size pieces. Normally these are not available at low cost.
- 4 Canned or frozen vegetables could also be used. If so, do this during the last 5 minutes of cooking. Add the canned juices in place of water to keep the stir fry moist.
- 5 Make a vegetable stir fry without adding the rice and serve it on pasta, rice or on a plate as a side dish with meat or fish. Also, serve a vegetable stir fry as a main meal.
- 6 Don't start cooking the vegetables until the rice is nearly done.

# Tomato and Bread Casserole

## What You Need (makes 4 servings)

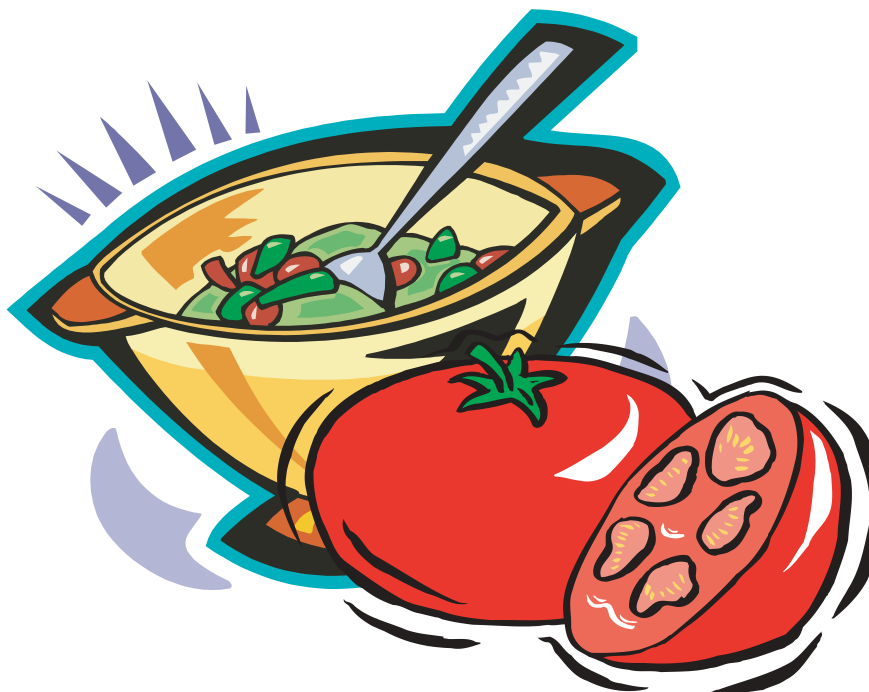
- 10 slices cubed bread
- 1 cup onion
- 1 large can tomatoes (use a 540ml or a 796ml can)
- 1/2 tsp salt
- 1 tsp vegetable oil

## Preparation Method

- 1 Cut bread into 1/2 inch cubes
  - 2 Cut onion in small 1/4 inch pieces
  - 3 Dice tomatoes
  - 4 Heat oven to 350 F
  - 5 Mix bread, onion and tomatoes
  - 6 Grease with oil large casserole dish \*
  - 7 Pour mixture in casserole dish
  - 8 Sprinkle with salt and cover
  - 9 Cook covered 30 to 35 minutes
  - 10 Remove when firm to the touch
- If you have it, use a 12 cup casserole dish.*

## Good Ideas

- 1 The 8 inch casserole dish cooking time will be 25 to 30 minutes.
- 2 You can use in place of diced tomatoes, a 398 ml can of tomato sauce, a 680 ml can of spaghetti sauce or 2 cans of tomato soup. Dilute each of these with 1 cup of water.
- 3 Use stale or dry white, whole wheat or homemade bread if available.



# Tomato and Rice Casserole

## What You Need(makes 4 servings)

- 2 cups raw rice
- 1 medium (1 cup) onion
- 1 398 ml can tomatoes
- 2 1/4 cups water
- 1/2 lb (1 cup) ground beef
- 1 tsp salt
- 1 tsp vegetable oil

## Preparation Method

- |   |   |    |   |
|---|---|----|---|
| 1 | Add water, rice and salt to uncovered pot | 9  | Cut onion into small pieces                 |
| 2 | Bring to a boil                           | 10 | Brown beef & onions, keep moist with water  |
| 3 | Reduce heat to simmer                     | 11 | Grease large casserole dish with oil        |
| 4 | Cook 40 to 45 minutes uncovered           | 12 | Add onion, beef, rice and diced tomatoes    |
| 5 | Add water to keep rice soft               | 13 | Sprinkle with salt. Do not cover dish       |
| 6 | Remove when nearly dry                    | 14 | Cook in center of oven for 15 to 20 minutes |
| 7 | Pour in large bowl. Fluff with a fork     | 15 | Remove and serve immediately                |
| 8 | Heat oven to 350 F                        |    |   |

*\*\* If still not soft, stir, cover and heat for an additional 5 minutes.*

## Good Ideas

- 1 Use long grain brown rice as instant rice is expensive. If instant rice is used, add it to the frying pan with the soup and add an extra 1/2 cup of water.
- 2 In place of diced tomatoes, use a 398 ml can of tomato sauce or 2 cans of tomato soup. Dilute each of these with 1 cup of water.
- 3 You could add 1/2 cup of cracker crumbs to the top before baking. If so, cook uncovered.
- 4 You can use small quantities of water for frying instead of vegetable oil.
- 5 Normally beef is the cheapest ground meat. However, finely cut up meats, corned beef and flaked meat (or fish) can be used. If used, do not brown meat. Cook onions until soft and continue as per step 11.

# Chapter 8D Recipes – Meat and Fish

## Table of Contents

In the following recipes, I have not included detailed cost figures for the meat or fish items. These are covered in Chapter 5, *Supper, Including Meat, Fish, Vegetables, Rice and Pasta*.

The major difficulty with meat and fish is that you cannot decide what to cook until you actually make a purchase.

*Bacon and Sausage, Beef and Pork Parts, Canned Meat and Fish, Fish, Fresh and Frozen, Gravy, Ground Meat, Liver, Poultry Parts, Processed Meat, Roasts, Beef and Pork, Roasts, Chicken, Including Soup/Stew Stock, Stuffing*

## Bacon and Sausage

Bacon and sausage are very similar in pricing, cooking and serving. They also can be used in casseroles, soups, sandwiches, salads, take-out lunches and in a stir fry.



### What You Need (makes 4 servings)

Bacon: 2 to 3 slices/person

Sausage: 1 to 2 per person

### Preparation Method

- |  |  |
|--|--|
| 1 Heat a large frying pan on medium heat   | 6 Cook 10 to 15 mins., turn every 2 mins                     |
| 2 Make 10 holes in each sausage with fork  | 7 Increase heat to medium                                    |
| 3 Place bacon or sausage in fry pan        | 8 Cook 2 to 3 minutes or until done turning every 20 seconds |
| 4 Heat for 2 to 3 minutes, turn frequently | 9 Serve or keep covered in warm oven                         |
| 5 Reduce heat to medium low                |  |

### Good Ideas

- 1 Cook bacon and sausage at low temperature as high makes it tough. Increase the heat slightly when the meat is nearly done and it will still be tender.
- 2 Cook all of it and freeze any not used for later. Before freezing, wrap individual pieces in paper towels and place in a plastic bag or freeze on a tray and store in a plastic bag.
- 3 A pound is usually 20 slices of bacon or 10 small sausages and should make 2 meals.
- 4 If bacon is cooked in a microwave it can easily be overcooked.
- 5 When done, bacon will be slightly crispy. For sausage there will be no pink in center. If cooked at low temperatures, there is little risk of overcooking.

## Beef and Pork Parts

Beef and pork parts include pork chops, spare ribs, stew meat, steaks and cut up meat. They are expensive, unless on special or price reduced. Steaks and chops are fried or broiled. Ribs and cut up meat are boiled, fried or prepared with soups, stews or casseroles.

### What You Need (makes 4 servings)

3/4 to 1 1/2 lb meat \*\*

1 tbsp flour

1 tsp vegetable oil

1/2 tsp salt

\*\* For 4 persons, use 1/2 to 3/4 lb if no bone and 1 to 1 1/2 lb if bone in meat.

### Preparation Methods

#### *Frying*

- 1 Cut into serving size or smaller portions
- 2 Coat with mixture of flour and salt
- 3 Heat in frying pan with 1 tsp vegetable oil
- 4 Cook med. heat, turn frequently
- 5 Keep moist by adding water (1-2 tbsp)
- 6 Cook until no red meat
- 7 Serve immediately when done

#### *Boiling*

- 1 Fill small pot half full of water
- 2 Bring to a boil on med heat
- 3 Add meat and boil about 20 to 30 minutes
- 4 Remove a piece of meat
- 5 Check for doneness (no red)
- 6 Serve immediately when done

#### *Baking*

- 1 Preheat oven to 350 F
- 2 Place meat in casserole dish
- 3 Add 1/2 cup of water
- 4 Cover, bake until done (45 to 60 minutes)

### Good Ideas

- 1 If frying meat, if possible remove the skin or fat.
- 2 Boiling meat is best done when it is included in a soup or stew as the juices are retained.
- 3 You can fry meat without oil by using small quantities of water. The water will also retain meat juices. These can be saved and the meat coated with the juices. Add 2 tbsp of water to the frying pan when the meat is completely cooked and make a sauce.
- 4 Prices for beef and pork parts vary. Generally meat cut into serving size portions is more expensive. Buy larger portions and cut them yourself or have the butcher cut them for you. If there is more than 50% bone, you will have to use larger serving portions.
- 5 For more taste, add 1/2 can of tomato soup in addition to water.



# Canned Meat and Fish

Buy low cost canned meat and fish. It is often on special and is especially good in casseroles. When fresh or frozen prices are high, make more use of canned. Canned meat or fish is already cooked and as it is more compact you can use smaller amounts per person.

## What You Need (to make 4 small servings)

One 170 to 213 gr can or 1/2 of a 340gr can.

## Good Ideas

- 1 Canned meat or fish are already fully cooked and can be eaten warm or cold. Before using, mix the canned meat and fish with the juices from the can.
- 2 If heating, use only a short heating time. Wrap in aluminum foil and heat in the oven or heat for 1 to 2 minutes in a warm frying pan.
- 3 If used in a casserole, the meat or fish can be added during the preparation of the casserole or towards the end of the cooking period. See the casserole recipes in Chapter 8C.
- 4 If used in sandwiches, you need 1 1/2 to 2 tbsp/sandwich. Low cost spreads such as mustard and ketchup can be used in place of more expensive mayonnaise. Mixing the spreads with the meat or fish makes spreading it on the bread easier.
- 5 Some low priced canned meat and fish are:
  - 184 gr flaked chicken, ham & turkey
  - 213 gr salmon
  - 170 gr flaked tuna (get packed in water if low cost)
  - 184 gr luncheon meat (high in fat and low in nutrients)
  - 340 gr corned beef (high in fat and low in nutrients)
  - 170 gr sardines (get packed in water or mustard)



## Fish, Fresh and Frozen

Fish is expensive but frozen fish on special is often cheaper than fresh. Check with the fish manager for the best prices. Try serving some several times per month.

### What You Need (for 4 servings)

1/2 to 3/4 lb low cost, fresh or frozen

1/4 cup flour

2 tsp vegetable oil

1/2 tsp salt

1/2 cup milk



### Preparation Methods

#### *Frying*

- 1 Wash and cut into serving size portions
- 2 Coat on plate with flour and salt
- 3 Cook in frying pan with oil
- 4 Turn frequently

- 5 Keep moist by adding water (1 to 2 tbsp)
- 6 Cook 10 to 15 minutes
- 7 Check for doneness
- 8 Keep warm and serve immediately

#### *Baking in Oven*

- 1 Preheat oven to 325 F
- 2 Place washed fish in casserole dish
- 3 Add milk and salt
- 4 Cover casserole dish

- 5 Cook in center of oven 15 to 20 minutes
- 6 Remove and check for doneness
- 7 Keep covered until served

### Good Ideas

- 1 Don't overcook. Fish is done when it will flake easily and there is no raw fish.
- 2 In place of flour, you can use corn meal as a coating.
- 3 Adding small quantities of water (2 tbsp) to the frying pan during cooking will keep the fish moist and will prevent it from having a hard surface.
- 4 Often frozen fish cakes are low cost. Cooking instructions will be on the package. If not, these can be heated in a frying pan or heated in the oven.
- 5 Often frozen full size salmon is on special. You can bake the whole fish and then cut it into smaller sizes for freezing. If baking, use 2 cups of water instead of milk. Cooking time is about 1 hour.

## Gravy

Gravy is usually made from the juices and brown particles that are left in the roast pan after the roast has been removed. The process for beef or poultry gravy is basically the same.

### What You Need (makes 2 cups)

All juices and brown particles scraped from the bottom of roasting pan.

