



MONEY SAVING MEALS

Delicious... Nutritious... Meal Ideas

Money Saving Meal Ideas For Clever Cooks

*Is it sometimes hard to **stretch** your grocery money for the week?*

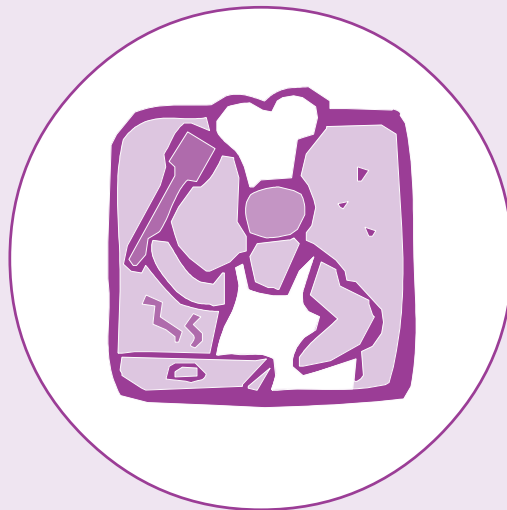


Start here...

Feel like the meat counter costs lots of money?



Fish, meat, chicken and milk are good sources of protein, but can be expensive.



Did you know some plant foods can be a good source of protein when eaten in combination with one another or when eaten with a little milk or meat?

When you eat these protein sources at the same time you get the most protein nutrition for your money.



Plant foods rich in protein include:
Legumes - dried beans/peas
Grains - breads, pasta, rice
Nuts & Seeds - peanuts, sunflower seeds



Quick! Turn the page →

Money Saving Meals

Money Saving Combinations That Taste Great!

Grains with Legumes:

Rice and Beans · Split Pea Soup with Whole Wheat Bread · Cornmeal Tortillas and Beans · Lentils on Rice

Grains with Meats:

American Chop Suey · Tuna Noodle Casserole

Legumes with Meats:

Chili Con Carne · Split Pea Soup with Ham

Grains with Eggs:

French Toast · Noodle Pudding · Quiche · Egg Salad Sandwich

Grains with Milk Products:

Cereal and Milk · Pasta and Cheese · Bread and Cheese · Peanut Butter Sandwich with Milk · Cream Soup with Noodles or Rice · Rice Pudding · Pizza



The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546. UNH Cooperative Extension, Room 220 Kendall Hall Durham, NH 03824, 603-862-2465

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Laconia, NH 03246
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Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
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315 Daniel Webster Hwy.
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259 County Farm Rd., Unit 5
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