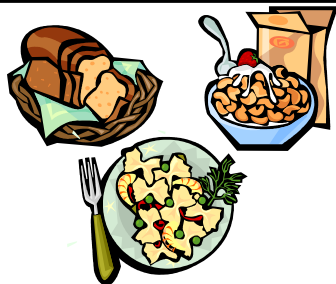




## Invest in Your Life: Get the Most From Your Food Dollars

*Buy these essential foods first!*



### Bread, Cereal, Rice & Pasta

Brown rice, regular or quick-cooking hot cereals, plain enriched macaroni or spaghetti, whole wheat bread or buns, unsweetened ready-to-eat cereals in bags or large boxes, graham crackers, home made popcorn



### Vegetables

Fresh vegetables when they are in season, frozen vegetables without sauces, canned vegetables (especially store brands)



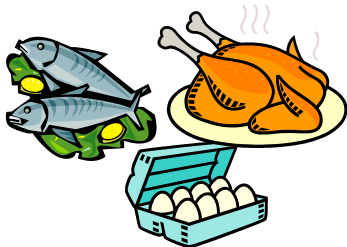
### Fruits

Fresh fruits when they are in season, canned fruits (especially store brands), frozen juice concentrates



### Milk, Yogurt & Cheese

Low-fat and fat free (skim) milk in large containers, cheese in blocks rather than sliced or shredded, yogurt



### Meat, Poultry, Fish, Dry Beans, Eggs & Nuts

Lean ground beef, large roasts to cut up for several meals, whole chickens, less tender cuts like chuck or shoulder roasts, whole turkey or legs, dry beans (canned or dry), fresh eggs, plain frozen fish such as cod or canned tuna, peanut butter



### Oils

Compare unit pricing for oils and salad dressings. Look for low-fat dressings made with canola or olive oil