2 tsp powdered beef or chicken stock

2 cups water (in addition to juices in the roast pan)

1 tsp salt and 1 tbsp flour

### Preparation Method

- 1 Remove juice and brown specks 1/2 hr before roast is done. Add water, stir and pour into small pot. Place pot in freezer (about 1/2 hour) and remove the solidified fat.
- 2 Add 1/2 cup water to pot (after fat removed)
- 3 Stir, and heat on low until water boils
- 4 Reduce heat to simmer (for 5 minutes)
- 5 Mix in small jar, flour with 1/2 cup cold water
- 6 Shake and add slowly to pot
- 7 Stir and add salt
- 8 Simmer for 5 to 10 mins.
- 9 Serve hot on food or in a bowl

### Good Ideas

- 1 Get all of the brown particles as they contain a lot of flavor.
- 2 Do not use too much salt as it can be added after serving.
- 3 Mix 2 tbsp of flour with 1/2 cup of water, gradually add flour and water so that the gravy thickens (shaking in a small jar prevents the flour from becoming lumpy).
- 4 If not enough juices, add 1 tbsp of powdered chicken or beef stock to give more flavor.
- 5 If no juices or brown particles, use 4 tbsp of powdered stock and 1 cup of water to make the gravy. Add the flour and water to thicken. Using only powdered stock to make gravy is not recommended as the cost of the gravy would be about 50cents.



## Ground Meat

Ground meat (usually beef) is popular because it is easy to cook, can be used in casseroles, soups, stews and in a stir fry. Beef, chicken, turkey and pork are usually expensive unless price reduced or on special.

### What You Need (makes 4 servings)

1/2 to 3/4 lb (56 to 85gr/person) meat

1 tsp vegetable oil

1/2 tsp salt

### Preparation Methods

#### *As Meat Patties*

- 1 Form flat thin patties by hand
- 2 Heat frying pan on medium
- 3 Add 1 tsp of oil
- 4 Place patties in fry pan
- 5 Turn every 2 minutes for 10 to 15 min.
- 6 Check for doneness (brown, no pink)
- 7 Serve or keep in warm oven

#### *As Ground Meat*

- 1 Heat a large frying pan on medium heat
- 2 Add ground meat and break up with a fork
- 3 Cook for 6 to 10 mins, stir frequently
- 4 Keep moist by adding water
- 5 Check for doneness (brown, no pink)
- 6 Serve or keep in warm oven

### Good Ideas

- 1 After shopping, immediately place in refrigerator. If not using the same day, separate into serving sizes of 6 small patties per lb. Place on a flat sheet, freeze and when frozen store in a tight plastic bag. Let frozen patties thaw in the refrigerator.
- 2 Lean or extra lean ground hamburger on sale may be a better buy as it has less fat.
- 3 Mixing 1/4 cup of onions and or 1/2 cup of breadcrumbs to 4 patties will make 6 new patties. Cook as above.
- 4 You do not need oil to cook ground meat in the frying pan as there is usually enough fat in the meat. If it is very lean, you may need a tsp of vegetable oil or a couple of tbs of water. Use small quantities of water to keep the meat moist at all times.
- 5 You can make the ground meat go further by frying it in 1 cup of water. Add raw onions, if desired. Thicken with flour and water when the meat has no pink. Also, you can make the meat go further by adding fillers such as egg, milk and oatmeal (or bread).

# Liver

Pork liver is low cost. Using this recipe you will find that it is tender and tasty.

## What You Need (makes 4 servings)

- 1/2 lb to 3/4 lb liver
- 1 tsp vegetable oil
- 2 tbsp flour
- 1/2 tsp salt

## Preparation Method

- |   |   |   |                                 |
|---|---|---|---------------------------------|
| 1 | Wash and cut into serving portions        | 6 | Keep moist by adding water      |
| 2 | Coat on plate with flour and salt         | 7 | Cook 10 to 15 minutes           |
| 3 | Cook on med. in frying pan with 1 tsp oil | 8 | Check for doneness (light pink) |
| 4 | Cook 1 side 1 min, turn cook other side   | 9 | Keep warm or serve immediately  |
| 5 | Reduce to medium low, turn frequently     |   |                                 |

## Good Ideas

- 1 Don't over cook as the liver will be tough. Remove frying pan from the heat while checking for doneness. Liver is done if the thickest part, when cut, has no red.
- 2 Instead of flour, you can use corn meal as a coating. To prevent the outer surface being over cooked, always use a coating and turn frequently adding small quantities of water to keep the meat moist.
- 3 Use thin 1/4 inch slices. A thicker slice takes longer to cook and thus may be tough.
- 4 Liver may be tastier when it is served with onions. Cook the onions separately and add them to the liver when it is nearly done or cook them with the liver.
- 5 Low cost pork liver is lower priced than beef liver and just as tasty as the more expensive beef liver.

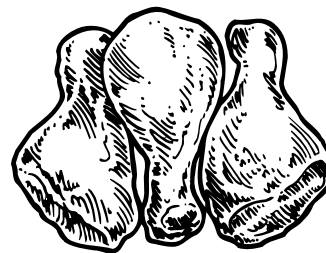
## Poultry Parts

Poultry parts are occasionally low cost (especially legs or backs). Other parts are thighs, breasts, or wings. You can often purchase these on special or at 1/2 price if price reduced. Use legs, backs or wings for soups and stews. If fresh, you can remove the meat from breasts and thighs and save the skin and bones for stock.

### What You Need (makes 4 servings)

- 1 1/2 to 2 lb chicken parts
- 1/4 cup flour
- 1/4 cup onion

- 1 tsp vegetable oil
- 1 tbsp ketchup



### Preparation Methods

#### *Frying*

- 1 Cut into serving portions (leave skins)
- 2 Heat frying pan to medium
- 3 Place meat in frying pan
- 4 Sprinkle with salt and turn frequently
- 5 Keep moist by adding water (2 tbsp)
- 6 Cook until no raw meat or redness
- 7 Serve immediately

#### *Boiling*

- 1 Remove and save skins
- 2 Fill small pot half full of water
- 3 Bring to a boil
- 4 Add meat and boil about 20 to 25 minutes
- 5 Check for doneness (no red)
- 6 Serve immediately

#### *Baking*

- 1 Preheat oven to 350 F
- 2 Place meat in a casserole dish
- 3 Add 1/2 cup water, salt, onion & ketchup
- 4 Cover and bake until done (about 60 minutes)

### Good Ideas

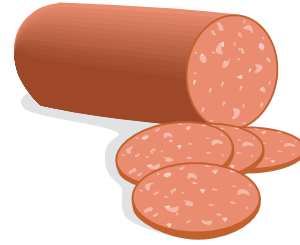
- 1 If frying, remove the skin or fat.
- 2 Save bones and boil with any leftover skins to make soup stock. See the recipe for roast chicken for how to make stock.
- 3 You can also coat chicken with flour and bake on a flat sheet uncovered in a 350F oven. Turn a couple of times while baking. Bake 60 minutes or until done.
- 4 Boiling is best when the chicken is included in a soup or stew as the juices are retained.
- 5 You can fry without oil by using small amounts of water. Add 1 to 2 tbsp of water at a time until it boils nearly dry. When cooked, add 2 tbsp of water to pan making a sauce.
- 6 Buying whole and cutting them yourself or having the butcher do it is usually cheaper. Never buy poultry which has the bone and skin removed unless price reduced.

## Processed Meat

This includes wieners and bologna (chicken and beef). Wieners need to be cooked while bologna can be eaten without cooking.

### What You Need (makes 4 servings)

6 to 8 wieners, 1/2 to 3/4 lb bologna  
1 tbsp vegetable oil



### Preparation Methods

#### *Frying*

- 1 Cook wieners/bologna by frying on medium heat
- 2 Add water to keep moist, turn often
- 3 Cook wieners 5 to 10 mins. and bologna until hot

#### *Boiling*

- 1 Place wieners in a small pot of boiling water
- 2 Boil about 5 to 10 minutes
- 3 Serve immediately

### Good Ideas

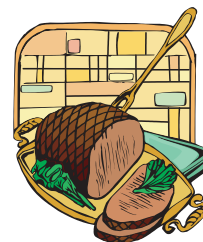
- 1 Fry bologna and wieners in a small amount of water on low heat and turn frequently to prevent burning the outer layer.
- 2 While bologna is good cold, it can be warmed when it is being served with a meal. Bologna can spoil quickly. Use it as soon as possible or freeze slices for easy use later.
- 3 Chicken wieners and bologna are always low cost and sometimes beef wieners and bologna are on special. If you have no other meat or cannot afford ground meat, finely cut up bologna and wieners can be substituted for ground meat. This is not recommended and only should be used as a last resort.
- 4 Low cost wieners are sold in 1 lb packages. Chicken is lower priced than beef.
- 5 Low cost bologna is generally lowest cost in bulk but you may have to buy a larger portion. While sliced is usually slightly more expensive, you can buy smaller portions.

## Roasts, Beef and Pork

Roasts are expensive. Buy only when on special. Pork shoulder roasts are often one of the best buys. Roasting methods are the same for all types of meat. The main difference is if it is cooked uncovered (dry roasting) or cooked covered (pot roast). Even if low priced, many roasts are over 5 lbs and the total cost might be more than you can afford. If a large roast, ask to have it cut into 2 to 4 lb pieces.

### What You Need (makes 8 servings)

2 to 4 lb roast, depending on the amount of bone



### Preparation Methods

#### Slow Roasting

- 1 Remove roast from refrigerator
- 2 Rub with light coating of vegetable oil
- 3 Brown (med heat) on all sides in frying pan
- 4 Place on rack in center of 350 F oven
- 5 Heat for 1/2 hr and reduce heat to 225 F
- 6 Leave for a minimum of 3 1/2 hours
- 7 Increase temperature to 300 F
- 8 Continue cooking for 1/2 hour
- 9 Check for doneness (see below)
- 10 Continue cooking till desired doneness

#### Pot Roast

- 1 Remove roast from refrigerator
- 2 Rub with light coating of vegetable oil
- 3 Brown (med heat) in roasting pan all sides
- 4 Place in roasting pan with 1 1/2 cups water\*
- 5 Cover and place in center of 400 F oven
- 6 Bake for 1/2 hr, reduce heat to 275 F
- 7 Bake for 2 1/2 hrs
- 8 Increase temp to 300 F and bake 1/2 hr

\* *Placing the roast on a rack in the pan makes collecting the juices easy for making gravy.*

### Good Ideas

- 1 Thaw frozen roasts in the refrigerator.
- 2 Slow cooking makes tough roasts tender but takes a long time. Cook on the weekend or in the evening. You could actually leave a large roast in the oven all day. If leaving all day, heat oven to 350F, brown meat on all sides, place in oven and reduce heat to 225F.
- 3 Cooking roasts in a covered roasting pan steam cooks the roast. This method of cooking makes for tender roasts.
- 4 Obtain a meat thermometer. Roast is well done at 170 F.
- 5 For pot roasts, in the last hour of cooking, add 1 cup of vegetables (cut into 1/2 inch sizes) for each lb of roast. Use turnip, carrots, potatoes and cabbage.
- 6 Make a tasty sauce from the pot roast juices by removing fat, adding 1/2 cup of finely cut-up onions, 1/4 tsp salt and 2 tsp of beef stock powder to water. Pour sauce over the sliced meat and vegetables



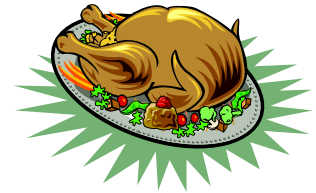
# Roasts, Chicken

They can often be purchased on special in 4 to 5 lb sizes and make a couple of meals for a family of four. Save all bones and skin for making stock. Even if turkey is on special, the total cost is high and storage of excess meat may be a problem. However, you may be able to use it all within a couple of days.

## What You Need (makes 8 servings)

4 to 5 lb chicken

2 tbsp vegetable oil



## Preparation Method

- 1 Rinse chicken
- 2 Coat lightly with vegetable oil
- 3 Place rack in open roasting pan
- 4 Place chicken on rack
- 5 Cook in center of 450 F preheated oven
- 6 Immediately reduce heat to 350 F
- 7 Cook 2 1/2 hours (30 to 40 minutes/lb)
- 8 Remove and check for doneness (see below)
- 9 If done, remove and cover until served

## Good Ideas

- 1 Check for red spots especially between the leg and breast. With a meat thermometer (don't let it touch bone or fat), it is done when the thick breast meat is 185 F.
- 2 Remove roast 1/2 hour before done and remove any juices and brown particles for use in making gravy. See recipe in this section.
- 3 To make cutting easier, after removing from oven, leave chicken covered for 20 minutes.
- 4 You can also reduce heat from 450 F to 225 F and leave it in the oven for 7 to 8 hrs until the chicken is fully cooked (no red spots). You may have to increase the temperature to 350F for 1/2 hour to finish cooking.
- 5 After the meal, place the chicken in a plastic bag in the refrigerator.
- 6 Save all bones (even those served with the meal, like legs) and skin for making soup and stew stock. Place the bones and skin in a large pot, add 3 cups of water and bring to a boil. Reduce heat to simmer, cover and heat for 3 hours. Stir occasionally. Let cool and strain off liquid. Also pour 1 cup of boiling water over the bones and skin in the strainer, 1/4 cup at a time. After the stock is cooled, you can keep it covered in the refrigerator for several days or in the freezer until ready to be used.

# Stuffing

While this is often used with roast chicken, it can be made and used in place of or along with potatoes. Store bought stuffing is expensive. It can be used as a cold take out lunch item if not used to stuff the chicken.

## What You Need (makes 2 cups)

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 medium onion                | 1 tbsp poultry seasoning       |
| 1 tsp salt                    | 5 slices bread/rolls, crumbled |
| 1 cup water                   | 2 tsp vegetable oil            |
| 1 tbsp powdered chicken stock |                                |

## Preparation Method

- |  |  |
|--|--|
| 1 Place bread crumbs in large bowl     | 7 Place stuffing in poultry to be cooked, or |
| 2 Fry onions in oil and 1/2 cup water  | 8 Place stuffing in covered dish, and cook   |
| 3 Stir and add more water if too dry   | in center of 350 F oven for 1 hour           |
| 4 Add cooked onions and juices to bowl | 9 Remove stuffing from chicken and           |
| 5 Add poultry seasoning and salt       | place in a covered dish until served         |
| 6 Mix and add extra water if too dry   | 10 Store left over stuffing in refrigerator  |

## Good Ideas

- 1 Don't get the stuffing too moist or too dry. When adding liquid, only use small amounts. If you have added too much, add more bread crumbs.
- 2 I prefer the taste using white bread or rolls over whole wheat bread.
- 3 You can reheat stuffing in the oven by wrapping it in aluminum foil or putting it in a covered glass dish. Aluminum foil keeps it moist.
- 4 Don't use too much salt as it can be added when the stuffing is served.
- 5 If used in poultry, you should remove all of the stuffing when the poultry is removed from the oven and keep it warm and covered until served.

# Chapter 8E Recipes – Vegetables

## Table of Contents

### Low-Cost Vegetables (Fresh and Frozen)

Cabbage	Fresh
Carrots	Fresh or Frozen
Corn Niblets	Frozen
Mixed Vegetables	Frozen
Onions	Fresh
Peas	Frozen
Potatoes	Fresh or Frozen
String Beans	Frozen
Squash	Fresh
Turnip	Fresh



### Canned, Low Cost

Note, best price: 284ml, 17 cents/100ml 398ml, 15 cents/100ml  
540ml, 17 cents/100ml 796ml, 12 cents/100ml

Low cost canned vegetables with the normal can sizes:

- Carrots, 284 ml 398 ml
- Creamed corn, 284 ml 398 ml 540 ml
- Mixed vegetables, 284 ml 398 ml
- Peas, 284 ml 398 ml
- String beans, 284 ml 398 ml 540 ml
- Tomatoes, 398 ml 540 ml 796 ml

## Vegetables – General

- 1 Serving size is 1/2 cup (100gr) after cooking. 1 1/4 cups of cut-up makes 1 cup of cooked. Have at least 2-3 servings/day.
- 2 Cabbage, carrots, onions, potatoes, squash and turnip are usually available at low cost all year.
- 3 It is more difficult to check pricing if sold on an individual basis, therefore weigh them and use the cost guides in Chapter 9D to determine price/100 gr and total price.
- 4 Low cost canned are as good as the more expensive brands.
- 5 Wash thoroughly with warm water. You can remove a thin layer of peel with a copper wire pad with little loss in weight. Never peel with a knife because all cooked skins can be eaten.
- 6 Use small portions of several vegetables for most supper meals and for all lunches. If fresh are high priced, serve some canned, frozen or smaller portions.
- 7 If you soak vegetables in water before cooking, nutrients will be lost. Also, use as little water as possible during cooking and if you can, use a steamer. If cooking with a microwave use as little water as possible. Also, the shorter cooking time helps preserve nutrients.
- 8 If mashed, potatoes, turnip and squash must be thoroughly cooked with no hard particles. However, shredded raw turnip and squash can be used in salads.
- 9 Cooking times vary depending on the freshness (fresh cooks faster). If they are stir fried in water on low heat, include the juices when served.
- 10 Make a dressing using a pinch of salt, 1/2 tsp of vinegar, 1/4 tsp of lemon concentrate, and/or 1/2 tsp of vegetable oil. Serve 1 tbsp/person. Dressings provide flavor to raw and cooked vegetables. Just vinegar and salt makes a simple tasty dressing. Margarine and salt can be used as a coating.
- 11 Storage is very important. Keep dry, cool and for some vegetables wrap in plastic. Squash can be kept for several months uncovered at room temperature. Check often for moisture. They spoil very quickly when damp.

# Cabbage

It is low cost all year, is nutritious and can be eaten raw or cooked.

## What You Need

- 1 small 5"x5", weighs about 1kg or 2 lbs (makes 10 to 12 single servings)
- 1 medium 6"x6", weighs about 1.5 kg or 3 lbs (makes 12 to 16 single servings)
- 1 large 7"x7", weighs about 2 kg or 4 lbs (makes 16 to 20 single servings)

## Four Preparation Methods

- 1 Cut into wedges. Boil until tender (15 to 20 minutes) Drain and serve, or
- 2 Cut into small pieces. Boil until tender. Drain. Add dressing, mix and serve, or
- 3 Shred. Mix with other shredded vegetables (optional). Add dressing and serve, or
- 4 Use in soup or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*).

## Good Ideas

- 1 A small portion of cut up or shredded (in a small plastic bag or container) can be included in takeout lunches. Vinegar and salt could be added.
- 2 Mix shredded cabbage with shredded carrots, turnip, squash and/or potato. Adding a dressing increases flavor. If potato used, shred and add just before serving.
- 3 Dressing using one or a combination of salt, vinegar, lemon concentrate and vegetable oil gives flavor to cooked or raw. Use 1 tsp of dressing/person.
- 4 If the core or outer leaves are removed, save and use for making soup. Boiling the core will make it soft. If the core is eaten raw, it is crispy, hard and strong tasting.
- 5 It should be tightly sealed in a plastic bag (or plastic wrap) and stored in the refrigerator. It will keep fresh for several weeks. If not covered, it will turn slightly black on the outside. The black leaves can be cooked or used in a soup.

# Carrots

They are low cost (most of the year) and can be eaten raw or cooked.

## What You Need

- 1 small fresh 6" x 1/2" weighs 75 to 100gr (makes 1 single serving)
- 1 medium fresh 8" x 3/4" weighs 150 to 200gr (makes 2 single servings)
- 1 large fresh 9" x 1" weighs 250 to 300gr (makes 3 single servings)
- 1 kg frozen makes 13 servings of 75gr each
- 1 398 ml can makes 4 servings of 75gr after removing liquid

## Five Preparation Methods

- 1 Cut into 1/4 to 1/2 inch pieces. Boil for 10 to 15 minutes until tender Drain/serve, or
- 2 Shred. Mix with other shredded vegetables (optional). Add dressing and serve, or
- 3 Heat canned (include the liquid) until warm Serve by itself or with other vegetables, or
- 4 Heat frozen until warm. Serve alone or with other vegetables, or
- 5 Use in soup or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*).

## Good Ideas

- 1 If only a small quantity of water is left in pot leave it and mash. Depending on taste preferences, they can be served whole and slightly crisp.
- 2 Always keep dry when stored in the refrigerator. Do not wrap in plastic. You can also store them in a cool area of your house. Use in soups or casseroles when old.
- 3 Use salt, vinegar, lemon concentrate and/or vegetable oil to create a dressing for cooked or raw carrots. Use 1 tsp of dressing/person. Also margarine and salt can be used as a topping for cooked carrots.
- 4 If you can afford to, buy the largest bag as this is usually the best price.

# Onions

They are low cost (most of the year) and can be eaten raw or cooked.

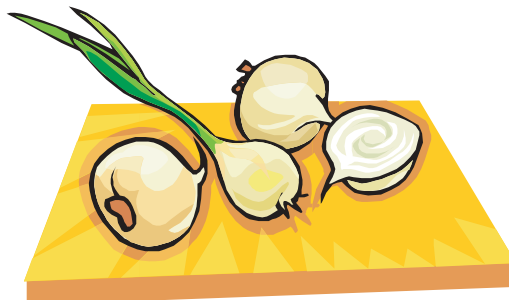
- 1 small 2"x1 1/2 " weighs about 75gr (makes 1 small single serving)
- 1 medium 2 1/2 "x 2" weighs 100 to 125gr (makes 1 large single serving)
- 1 large 3"x 2 1/2 " weighs 150 to 200gr (makes 2 small single servings)

## Four Preparation Methods

- 1 Boil in 1/4 pieces or whole for 10 to 15 minutes until tender Drain and serve, or
- 2 Shred. Mix with other shredded vegetables (optional).Add dressing and serve, or
- 3 Slice thin. Fry in water (only enough to keep moist). Add other vegetables (optional) Fry until slightly crisp or tender. Serve, or
- 4 Use in soups or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*).

## Good Ideas

- 1 Remove only the outer brown skin and any brown spots from the second layer.
- 2 Add 1 tbsp of water to frying pan after vegetables removed. Stir water in warm pan and pour the juices over the vegetables.
- 3 Use salt, vinegar, lemon concentrate and/or vegetable oil to create a dressing for cooked or raw carrots. Use 1 tsp of dressing/person.
- 4 If you can afford it, buy the largest bag of onions and check that they are firm and not rotten. The large bags are usually the best price.
- 5 Store onions in a cool dry area of the house. Do not store in a plastic bag. Keep them dry.
- 6 Onions, if needed, should be included on your grocery list as they provide a lot of flavor to many meals.



# Potatoes

They are low cost (most of the year) and can be eaten raw or cooked.

## What You Need

- 1 small fresh 2 1/2" x 1 1/2" weighs about 100gr (makes 1 single serving)
- 1 medium fresh 3" x 2" weighs 150 to 200gr (makes 2 single servings)
- 1 large fresh 4" x 2 1/2" weighs 250 to 300gr (makes 3 single servings)
- 1 kg frozen makes 10 servings of 100gr each



## Five Preparation Methods

- 1 Cut into 1/4 to 1/2 inch pieces Boil for 10 to 15 minutes until tender  
Serve whole or mashed with a little salt, water and/or milk, or
- 2 Use water for frying thin slices of potatoes Add 1 to 2 tsp of vegetable oil and a sprinkle of salt (optional)  
Use only enough water to keep moist, or
- 3 Bake whole in 450 F oven 70 minutes. Punch holes with a fork several times before baking, or
- 4 Fry leftover potatoes shaped as patties (for one patty add 1 tsp chopped onion & salt to mashed potatoes and make moist with water). Heat at low temperature with a small amount of vegetable oil until brown, or
- 5 Use in soups or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*).

## Good Ideas

- 1 If only a small quantity of water is left in the pot leave it, do not drain. Add salt and mash. For mashing, they should be soft (no hard pieces). If not mashed, they would be tasty anyway if slightly firm.
- 2 If you can afford to, buy the largest bag as this is usually the best price. However, too large a bag may spoil before you can eat them. Always keep dry and store in a cool location away from light. Do not wrap in plastic. Use in soups or casseroles when old.
- 3 Canned and instant potatoes are very expensive and should not be purchased.
- 4 If potatoes are high priced use smaller portions of potatoes or use rice or pasta.



# Squash

It is low cost (most of the year) usually cooked but can be eaten raw.

## What You Need

- 1 small 4"x4", weighs about 600gr or 1 1/2 lbs (makes 4 to 5 single servings)
- 1 medium 5"x5", weighs about 1 kg or 2 lbs (makes 7 to 8 single servings)
- 1 large 6"x6", weighs about 1.5 kg or 3 lbs (makes 10 to 12 single servings)

## Four Preparation Methods

- 1 Cut into 1/4 to 1/2 inch pieces. Boil for 10 to 15 minutes until tender. Drain well and serve whole or mashed with a little salt, or
- 2 Cut in half or in large pieces (sufficient for 4 persons) Remove seeds. Put cut-side down on oven proof dish or metal sheet. Bake in 350 F oven until soft (30 to 40 min). Scoop out soft flesh and serve (heats well if served the next day) Remove and cut into 4 serving portions, or
- 3 Shred. Mix with other shredded vegetables. Add dressing and serve, or
- 4 Use in soups or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*)

## Good Ideas

- 1 Never peel with a knife as you lose 15 to 20% of the vegetable. You can scrub lightly with a wire copper pad to remove some of the dark outer skin. After washing well, you can also cook without removing the skin. After cooking, the skin is soft and can be eaten.
- 2 Cut into pieces or in half and cook in the microwave. Scrape out almost all of the insides after they are cooked.
- 3 Use the soft insides (with seeds) and any peel removed for soup stock. Boil insides and peelings for 15 to 20 minutes; drain through strainer and save liquid.
- 4 If only a small quantity of water is left in the pot, continue heating until nearly dry. Immediately remove, add salt and mash. For mashing, it should be soft (no hard pieces).
- 5 Store fresh squash at room temperature or on the top of refrigerator and it will keep for more than a month.
- 6 When the cost is more than 70cents/lb (\$1.50/kg), use other low cost vegetables. (fresh, canned or frozen).
- 7 If you buy a large squash cut it into small portions before you cook it. The squash not used can be kept in the refrigerator for several weeks (wrapped tightly in plastic) or frozen. To freeze, cook in boiling water for 3-4 minutes, remove, put in plastic bags and freeze.

# Turnip

It is low cost all of the year and is usually cooked but can be eaten raw.

## What You Need

- 1 small 4"x4", weighs about 700gr or 1 1/2 lbs (makes 6 to 7 single servings)
- 1 medium 5"x5", weighs about 1 kg or 2 lbs (makes 9 to 10 single servings)
- 1 large 6"x6", weighs about 1.5 kg or 3 lbs (makes 14 to 15 single servings)

## Three Preparation Methods

- 1 Cut into 1/4 to 1/2 inch pieces. Boil for 10 to 15 minutes until tender. Drain well and serve whole or mashed with a little salt, or
- 2 Shred. Mix with other shredded vegetables. Add dressing and serve, or
- 3 Use in soups or salads (see Chapter 8B, *Lunch*) and casseroles (see Chapter 8C, *Main Course Meals*)

## Good Ideas

- 1 Never peel with a knife as you lose 15 to 20% of the turnip. It is easy to scrub with a wire copper pad to remove the dark outer skin.
- 2 If only a small quantity of water is left in the pot continue heating until the turnip is nearly dry. Immediately remove, add salt and mash. For mashing, it should be soft (no hard pieces). Turnip and carrots are often boiled and mashed together because some people like the taste of the two vegetables together.
- 3 Store in a plastic bag in the refrigerator and it will keep for up to one month. Make sure it is always dry.

## Canned, Low Cost

Canned vegetables are about the same price all year. However, they are more expensive than low cost fresh or frozen and they can be eaten hot or cold. They are also high in salt.

### What You Need

- 1-284 ml can 200gr of vegetables (makes 2 to 3 single servings)
- 1-398 ml can 300gr of vegetables (makes 3 to 4 single servings)
- 1-540 ml can 400gr of vegetables (makes 4 to 5 single servings)
- 1-796 ml can 600gr of vegetables (makes 6 to 7 single servings)

### Preparation Method

- 1 Serve cold with salads or as a side dish, or
- 2 Warm in a pot with the juices from the can

### Good Ideas

- 1 Serving small portions of canned with low cost fresh vegetables gives more variety.
- 2 Many fresh vegetables are not available as low cost items. For example, creamed corn, mixed vegetables, peas, string beans, and tomatoes.
- 3 Canned brand name vegetables are 50% more expensive than store brand specials. For example, a 398ml can of No Name carrots is about 60 cents while the brand name is more than \$1.00.
- 4 Do not discard the canned liquid. Save it in the refrigerator and use it in soups or stews.

# Miscellaneous, Fresh, Frozen and Canned

Try and include many items for more variety. At various times there are many specials.

## What You Need

1	Beets	Fresh (each)	Canned (284 ml and 398 ml)
2	Broccoli	Fresh (each)	Frozen (1 or 2 kg bags)
3	Cauliflower	Fresh (each)	Frozen (1 or 2 kg bags)
4	Celery	Fresh (each)	
5	Corn	Fresh (dozen)	Frozen (1 or 2 kg bags)
			Canned: Cream (284ml & 398ml) and Niblets(199 ml, 314ml, 540 ml)
6	Cucumbers	Fresh (each)	
7	Lettuce	Fresh (each)	
8	Mushrooms	Fresh (/lb or /kg)	Canned (284 ml)
9	Spinach	Fresh (bag)	Canned (284 ml)
10	Tomatoes	Fresh (/lb or /kg)	Canned (398ml, 540 ml or 796 ml)
11	Zucchini	Fresh (each)	Frozen (1 kg bag)

## Simplified Preparation Methods

- 1 Beets
  - Boil fresh bulbs about 1 1/2 hr and greens about 15 to 20 minutes, or
  - Serve canned beets hot or cold
- 2 Broccoli
  - Serve raw in salads or as snacks, or
  - Cut into small pieces and boil 10 to 15 minutes or stir fry
- 3 Cauliflower
  - Serve raw in salads or as snacks, or
  - Cut into small pieces and boil 10 to 15 minutes or stir fry
- 4 Celery
  - Serve raw in salads or as snacks, or
  - Cut into small pieces and boil 10 to 15 minutes or stir fry
- 5 Corn
  - Boil in water for 10 to 15 minutes
- 6 Cucumbers
  - Serve raw in salads, as snacks, or in sandwiches
- 7 Lettuce
  - Serve raw in salads or in sandwiches
- 8 Mushrooms
  - Cut into small pieces and serve in salads, soups or stir fry
- 9 Spinach
  - Serve raw in salads or in sandwiches, or
  - Cut into small pieces and boil 10 to 15 minutes or stir fry
- 10 Tomatoes
  - Cut into small pieces and serve as snacks or in salads, soups, sandwiches, or
  - Cut into small pieces and boil 2 to 3 minutes or stir fry, or
  - Heat canned tomatoes and serve as a meal, or
  - Add canned tomatoes to soups and casseroles
- 11 Zucchini
  - Serve raw in salads, as snacks, or in sandwiches, or
  - Cut into small pieces and boil 3 to 5 minutes or add to soups or stir fry

## Useful Ideas

### Note:

- If the cost is 20 cents (or less) /100 gr or 90 cents (or less)/lb it is a good buy. Fresh tomatoes, zucchini and mushrooms are sold by the lb. In the table are vegetables that are sold as price/item.

Cost per 100 Grams				
	400gr	600gr	800gr	1000gr
Beets, cucumbers, lettuce. Usually 400 to 600 gr. If cost is \$1.25/item	31 cents	20 cents	15 cents	12 cents
Broccoli, cauliflower, celery. Usually 100 to 600 gr. If cost is \$1.50/item	38 cents	25 cents	19 cents	15 cents

#### 1 Beets

- Bulbs take over an hour to cook and larger takes longer. Twist tops off of bulbs.
- The greens cook in about 15 to 20 minutes and need to be fresh (old may be tough).
- Do not peel or do not cut off the ends as the beets will bleed and lose flavor and color.
- Peel in cold water after cooking or allow them to cool. Then peel, slice and sprinkle with vinegar when served.

#### 2 Broccoli and cauliflower

- All parts can be eaten. Use parts not eaten for soups or stews.
- The stems can be boiled and will be soft when fully cooked.
- Often frozen are low priced.

#### 3 Celery

- All parts can be eaten. The end portion and leaves are best used in soups or stews.

#### 4 Cucumbers

- You can eat with or without the skin. Wash well.

#### 5 Lettuce (iceberg and romaine)

- Lettuce can be used for salads and sandwiches.

#### 6 Mushrooms

- Sold by the kg or lb.
- Canned pieces (298 ml) may be on special for 20cents/100 ml.

#### 7 Spinach

- Fresh and frozen usually expensive when not on special. Fresh is sold by the bag.
- Canned (284gr) is usually expensive unless on special for 20 cents/100ml.

#### 8 Tomatoes

- Sold by the lb or kg.
- For cooking and for a meal, it is more economical to use low cost canned tomatoes.

#### 9 Zucchini

- Usually expensive except on special in late summer. Sold by the lb or kg.



# Chapter 8F Recipes – Dessert

## Table of Contents



Note: Below are the average costs, if you buy items at the lowest prices.

### Cakes - use 1 cake for 10 servings

#### General

• Homemade white	\$1.00 to \$1.20	12 to 14 cents/serving
• Homemade chocolate	\$1.40 to \$1.90	14 to 19 cents/serving
• Low cost cake mixes	90 cents to \$1.20	9 to 12 cents/serving
• Icing	20 to 22 cents/cake	2 cents/serving

### Cookies - use 1 to 3 with desserts or for take-out lunches and snacks

#### General

• Homemade molasses	\$1.20 to \$1.60/batch	2.4 to 3.2 cents/cookie
• Homemade sugar	\$1.20 to \$1.60/batch	2.4 to 3.2 cents/cookie
• Homemade carrot	\$1.10 to \$1.60/batch	2.2 to 3.2 cents/cookie
• Homemade peanut butter	\$1.60 to \$2.00/batch	3.2 to 4.0 cents/cookie
• Low cost store bought		2.0 to 6.0 cents/cookie

### Fruit(see Chapter 6, Dessert, Including Fruit)

#### Jello - use 1/2 cup/person

- General (no recipes)		
-Package for 4 servings	40 to 60cents	10 to 15 cents/person
-Package for 8 servings	50cents to \$1.00	6 to 12 cents/person

#### Ice Cream/Yogurt - use 1/3 cup/person (75 ml) (no recipes)

- 4 liters of ice cream	\$4.00 to \$5.00 (10 to 12 cents/100 ml)	9 to 10 cents/person
- 1 liter of ice cream	\$1.20 to \$1.50 (12 to 15 cents/100 ml)	10 to 11 cents/person
- 1 liter of frozen yogurt	\$2.00 to \$2.50(4 cups)	12 to 16 cents/person

#### Puddings - use 1/2 cup /person

##### General

• Homemade fruit (serves 4)	50 to 75cents	12 to 18 cents/person
• Packaged mix (serves 4)	\$1.06 to \$1.34 (70 to 90 cents/package plus 2 cups of milk at 36 to 44 cents)	26 to 34 cents/person
• Homemade rice (serves 8)	\$1.20 to \$1.50	15 to 18 cents/person

## Cake – General

- 1 The most common size of cake pan for a basic cake is 10 inch x 10inch. Other sized pans can be used but cooking time will change.
- 2 The basic mixing procedure is as follows:
  - Mix flour and baking powder in a separate bowl
  - Mix shortening with sugar, eggs and cocoa (if used). Use a fork to break up the shortening.
  - Add flour and milk gradually to the shortening mixture. Mix well with a large spoon. If the mixture is too wet, add a small amount of flour. The batter should easily pour into the dish.
- 3 Lightly grease cake pan. Flouring, (1/2 tbsp of flour added after greasing and shaking pan to coat all surfaces) if used, helps prevent the cake from sticking.
- 4 A cake is done if brown on top, and when pressed lightly with a finger it bounces back or when you insert a toothpick, it comes out dry. Keep cooked cake covered in refrigerator or freeze in meal size portions for later use. It can also be stored in a covered container on the counter.
- 5 For icing one cake, use about 1 cup of icing sugar. Place in bowl and add 1 to 2 tbsp of water and optionally, 1 tbsp of shortening or margarine. Mix until it is smooth and spreads easily. You could also add 1/4 tsp of vanilla for flavor and a pinch of salt (1/3 tsp) to cut down on the sweetness. Cost of icing is 20 to 22 cents per cake.
- 6 Often recipes call for chocolate squares. In place of these, use 4 tbsp of cocoa mixed with 1 tbsp shortening or melted margarine for semi sweet. Adding 2 tbsp of boiling water will make the cocoa darker and richer looking. Prepare the cocoa mixture before adding it to the other cake ingredients.
- 7 You can use cake batter to make cookies or cup cakes. For cookies, reduce the liquid or add more flour until the mix can be made into a ball. Use the cake batter to make cup cakes.



# Cake

There are a lot of cakes. Three have been selected. These are low cost (a homemade white, a homemade chocolate and a packaged mix). One cake makes about 10 servings.

## Homemade - White, What You Need

2 cups flour	1 cup milk
3/4 cup white sugar	1 medium egg
1/2 cup shortening	2 tsp baking powder
2 tsp vanilla	



## Homemade – Chocolate, What You Need

2 cups flour	1 cup milk
1 1/4 cup white sugar	1 medium egg
1/2 cup shortening	1 tsp vanilla
1 tsp baking powder	1 tsp baking soda
1 tbsp vinegar, added to milk	
5 tbsp cocoa blended with 2 tbsp shortening	

## Packaged Mix, What You Need

1 package (250 gr) cake mix	2/3 cup water
1 medium egg	

## Preparation Method

- 1 Mix ingredients in large bowl
- 2 Grease and flour a cake pan
- 3 Pour ingredients into pan
- 4 Smooth surface until level
- 5 Place in center of 350 F pre-heated oven
- 6 Bake for 35 to 40 minutes
- 7 Check for doneness
- 8 Remove from oven when done
- 9 Leave to cool for 10 to 20 minutes
- 10 Remove cake and place on a cooling rack
- 11 Ice the cake when cool or serve plain
- 12 Store in refrigerator or freeze for later use

## Good Ideas

- 1 See Cakes General for basic instructions on making all types of cakes. Note mixing and checking for doneness.
- 2 Leaving the cake to cool in the hot pan will make it easier to remove.
- 3 Serve the cake plain, with icing or cut it in half and put jam or marmalade in the center.
- 4 Leftover cake can be frozen in serving portions for ease of use later.

## Cookies - General

- 1 The recipes for homemade cookies are for a batch of 50 two-inch cookies. Each sheet of cookies should be cooked separately.
- 2 Mixing instructions are the same as for cakes. See Cakes General.
- 3 Use a two-inch cookie cutter. To prevent dough sticking to the cutter dip it in flour. A large cookie sheet will hold about 25 cookies.
- 4 If you do not have all of the required utensils use the following:
  - If no cookie sheet, any flat metal sheet can be used as long as it is firm enough to be removed from the oven.
  - If no rolling pin, use a large bottle or spread by hand.
  - If no cookie cutter, use a glass.
  - Cooling racks are often used for hot cakes or cookies. If no cooling rack, use dinner plates or place on a clean counter top.
- 5 Bake for 10 to 12 minutes at 350 F in the top position of the oven. If placed lower, they may burn on the bottom.
- 6 Check closely for doneness after 10 minutes. Remove cookies when they are still soft but with no moisture on top. If moist in the center, they will become firmer when cooled. Leaving the cookies on the hot sheet will provide a few more minutes of cooking time. Don't leave too long as the cookies will become too firm.
- 7 The cookies must be kept covered when stored or they will become too hard.

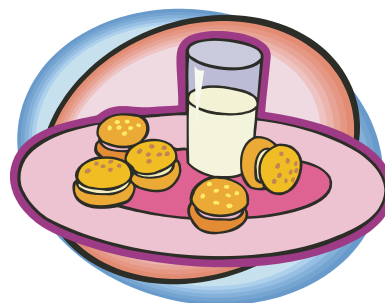
# Cookies

There are a lot of cookie choices. Four low cost homemade cookies have been selected. There are many low cost store bought cookies from 2 to 6 cents each.

## Molasses, What You Need

3 cups flour  
3/4 cup white sugar  
3/4 cup shortening  
1 tsp cinnamon  
2 tsp baking soda in 1/2 cup of hot water

3/4 cup molasses  
1 medium egg  
1 tsp ginger  
1/2 tsp salt



## Sugar, What You Need

3 cups flour  
1 1/4 cup white sugar  
3/4 cup shortening  
4 tsp baking powder

1 cup milk, after adding egg  
1 medium egg  
1 tsp vanilla  
1/2 tsp salt

## Carrot, What You Need

2 cups flour  
1/2 cup white sugar  
3/4 cup shortening  
1/2 tsp salt

1 cup cooked mashed carrot  
1 medium egg  
1/4 cup raisins  
2 tsp baking powder

## Peanut Butter, What You Need

3 cups flour  
1 medium egg  
1 tsp vanilla  
1/2 tsp salt

1 1/2 cups white sugar  
3/4 cup shortening  
2 tsp baking soda  
3/4 cup peanut butter

## Preparation Method

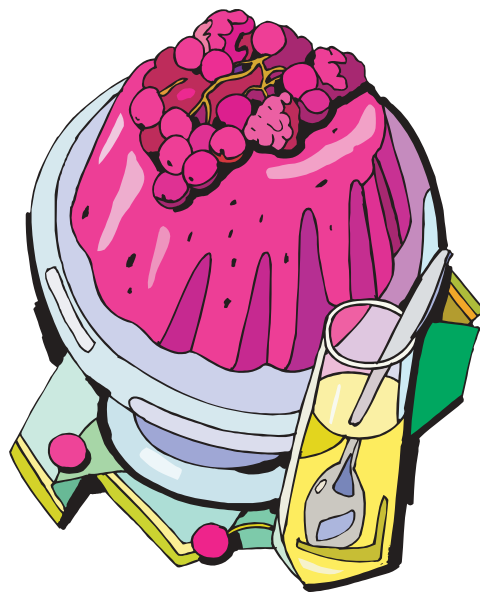
- 1 Mix well all ingredients in large bowl
- 2 Place in refrigerator for 1/2 hour (optional)
- 3 Preheat oven to 350 F
- 4 Spread 2 tbsp of flour on a flat surface
- 5 Remove batter from refrigerator
- 6 Place 1/2 of batter in center of flour
- 7 Flatten to 1/2 inch with your hands
- 8 Spread (with rolling pin) until 1/4 inch thick
- 9 Use 2" diameter cutter to cut out cookies
- 10 Place cookies on a cookie sheet
- 11 Leave 1/4 inch spaces between cookies
- 12 Place full sheet in top oven position
- 13 Bake for 10 to 12 minutes
- 14 Check for doneness(see cookies general)
- 15 Remove sheet
- 16 Leave cookies on hot sheet for 2 minutes
- 17 Remove cookies to a cooling rack
- 18 Cook second batch
- 19 When cool, store in a covered container

## Jello - General

- 1 Follow the instructions on the package to make jello.
- 2 If you wish to add fruit to the jello, it should be cut into small pieces and added to the jello as it starts to thicken in the refrigerator. Use banana, apple, oranges or canned fruit.

## Ice Cream/Yogurt - General

- 1 Ice cream can be used by itself, or with low cost toppings such as fruit spreads, table syrup or in conjunction with desserts such as cake or fruit.
- 2 Large containers of store brand specials for ice cream are the lowest prices. Buying ice cream in small containers is generally more expensive.
- 3 Use 2 to 4 tbsp of ice cream if combined with other foods and 1/3 cup if used by itself.
- 4 Use frozen yogurt the same as ice cream but use slightly smaller portions. It is more expensive.
- 5 Fresh yogurt is very expensive (3 times more than frozen yogurt). However, it could occasionally be used to add more flavor to a small serving of dessert by adding 1 tbsp on top of fruit or ice cream.
- 6 Some low cost suggested servings for ice cream (and frozen yogurt) are as follows:
  - 1/3 cup with 2 tsp of table syrup or jam spread topping
  - 3 tbsp over 1/4 medium banana (cut in thin strips) with a topping of 2 tsp of table syrup or jam spread
  - 1/4 cup with 1/4 cup of canned fruit (with juices) on top



# pudding - General

- 1 Homemade fruit puddings can be made using fresh apples, oranges, bananas, raisins and canned fruit. Cut all fruit into small pieces.
- 2 The homemade puddings are usually done (when brown on top) in 30 to 35 minutes.

## **Fruit Pudding, What You Need (makes 4 servings)**

### *Dry ingredients*

- |                     |                     |
|---------------------|---------------------|
| 1/4 cup white sugar | 2 tsp baking powder |
| 1/2 tsp salt        | 1 cup flour         |

### *Wet ingredients*

- |                                |              |
|--------------------------------|--------------|
| 1/2 cup fruit, canned or fresh | 1/2 cup milk |
|--------------------------------|--------------|

### *Sauce ingredients*

- 1/4 cup brown sugar, or 1/2 cup white sugar  
2 cups of boiling water

## **Preparation Method, Fruit Pudding**

- |   |   |
|---|---|
| 1 Mix well dry ingredients in a bowl        | 5 Pour sauce over batter                      |
| 2 Add wet ingredients and mix well          | 6 Place pan in center of preheated 350 F oven |
| 3 Pour batter into a square 8 in baking pan | 7 Bake for 30 to 35 minutes                   |
| 4 Mix sauce ingredients in a bowl           | 8 Remove and serve hot                        |

## **Rice Pudding, What You Need (makes 8 servings)**

### *Dry ingredients*

- |   |                         |
|---|-------------------------|
| 1/4 cup white sugar                     | 1 tsp cinnamon          |
| 1/4 cup raisins (these can be left out) | 1/2 cup long grain rice |

### *Wet ingredients*

- |             |               |
|-------------|---------------|
| 4 cups milk | 1 tsp vanilla |
|-------------|---------------|

## **Preparation Method, Rice Pudding**

- |   |  |
|---|--|
| 1 Mix well dry ingredients in a bowl      | 4 Place dish in center of preheated 325 F oven |
| 2 Add wet ingredients and mix well        | 5 Bake for 1 1/2 hours                         |
| 3 Pour batter into a large casserole dish | 6 Remove and serve hot                         |



# Chapter 8G Recipes – Baking

## Table of Contents



### Baking - General

#### Bread - use 1 to 2 slices/person with a meal or as a snack

- |                          |                         |                        |
|--------------------------|-------------------------|------------------------|
| • Banana                 | 80 cents to \$1.00/loaf | 4.5 to 5.5 cents/slice |
| • Cornmeal (Johnny cake) | \$1.00 to \$1.30/loaf   | 6 to 8 cents/slice     |
| • Store bought           | 80 cents to \$1.30/loaf | 4.5 to 7 cents/slice   |

#### Biscuits – use 1 or 2/person with a meal or as a snack

65 to 80 cents/batch of 16                      4 to 5 cents/biscuit

#### Muffins – use 1/person with a meal or as a snack

- |                     |                                |                         |
|---------------------|--------------------------------|-------------------------|
| • Home made oatmeal | 90 cents to \$1.15/batch of 12 | 7.5 to 9.5 cents/muffin |
| • Package mix       | \$1.40 to \$1.60/batch of 10   | 14 to 15 cents/muffin   |
| • Store made        |                                | 50 to 75 cents/muffin   |

### Baking - General

- 1 It is generally cheaper to buy low cost bread than to make it. Also, homemade bread may be difficult to make for the first time. For this reason, I have not included a recipe.
- 2 Biscuits, muffins, cornmeal cake and banana bread are good in place of store bought bread. Measuring your ingredients into smaller containers before starting helps minimize the risk of leaving out items and shortens the preparation time.
- 3 Mix the dry ingredients first. For biscuits, mix shortening and flour using two knives to cut it up and mix with a fork till crumbly. Add wet ingredients and mix well with a large spoon.
- 4 Lightly grease pans (use shortening). Flouring,(add 1/2 tbsp of flour to the pan after greasing and shaking pan to coat surfaces with flour) also prevents the cake from sticking.
- 5 Home made bread items:
  - Most are done when they are brown on top, they bounce back when pressed lightly with a finger or when an inserted toothpick comes out clean.
  - Leave to cool in the pan about 5 to 10 minutes. To remove, turn the pan upside down on a dish or counter top. Cool slightly (use a cooling rack if you have one), cut and serve warm or cold. If they stick to pan, run a knife around edges before turning.
  - Before storing, allow 30 minutes cooling. Cover tightly in plastic bag (or plastic wrap) and keep in the refrigerator (or freezer) until ready to use.
- 6 If the bottom of a baked item is burnt or very hard, oven temperature may be too high or cooking time too long.

# Bread, Banana

## What You Need (makes 1 loaf)

- 1 cup white sugar
- 1/4 cup vegetable oil
- 1 tsp salt
- 1 medium egg
- 3 medium ripe bananas
- 1 tsp baking soda
- 1 1/2 cups flour



## Preparation Method

- 1 Preheat oven to 350 F
- 2 Add sugar, oil and salt to bowl, Mix
- 3 Add flour & egg, Mix
- 4 Mash ripe bananas
- 5 Add bananas and baking soda to bowl
- 6 Mix
- 7 Grease and flour 8" x 4" bread pan
- 8 Pour mixed batter into pan
- 9 Smooth top and place in center of oven
- 10 Bake for 55 minutes
- 11 Remove and check for doneness
- 12 Remove bread from pan, if done
- 13 Cool on a wire rack or a plate for 5 minutes
- 14 Serve warm or cold

## Good Ideas

- 1 The cost information is based on buying over ripe bananas at 1/2 the price of regular. Over ripe bananas can be frozen for several months before being used. Bananas that become over ripe should be used immediately for making bread or frozen for later use.
- 2 Banana bread can be served with no toppings, a small amount of low cost jam or margarine.



## Bread - Cornmeal (Johnny) Cake

This recipe was and is used by many families as it is easy to make, low cost and filling. It can be used with all meals, for take out lunches or snacks.

### What You Need (makes about 16 servings)

1 cup flour	1/8 tsp salt
1 medium egg	2 tsp baking powder
1/2 cup cornmeal	1/4 cup molasses
1/4 cup vegetable oil	3/4 cup milk
1/4 cup white sugar	

### Preparation Method

- 1 Preheat oven to 400 F.
- 2 Place all ingredients in a large bowl
- 3 Mix well
- 4 Grease and flour 8"x4" loaf pan
- 5 Pour batter into pan
- 6 Cook in center of oven 25 minutes
- 7 Remove pan and cool on a rack or plate
- 8 Remove cake after 10 minutes

### Good Ideas

Be careful removing the cake. You can serve it warm or cold. Do not freeze. When it is cold put in a plastic bag (or plastic wrap) and keep in the refrigerator until ready to use.

# Biscuits

With practice, biscuits are easy to make, ready to serve after 20 minutes and are low cost.

## What You Need (makes 16 biscuits)

2 cups flour	1/4 cup shortening
1 cup milk	4 tsp baking powder
1/2 tsp salt	

## Preparation Method

- 1 Place oven rack in top position
- 2 Preheat oven to 425 F
- 3 Add flour, salt, baking powder to bowl
- 4 Mix well with a fork
- 5 Add shortening, cut in with knives
- 6 Add milk and mix forming a ball
- 7 Add 1 tbsp flour, if ball is too moist
- 8 Mix until ball is firm enough to remove
- 9 Spread 2 tbsp flour on counter top
- 10 Place ball of dough in center of flour
- 11 Fold and knead with palm of hands
- 12 Fold and knead about 12 times
- 13 Flatten to 1/2 inch with your hands
- 14 Spread (with rolling pin) until 1/4 inch
- 15 Use 2 1/2-inch cutter to cut out biscuits
- 16 Place cut biscuits on a large cookie sheet
- 17 Leave 1/4-inch spaces between biscuits
- 18 Place sheet in center of top oven rack
- 19 Bake for 12 minutes (until golden brown)
- 20 Remove sheet from oven
- 21 Remove biscuits to a cooling rack
- 22 Serve hot or cold

## Good Ideas

- 1 The biscuits should be done in 12 minutes. Check closely after 10 minutes. Remove when they are golden brown. If necessary, leave 1 more minute.
- 2 Placing the cookie sheet in the center of the top oven rack gives better heat distribution.
- 3 You can also reduce the cooking time to 10 to 11 minutes by using 450 F.
- 4 The biscuits must be kept covered when stored. They can be frozen. However, they will keep for up to a week in a covered container at room temperature.
- 5 After the initial cutting out of biscuits, form a new ball, add 1 tsp of flour to the counter top, flatten new ball and cut out biscuits. The remaining dough can be formed into one or two small hand formed biscuits. A small amount of flour may have to be added if the dough is sticking while being flattened.

# Muffins - Oatmeal

There are many muffin recipes made from basic ingredients or from store bought premixes. I have only included one low cost recipe. Muffins are a good breakfast, lunch or snack item.

## What You Need (makes 12 muffins)

1 cup oatmeal	1 cup milk
1 tsp vinegar (put in milk)	1 cup flour
1/2 tsp salt	1 tsp baking powder
1/2 cup vegetable oil	1/4 cup white sugar
1 tbs molasses	1 medium egg
1/2 tsp baking soda	

## Preparation Method

- 1 Heat oven to 375 F
- 2 Add all ingredients to a large bowl.
- 3 Mix thoroughly
- 4 Grease and flour 12 cup muffin pan
- 5 Add mixture evenly to the 12 cups
- 6 Cook in center of oven 20 to 22 minutes
- 7 Check for doneness
- 8 Remove pan from oven
- 9 Remove muffins and place on a rack
- 10 Cool for 15-20 minutes and serve

## Good Ideas

- 1 If the muffins are slightly over cooked on the bottom the first time you make them, reduce the oven temperature 25 degrees, reduce the cooking time by one minute or raise the oven rack.
- 2 Don't leave the muffins in the hot pan as they will continue cooking and could burn on the bottom.
- 3 As cooking times will vary depending on the actual ingredients used, it is better to stay with a recipe that works for you.
- 4 Note, instructions for store pre-mix muffins are on the package.



## Appendix 9A, Cooking Terms

The following terms have been used in this book and in some cases have been explained.

<b>Baking:</b>	Cooking in oven. Used for cakes, cookies, breads, etc.
<b>Boiling:</b>	When water forms bubbles and steam escapes.
<b>Browning:</b>	To fry on all sides in a small amount of oil.
<b>Coating:</b>	Using flour or bread crumbs to cover meat before cooking.
<b>Cooling:</b>	Placing on a rack, plate or counter top until temperature lowers.
<b>Cutting:</b>	Using a knife or knives to make smaller.
<b>Dicing:</b>	Cutting in squares or cubes.
<b>Draining:</b>	Removing liquid.
<b>Flouring:</b>	Coating pan with flour after greasing.
<b>Folding:</b>	Mixing wet ingredients into dry ingredients or vice versa.
<b>Forming:</b>	To shape into a ball or loaf.
<b>Freezing:</b>	Placing in top of refrigerator or freezer until solid.
<b>Frying:</b>	Cooking in a frying pan using small amounts of oil or water.
<b>Greasing:</b>	Oiling all sides of a dish or pan.
<b>Heating:</b>	Bringing to serving temperature.
<b>Kneading:</b>	Turning dough over on itself.
<b>Layering:</b>	Placing one ingredient over others.
<b>Loosening:</b>	Using a knife around edges so baked item can be easily removed.
<b>Mashing:</b>	Pressing, using a fork or potato masher to make soft.
<b>Mixing:</b>	Stirring ingredients until well blended.
<b>Peeling:</b>	Removing outer layer.
<b>Preheating:</b>	Bringing oven to temperature prior to cooking.
<b>Roasting:</b>	Cooking uncovered in an oven with a coating of a small amount of oil.
<b>Rolling:</b>	Flattening dough with a rolling pin or with the palms of hands.
<b>Scraping:</b>	Using copper pad or other utensil to remove thin outer layer.
<b>Scooping:</b>	Removing with a spoon.
<b>Scrambling:</b>	Cooking and mixing quickly with a fork.
<b>Serving:</b>	To place in dishes ready to eat.
<b>Setting:</b>	Changing from a liquid to a solid as in jello.
<b>Shredding:</b>	Cutting in very small pieces or using a shredding utensil.
<b>Simmering:</b>	Cooking on low heat for a longer period of time.
<b>Slicing:</b>	Cutting into thin layers.
<b>Slow Cooking:</b>	Cooking at low temperatures in oven at 225 to 250F or frying pan on low.
<b>Smoothing:</b>	Making free of lumps.
<b>Spooning:</b>	Using a spoon to fill or serve.
<b>Spreading:</b>	Distributing evenly.
<b>Sprinkling:</b>	Lightly tossing with shaker or hand.
<b>Steaming:</b>	Cooking vegetables with the steam from water.
<b>Storing:</b>	Keeping for use at a later date.
<b>Stirring:</b>	Mixing with a circular motion.
<b>Stir-fry:</b>	Cooking vegetables until slightly crisp in a small amount of liquid.
<b>Stuffing:</b>	Filling the center of a chicken or turkey with a bread/onion/spice mixture.
<b>Tossing:</b>	Mixing vegetables, fruits and dressing evenly, as in salads.

## Appendix 9B, Cooking Utensils

There are many cooking utensils. While not all of the following are essential, having them makes cooking and baking easier. If you do not have all of these, you can often purchase them for minimum amounts at dollar stores, rummage sales, yard sales or at thrift stores, such as the Salvation Army. The following are recommended:

**Can Opener:** An electric can opener is very useful. It also has devices for sharpening knives. A manual can opener can be purchased for about \$1.00.

**Casserole Dishes:** It would be useful to have a small and a large casserole dish with covers. If there are no covers, you can cover the baking dishes using aluminum foil. Dishes should be oven proof.

**Cookie Sheet(s):** A couple of flat cookie sheets are also useful if making several batches of cookies.

**Copper Pad:** This is used for scraping clean fruits and vegetables and for removing hard food particles when cleaning pots and pans.

**Grater:** You can buy a simple flat grater for about \$1.00. This is very important for making coleslaw, shredding vegetables or shredding other food items such as cheese.

**Knives:** A couple of good sharp knives (one large and one small) are important. They can be expensive if bought new, so try and buy used at sales. If you have an electric can opener, it can be used to keep your knives sharpened.

**Ladle:** A ladle (a long handle with about a 1/4 cup scoop on the bottom) is especially good for serving soup, stew or casseroles. A large spoon could be used but it is not as effective.

**Measuring Cup (s):** While a 1 cup measure is all that is necessary, a 2 or 4 cup is also useful.

**Measuring Spoons:** You should have a teaspoon (a regular household spoon is about 1 level teaspoon) and a tablespoon (3 teaspoons). A full set of plastic measuring spoons is not expensive.

**Mixing Bowls:** It is useful to have a small, medium and large mixing bowl. They can be plastic or glass. A heavy glass one is useful when mixing dough.

**Mixing Spoons:** These can be wooden, metal or plastic and used not only for mixing but for removing food items from bowls or from cooking dishes.

**Muffin Pan:** A 12cup muffin pan (or tin) is usually made of metal and is used for 1 batch. Having 2 pans would be useful to make better use of your oven if making 2 batches of muffins.

**Rolling Pin:** A wooden rolling pin is also useful not only for flattening dough but also for pounding boneless meat to make it more tender. If you do not have one you can always flatten dough by hand or with a bottle or glass.

**Pans :** These can be metal or oven proof glass or ceramic. Different materials might need different cooking times and temperatures. You need a square or round cake pan (about 10 inches), 2 bread loaf pans, a roasting pan with a cover, a large frying pan (a small one would also be useful). If the frying pan has a sticking problem during cooking always keep it moist by adding small quantities of water.

**Pots:** It is desirable to have several metal pots with covers. Try for a small, medium, large and a very large one for making soup. Again these can often be purchased at sales. You do not have to have expensive pots but be careful that they do not boil dry as they could catch fire.

**Spatulas:** These are used to both mix and lift food during cooking. A rubber spatula is good because it will not scrape your frying pan. You also need spatulas (metal or rubber) that have a flat end for turning foods such as eggs.

**Strainers:** While not always necessary they are useful during cooking. You can often drain off liquid by using the cover of the pot or pan but a strainer makes it easier. Try for a small and a large strainer.

**Thermometer, Meat:** While also not necessary, it helps ensure that the meat is fully cooked.

*Note:* Save grocery shopping bags, plastic fruit and vegetable bags, bottles, used plastic containers (wash bottles and containers well before saving) and used aluminum foil (wash well before saving). These can be used to help with the storage of food. Items that have been used for storage may not always be safe for reuse. Use care and dispose of any especially if there is any odor.

## Appendix 9C – Sample Shopping List

You may not need all of the items, depending on what you have at home. You may also purchase some of these items at lower prices in bulk food stores.

Before preparing your list, you might want to review the suggested meal items and any recipes that you plan to use.

You can prepare an initial list of meat, fish, vegetables and fruit based on the information in Chapter 5, *Supper* and Chapter 6, *Dessert, Including Fruit*. However, you have to be prepared to make changes depending on prices when you actually shop.

When you first go shopping, it would be a good idea to take with you the 8-page overview.

Record what you buy (price, quantity) on your shopping list and use for preparing future lists.

### For First of Month

#### *Notes:*

- Budget amounts are for 1/2 month.
- More is often spent at the first of month (\$150 at the first and \$100 at mid month).
- For some items, the total budget may be spent at the first of month.
- Some items can be changed so long as the total budget for the month is the same.

#### *Budget For Meat and Fish is \$20.00-\$22.50 (month total is \$40-\$45)*

Chicken wieners	454gr	\$1.25	Leave one half of the page for recording the items purchased (what, quantity and cost).
Chicken bologna, sliced	500 gr	\$2.00	
Chicken thighs	1.3 kg	\$6.00	
Pork liver	600 gr	\$1.50	
1 can corned beef	340 gr	\$1.75	
1 can flaked ham	184 gr	\$1.00	
Fish cakes	1 kg	\$4.00	
1 can flaked chicken	184 gr	\$1.00	
1 can salmon (rose)	213 gr	\$1.50	

#### *Budget for Vegetables is \$15.00-\$17.50 (month total is \$30-\$35)*

Cabbage	2 kg	\$2.00
Turnip	1 kg	\$1.00
Bag of carrots	5 lbs	\$2.50
Bag of onions	3 lbs	\$1.50
Bag of potatoes	15 lbs	\$5.00
Bag of frozen corn	1 kg	\$1.50
2 cans tomatoes	796 ml	\$4.00
1 can creamed corn	284 ml	\$0.50



*Budget for Fruit is \$12.50-\$15.00 (month total is \$25-\$30)*

Bananas (12 small)	5 lbs	\$3.15
Apples(12 small)	3 lbs	\$3.00
Oranges (6 medium)	3 lbs	\$3.00
2 cans fruit cocktail	540 ml	\$3.00

*Budget for Juice is \$6.00-\$7.00 (month total is \$12-\$14)*

2 cans apple	1360 ml	\$2.00
4 cans frozen orange	680 ml	\$4.00

*Budget for Eggs is \$5.50-\$6.00 (month total is \$11-\$12)*

Medium eggs	3 dozen \$6.60	(buy 2 dozen at middle of month)
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*Budget for Milk, Cheese, Ice Cream is \$25.00 to \$30.00 (month total is \$55-\$60)*

1 bag powdered skim	2.5 kg	\$18.00
1 package sliced	500 gr	\$ 3.00
1 carton ice cream	4 liters	\$ 4.20 (this might do for the month)

*Budget for Rice, Pasta, Dried Beans, Oatmeal Cereal is \$7.50-\$8.00 (month total \$15-\$17)*

1 bag rice	5 kg	\$6.00 (this will do for the month)
1 package of macaroni	1kg	\$1.50 (a smaller amount may be needed at mid month)
1 bag dried beans	2 lb	\$2.25
1 bag oatmeal cereal	1 kg	\$1.50

*Budget for Baking is \$12.50-\$13.50 (month total is \$25-\$27)*

1 box baking powder	450 gr	\$2.50
1 bag cornmeal	500 gr	\$1.50 (this will do for the month)
bag of flour	10 kg	\$8.00 (this will do for the month)
1 bag of sugar	2 kg	\$2.40
1 box of shortening	454 gr	\$1.50
1 bottle vegetable oil	1 liter	\$2.20

*Budget for Bread is \$6.50-\$7.50 (month total is \$13-15)*

6 loaves of bread		\$7.20
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*Budget for Spreads is \$7.50-\$8.50 (\$15-\$17)*

1 bottle of jam spread	750 ml	\$2.50 (this will do for the month)
1 bottle of ketchup	1 liter	\$1.75 (this will do for the month)
1 box of molasses	1 kg	\$2.40
1 bottle of mustard	750 ml	\$1.20 (this will do for the month)
1 jar of peanut butter	1 kg	\$3.50 (this will do for the month)

*Budget for Flavorings, Drinks, Packaged, Misc. is \$10.00-\$15.00(month total \$20-\$30)*

1 bottle instant coffee	200 gr	\$3.50	(this will do for the month)
1, 8 serving jello		\$0.65	
1 bottle lemon conc.	700 ml	\$1.80	
1 muffin mix	300 gr	\$1.60	
1, 4 serving box of pudding		\$0.80	
1 box of salt	1 kg	\$0.60	
1 bottle of soya sauce	450 ml	\$1.50	
1 can soup stock	450 gr	\$4.30	(this will do for the month)
1 bag of 100 tea bags		\$1.50	(this will do for the month)
3 cans tomato soup	284 ml	\$1.50	
1 bottle of vinegar	1 liter	\$1.10	

## Appendix 9D, Shopping Cost Guides

This guide is only provided for those who want to check closely the cost of various items. Table 1 can be used to determine the cost/100gr and table 2 to determine the cost/100ml. Table 1 can also be used to determine the total cost or the cost/100gr with only the cost/lb.

**Table 1 – Cost/100gr**

Example 1: The cost is 60 cents and it weighs 300 gr. The cost/100gr is 20 cents or \$2.00/kg  
 Example 2: If \$1.00/lb, the cost/100 gr is 22 cents(\$2.20/kg). If it weighs 300 gr, the cost is 66 cents.  
 Example 3: If \$2.40 for 2 lbs, the cost/100 gr is 25 cents.

Pounds	CENTS/100GR— Grams	TOTAL COST OF ITEM IN CENTS																								
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	30	35	40	45	50	
1/2	200	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	60	70	80	90	100	
	230																									
	300	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	90	105	129	135	150	
3/4	345																									
	400	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96	100	120	140	160	180	200	
1	454	32	36	41	45	50	55	59	64	68	73	77	82	86	91	95	100	104	109	114	136	159	182	204	227	
	500	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	150	175	200	225	250	
1 1/4	570																									
	600	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144	150	180	210	240	270	300	
1 1/2	680																									
	700	49	56	63	70	77	84	91	98	105	122	129	136	143	150	157	164	171	178	185	210	245	280	315	350	
1 3/4	800	56	64	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200	240	280	320	360	400	
2	900	63	72	81	90	99	108	117	126	135	144	153	162	171	180	189	198	207	216	225	270	315	360	405	450	
	910																				240					
2 1/4	1000	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	300	350	400	450	500	
	1020																									
2 1/2	1100	77	88	99	110	121	132	143	154	165	176	187	198	209	220	231	242	253	264	275	330	385	440	490	550	
	1135																									
2 3/4	1200	84	96	108	120	132	144	156	168	180	192	204	216	228	240	252	264	276	288	300	360	420	480	540	600	
	1250																									
3	1300	91	104	117	130	143	156	169	182	195	208	221	234	247	260	273	286	299	312	325	390	455	520	585	650	
	1360																									
	1400	98	112	126	140	154	168	182	196	210	224	238	252	266	280	294	308	322	336	350	364	420	490	560	630	700
	1500	105	120	135	150	165	180	195	210	225	240	255	270	285	300	315	330	345	360	375	450	525	600	675	750	

**TABLE 2 – Cost/100ml**

Example 4: If the cost of the item is 87 cents for a 398ml can, the cost/100ml is 22 cents

<i>CENTS/100ML</i>	<i>10</i>	<i>12</i>	<i>14</i>	<i>16</i>	<i>18</i>	<i>20</i>	<i>22</i>	<i>24</i>	<i>26</i>	<i>28</i>	<i>30</i>	<i>32</i>	<i>34</i>	<i>36</i>	<i>38</i>	<i>40</i>	<i>42</i>	<i>44</i>	<i>46</i>	<i>48</i>	<i>50</i>	
<b>Ounces</b>	<b>ml</b>	<b>TOTAL COST OF ITEM IN CENTS</b>																				
5.5	156	16	19	22	25	28	31	34	37	40	43	47	50	53	56	59	62	65	68	72	75	78
7.5	213	21	25	30	34	38	42	47	51	55	60	64	68	72	76	81	85	89	94	98	102	106
8.0	227	23	27	32	36	41	45	50	54	59	63	68	72	77	82	86	91	95	100	104	109	113
10.0	284	28	34	40	45	51	57	62	68	73	80	85	90	97	102	108	114	120	125	131	136	142
12.0	341	34	41	48	54	61	68	75	82	87	95	102	109	116	123	129	136	143	150	157	163	170
14.0	398	40	48	56	64	72	79	87	95	103	111	119	127	135	143	151	159	167	175	183	191	199
19.0	540	54	65	76	86	97	108	119	130	140	151	162	173	184	194	205	216	227	238	248	259	270
*28.0	796	80	96	112	128	144	160	176	192	208	224	239	255	271	287	303	319	335	350	367	382	398
35.0	1000	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400	420	440	460	480	500

## Appendix 9E, Bulk Foods

There are many bulk foods sold both in large stores and in stores that specialize in bulk food. Most items, but not all, are lower priced at bulk food stores. Check for the lowest prices at the store where you shop before buying at bulk food stores. Don't buy more than you need, especially in spices. Check weight before purchasing.

### Bulk Purchasing Versus Lowest Price in a Large Store

	<b>Bulk Food Prices</b>	<b>Large Store Prices</b>
Baking powder	33 to 40 cents/100gr	58 to 66 cents/100gr
Baking soda	14 to 22 cents/100gr	20 to 22 cents/100gr
Barley	9 to 11 cents/100gr	22 to 24 cents/100gr
Beans, white navy	18 to 22 cents/100gr	22 to 25 cents/100gr
Cereal, bran flakes	51 to 53 cents/100gr	42 to 52 cents/100gr
Cereal, cornflakes	46 to 48 cents/100gr	42 to 52 cents/100gr
Cereal, grape nut flakes	42 to 44 cents/100gr	50 to 60 cents/100gr
Chili powder	\$1.30 to \$1.70/100gr	\$1.60 to \$1.70/100gr
Cinnamon	56 cents to \$1.10/100gr	\$1.30 to \$1.40/100gr
Cocoa	97 cents to \$1.05/100gr	70 to 75 cents/100gr
Corn meal	14 to 17 cents/100gr	28 to 30 cents/100gr
Cornstarch	19 to 24 cents/100gr	30 to 34 cents/100gr
Flour, white	9 to 14 cents/100gr	11 to 12 cents/100gr
Flour, whole wheat	9 to 14 cents/100gr	7 to 8 cents/100gr
Ginger	\$1.40 to \$1.50/100gr	\$4.00 to \$5.00/100gr
Ketchup	22 to 24 cents/100gr	17 to 20 cents/100ml
Margarine	32 to 34 cents/100gr	16 to 18 cents/100gr
Marmalade	42 to 44 cents/100gr	30 to 35 cents/100ml
Milk powder	\$1.20 to \$1.30/100gr	70 to 92 cents/100gr
Molasses	16 to 18 cents/100gr	20 to 23 cents/100gr
Mustard	17 to 20 cents/100gr	14 to 16 cents/100ml
Oatmeal	13 to 15 cents/100gr	13 to 15 cents/100gr
Pasta	22 to 24 cents/100gr	15 to 22 cents/100gr
Peanut butter	39 to 43 cents/100gr	25 to 30 cents/100gr
Pepper, black	90 cents to \$1.32/100gr	\$1.60 to \$1.70/100gr
Poultry seasoning	\$1.14 to \$1.98/100gr	\$2.50 to \$2.70/100gr
Rice, raw	18 to 20 cents/100gr	12 to 15 cents/100gr
Stock, chicken powder	55 to 59 cents/100gr	91 to 95 cents/100gr
Stock, beef powder	57 to 81 cents/100gr	91 to 95 cents/100gr
Salt	6 to 7 cents/100gr	6 to 7 cents/100gr
Shortening	52 to 54 cents/100gr	30 to 33 cents/100gr
Sugar, brown	12 to 19 cents/100gr	19 to 21 cents/100gr
Sugar, white	9 to 10 cents/100gr	11 to 12 cents/100gr

*Note:* At some bulk food stores you can buy reusable containers for liquid items, while some locations let you bring your own container which is weighed before you select your items.



## Appendix 9-F

### *Shopping Guide – Remove This And Use It When Shopping*

**Cost codes are used for all items except for fresh meats, fish, vegetables and fruit.**

- 25 cents/100 gr is “25 100 gr”.
- 25 cents/100ml is “25 100 ml” also “25 cents 100M”
- Example, a 284ml can at 60cents is 21 cents/100ml  
a 796ml can at \$1.00 is 12 cents/100ml
- If an item is \$1.50/kg, the cost is 15 cents/100gr
- A single serving of most food is about 100 gr or 1/2 cup
- For most foods, 100 gr is about 1/2 cup
- If there are no cost codes, calculate these as follows:  
If price is 80 cents for 200 gr(or 200 ml), divide 80 by 200 to get 40 cents/100 gr.

**You can save 50 to 300%/item (\$200 to \$250/month) on your total food purchases.**

- Buy reduced and low cost meat, vegetables and fruit.
- Buy skim milk powder and flaked oatmeal cereal.
- Do more home baking.
- Do not buy store prepared foods or instant foods.
- Buy spices in bulk, except for salt.
- Use cost codes.

#### Suggested Amounts/Month at a Glance (Total \$250-\$300)

Meat and fish	\$40-\$45	Vegetables	\$30-\$35
Fruit	\$25-\$30	Juice	\$12-\$14
Eggs	\$11-\$12	Rice, Pasta, Beans and Cereal	\$15-\$17
Baking Ingredients	\$25-\$27	Milk, Cheese and Ice cream	\$55-\$60
Bread	\$13-\$15	Spreads	\$15-\$17
Flavorings, Hot Drinks, Store Packages and Miscellaneous		\$20-\$30	

**There are many choices with different prices for meat, fish, vegetables and fruit.**

Mostly they are expensive, but there are some low cost choices.

#### At a Glance, Fresh and Frozen Meat, Fish, Vegetables and Fruit

	Range, price/kg	Range, price/lb	Too expensive
Meat and Fish	\$2.20 to \$5.50	\$1.00 to \$2.50	\$6.00/kg or \$2.75/lb
Vegetables	\$0.75 to \$2.00	35 to 90 cents	\$2.20/kg or \$1.00/lb
Fruit	\$1.10 to \$2.40	50 cents to \$1.10	\$2.60/kg or \$1.20/lb

#### At a Glance, Canned Meat, Fish, Vegetables and Fruit.

	Range	Too expensive
Meat and Fish	50 to 95 cents/100 gr	\$1.00/100 gr
Vegetables	12 to 20 cents/100 ml	22 cents/100 ml
Fruit	20 to 30 cents/100 ml	32 cents/100 ml

**You should know that:**

- 1 kg is 1,000gr or 2.2 lb, 1 lb is 454 gr (about 1/2 kg),  
1 liter is 1,000ml, 1 cup is 250 ml, 16 tbsp, or 48 tsp, 1 tsp is 5 ml, 1 tbsp is 15ml
- The symbol “/” means “per” (22 cents/100 gr is 22 cents per 100 gr).
- The symbol “-“ means “to” (20-22 is 20 to 22)

**Some Major Cost Savings are:**

- **Save up to 50% (\$44 to \$62) by buying low cost meats, fish, vegetables and fruit.**  
Save an additional \$10 to \$12 by buying reduced meat, vegetables and fruit.  
Check with the store for their policy on reducing items.
- **Save up to 50% (\$30 to \$40) on milk.**  
Milk made from skim milk powder is 18-22 cents/cup and whole milk is 38-42 cents/cup.
- **Save up to 50% (\$30 to \$40) by using home made items.**  
Store made items (for example, muffins, cakes and cookies) and precooked or packaged meals are very expensive.
- **Save 25 to 50%(\$30 to \$40) by using cost codes for all other purchases.**  
This may require buying larger quantities. These can be used for several months.
- **Save 300%(\$10 to \$12) by buying flaked oatmeal cereal.**  
A serving of cooked flaked oatmeal is 2-4 cents. A serving of dried boxed cereal is 8-12 cents.
- **Save up to 500%(\$15 to \$20) on spices.**  
Buy in bulk instead of in small containers (except salt).
- **Save up to 300%(\$10 to \$20) by buying items to be cooked instead of instant.**  
Flaked oatmeal cereal is 15 cents/100 gr.      Instant oatmeal cereal is 45 cents/100 gr.  
Raw long grain rice is 12 cents/100 gr.      Instant rice is 36 cents/100 gr.  
Fresh potatoes are 10 cents/100 gr.      Instant potatoes are 75 cents/100 gr.
- **Major savings can be obtained by using raw long grain brown rice.**  
Long grain brown rice is healthy, takes longer to cook but can be cooked ahead of time and reheated when used. Use it often as a 5 kg bag costs \$6.00 and makes 100 cups of cooked long grain rice.

**Comparison between rice, pasta and potatoes**

Items	Cost/1/4cup uncooked	Cooked amt. is	Cost/cup(and 100 cups) cooked	Time to cook
Raw brown rice	6 cents	1 cup	6 cents (\$6.00)	45 min
Raw white rice	6 cents	3/4 cup	8 cents (\$8.00)	20 min
Instant rice	8 cents	1/2 cup	16 cents (\$16.00)	10 min
Pasta	6 cents	1/2 cup	12 cents (\$12.00)	20 min
Potatoes	6 cents	1/4 cup	24 cents (\$24.00)	20 min

**MEAT AND FISH**

You can average \$4.50/kg (\$2.00/lb) by buying low, medium and higher priced low cost items.

**At A Glance, Some Low Cost Fresh and Frozen Items**

Less than \$4.00/kg (\$1.75/lb)	Less than \$4.50/kg (\$2.00/lb)	Less than \$5.00/kg (\$2.25/lb)
Pork liver	Chicken bologna	Small chicken roast
Chicken wieners	Chicken thighs	Hamburger
Chicken legs	Beef wieners	Beef roast
Turkey drum sticks	Beef liver	Fish in batter (frozen)
Hamburger (frozen)	Beef bologna	Pork shoulder roast
Salmon (large frozen)	Fish cakes	Boneless ham
	Sausage (frozen)	

**At A Glance, Some Low Cost Canned Items**

Less than \$1.00/can	Less than \$2.00/can
184 gr can of flaked chicken, ham or turkey	213 gr can salmon (usually rose)
170 gr can of flaked tuna	349 gr can corned beef or luncheon meat



## VEGETABLES

You should average \$1.50/kg (70cents/lb) by buying low and medium priced items.

### At A Glance, Some Low Cost Fresh, Frozen And Canned Items

<b>Fresh, 90cents to \$1.55/kg or 40 to 70cents/lb (buy first)</b>	<b>Frozen, \$1.40 to \$2.00/kg or 65 to 90cents/lb (buy second)</b>	<b>Canned, 12 to 20cents/100ml (buy last)</b>
Cabbage	Corn niblets	Carrots
Carrots	Carrots	Creamed corn
Onions	Mixed vegetables	Mixed vegetables
Turnip	Peas	Peas
Squash (occasionally)	String beans	String beans
Other (occasionally )	French fries	Tomatoes

- Always check for specials on other fresh vegetables at less than \$2.20/kg or \$1.00/lb.
- For variety, include at least 1 kg bag of frozen vegetables each time you go shopping.
- Frozen french fries are usually less than \$1.40/kg. Use as a change from fresh potatoes.
- Include some canned vegetables, especially tomatoes.

#### If cost/kg of fresh vegetables is not given, it is difficult to know best buy.

- If cost/lb, the price should be less than 80cents/lb.
- If on an individual basis, it should serve 4 persons for less than 80cents.
- If by the bag, the maximum prices (try for less) should be:

<b>1 lb bag</b>	<b>2 lb bag</b>	<b>3 lb bag</b>	<b>5 lb bag</b>	<b>10 lb bag</b>
80 cents	\$1.50	\$2.25	\$3.50	\$6.00

### At A Glance, Major Cost Savings (\$15.00 to \$21.00)

<b>Quantity</b>	<b>Cost</b>	<b>If aver. price \$2.00/kg</b>	<b>If aver. price \$2.20/kg</b>	<b>Use smaller portions</b>
25 kg (55 lb)	\$32.50	Extra cost \$12.50	Extra cost \$17.50	Save \$3 to \$4

## FRUIT

You should average \$2.00/kg (90cents/lb) for *fresh* and 26cents/100ml for *canned*.

### At A Glance, Some Low Cost Fresh And Canned Items

<b>Fresh</b>	<b>Canned, 20 to 30 cents/100 ml</b>
Bananas at less than 70cents/lb or \$1.50/kg 1 small banana is about 25cents	Apple sauce
Apples at less than \$1.10/lb or \$2.40/kg 1 small apple is about 25 cents	Fruit cocktail
Oranges at less than \$1.20/lb or \$2.60/kg 1 small orange is about 40cents	Peaches
Other fruit if less than \$2.60/kg	Pears

- Bananas are low cost most of the year and apples and oranges are low cost in season or on special.
- Low cost canned fruit is available all of the year.
- Include some canned fruit when you shop, especially if the price of fresh is high.

If prices for apples or oranges are high, use more bananas, canned fruit and less apples and oranges. Try and have fresh fruit for at least 1/2 of your total fruit purchases. You can also buy extra juice at a cost of \$1.00 for 1,360 ml (5 1/2 cups or 11 servings of juice).

#### If cost/kg of fresh fruit is not given, it is difficult to know best buy.

- If cost/lb, the price should be less than \$1.10/lb.
- If on an individual basis, it should serve 4 persons for less than 80cents.
- If by the bag, the maximum prices (try for less) should be:

<b>1 lb bag</b>	<b>2 lb bag</b>	<b>3 lb bag</b>	<b>4 lb bag</b>
\$1.10	\$2.20	\$3.20	\$4.20

**What you need for all meals for 1 month for 1 person (not all items are required each month)**

\* indicates basic items \*\* indicates best price in bulk \*\*\* best price is 1.36L can(fresh) or 340 ml can frozen(1.36L)

\*\*\*\* the prices below the budget amounts are the estimated costs of the amounts needed.

Milk: 6.5 kg of powder makes 260 cups of milk. Juice, 17 liters is about 13 cans.

<i>Item</i>	<i>Amount Needed</i>	<i>Cost/Item</i>	<i>Budget ****</i>	<i>Best Store Buy</i>
<b>Meat and Fish *</b>	<b>8-10kg(18-22lb)</b>	<b>\$3.00-\$5.50/kg (\$1.40-\$2.50/lb)</b>	<b>\$40-\$45</b>	<b>\$3.00-\$4.50/kg</b>
<b>Vegetables *</b>	<b>30-35kg(66-77lb)</b>	<b>80cents-\$2.00/kg (35-90 cents/lb)</b>	<b>\$30-\$35</b>	<b>\$0.80-\$1.50/kg</b>
<b>Fruit *</b>	<b>11-14kg(25-30lb)</b>	<b>\$1.00-\$2.20/kg (45-99 cents/lb)</b>	<b>\$25-\$30</b>	<b>\$1.00-\$2.00/kg</b>
<b>Juice *</b>	<b>17 liters</b>	<b>6-11 cents/100ml</b>	<b>*** \$12-\$14</b>	<b>\$1.00/can of fresh/frozen</b>
<b>Eggs *</b>	<b>5 dozen, med</b>	<b>\$2.00 - \$2.35/dozen</b>	<b>\$11-\$12</b>	<b>\$2.00-\$2.20/dozen</b>
<b>Milk/Cheese/Ice Cream *</b>			<b>\$55-\$60</b>	
Powdered milk*	6.5 kg (11 lb)	70-99 cents/100gr	\$48.00	2.5 kg bag (\$18.00)
Cheese *	1 kg	50-80 cents/100gr	\$ 6.00	500gr sliced/bottled (\$3.00)
Ice Cream *	4 liters	10-14 cents/100ml	\$ 4.50	4 liters (\$4.00)
<b>Rice/Pasta/Dried Beans/Oatmeal Cereal *</b>			<b>\$15-\$17</b>	
- rice	6 kg	10-20 cents/100gr	\$ 7.00	5 kg bag(\$6.00)
- pasta	2 kg	10-20 cents/100gr	\$ 3.00	1 kg bag(\$1.50)
- dried beans*	2.2 kg	18** -25 cents/100gr	\$ 4.40	1 lb bag (\$1.15)
- oatmeal cereal	2.0 kg	10** -20 cents/100gr	\$ 3.00	1.3kg bag (\$3.50)
<b>Baking</b>			<b>\$25-\$27</b>	
- baking powder*	750 gr	24** -66 cents/100gr	\$3.00	450 gr can(\$2.50)
- baking soda	70 gr	14** -22 cents/100gr	\$0.14	500 gr box(\$1.00)
- cornmeal	600 gr	14** -30 cents/100gr	\$1.50	500 gr bag(\$1.00)
- flour, white*	10 kg	7** -14 cents/100gr	\$7.00	10 kg bag(\$7.00)
- shortening*	1.4 kg	30-40 cents/100gr	\$5.00	454 gr box(\$1.50)
- sugar, white*	4 kg	10** -11 cents/100gr	\$2.40	2 kg bag(\$2.30)
- vegetable oil*	3 liters	18-22 cents/100gr	\$5.00	3 liter bottle(\$5.00)
<b>Bread, store made</b>	<b>12-14 loaves</b>	<b>90 cents - \$1.30/loaf</b>	<b>\$13-\$15</b>	
<b>Spreads</b>			<b>\$15-\$17</b>	
- jam spread *	650 ml	30-45 cents/100ml	\$2.50	750ml bottle(\$2.40)
- ketchup *	750 ml	17-42 cents/100ml	\$1.50	1 liter bottle(\$1.75)
- margarine *	454 gr	16-25 cents/100gr	\$1.00	1 lb tub(\$1.00)
- mayonnaise	250 ml	17-40 cents/100ml	\$0.55	950ml bottle(\$1.80)
- molasses *	2.5 kg	16-25 cents/100ml	\$5.00	1 kg box(\$2.00)
- mustard *	750 ml	14-20 cents/100ml	\$1.00	750 ml bottle(\$1.00)
- peanut butter *	800 gr	25-35 cents/100gr	\$3.00	2 kg bottle(\$5.50)
<b>Flavorings/Hot Drinks/Store Packages/Miscellaneous</b>			<b>\$20-\$30</b>	
- cake mix *	1 package	22-35 cents/100gr	\$0.90	310gr package(80cents)
- canned soup*	1.7 liters	14-24 cents/100ml	\$3.00	284ml can(45cents)
- cocoa	100 gr	70-99 cents/100gr	\$1.00	no specials
- coffee, instant	120 gr	\$1.50-\$2.00/100gr	\$1.80	200gr bottle(\$3.00)
- jello	1 package	35-40 cents/100gr	\$0.60	package for 8(60cents)
- lemon conc. *	250 ml	22-55 cents/100ml	\$0.60	750ml bottle(\$1.70)
- muffin mix *	1 package	15-22 cents/100gr	\$1.50	900gr bag(\$1.50)
- pudding	1 package	70-90 cents/100gr	\$0.60	package for 4(80cents)
- raisins *	320 gr	46-60 cents/100gr	\$2.00	no specials
- salt*	640 gr	5-7 cents/100gr	\$0.50	1 kg(55cents)
- soup stock*	240 gr	56 cents**- \$1.10/100gr	\$1.50	450gr can(\$4.50)
- spices	140 gr	\$1.00-\$1.30**/100gr	\$2.50	150gr bag(\$2.25)
- tea *	100 bags	1-3 cents/tea bag	\$1.30	100 bags (\$1.30)
- vinegar *	500 ml	5-7 cents/100ml	\$0.50	4liter bottle(\$2.00)
- other			\$4.00	