

## LOW-COST, HEALTHY MENUS AND RECIPES

These menus and recipes are designed to meet the needs of a 4-member family/household in which children are above two years of age. It is assumed that adults may be working outside the home and time-saving preparation techniques are used. Lunches can also be carried to work or other places.

A major emphasis is to meet basic food/nutrient needs while following guidelines for chronic disease prevention.

Each day's menus, with one serving of each food, provides the following average nutrient values, as compared with recommended intakes:

| Nutrient     | Average in Menus | Recommended Intake (for Adults) |
|--------------|------------------|---------------------------------|
| Energy       | 2030 calories    | 1600-2400 kcal                  |
| Protein      | 16% of calories  | 15 - 20% kcal                   |
| Carbohydrate | 61% of calories  | 50 - 60% kcal                   |
| Fat          | 23% of calories  | 20 - 35% kcal                   |
| Fiber        | 30 grams         | 20 - 35 grams                   |
| Calcium      | 1340 milligrams  | 800 - 1200 milligrams           |
| Iron         | 21 milligrams    | 10 - 15 milligrams              |
| Vitamin A    | 4000 RE          | 800-1000 RE                     |
| Vitamin C    | 345 milligrams   | 75 - 90 milligrams              |
| Sodium       | 2275 milligrams  | 1800 - 2400 milligrams          |
| Potassium    | 4500 milligrams  | 1600 - 3500 milligrams          |
| Vitamin E    | 30 milligrams    | 15 milligrams                   |

### Servings of Food Guide Pyramid Groups

|   |             |                 |
|---|-------------|-----------------|
| Bread, Cereal, Rice and Pasta           | 10 servings | 6 - 11 servings |
| Vegetables & Fruits                     | 7 servings  | 5 - 9 servings  |
| Milk, Yogurt, and Cheese                | 3 servings  | 2 - 3 servings  |
| Meat, Poultry, Fish,<br>Eggs, Dry Beans | 2 servings  | 2 - 3 servings  |
| Fats & Sweets                           | 8 servings  | less than 10    |

Note: 1% milk was used for nutrient calculations; however, children aged two years and under should receive only whole milk.

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- To save time and electricity in preparation, recipes for some foods are planned for use in more than one meal.
- It is recommended that certain menu items be prepared on Saturday, or on the night before (indicated at bottom of page). Store these in freezer or refrigerator for use later in the week.
- The lunches listed on Monday - Friday can be carried to work by adults, as long as an insulated lunch bag is used, or refrigeration is available. When packing lunch, wrap bread separately from filling. Wrap lettuce and tomato for sandwiches in separate wrapping. Assemble sandwich just before ready to eat.
- Lunches and supper menus can be interchanged.

**Symbols used in recipes:**

- \* Recipe included in packet
- \*\* Use fresh when in season; use canned or frozen when not in season
- + Use a packaged mix or ready-prepared product.
- ++ Milk: whole for young children; 1% or skim for other family members
- Measurements: TSP=teaspoon; TBSP=tablespoon; c=cup

## MENUS

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### SATURDAY

**Breakfast:**

cantaloupe (summer); oranges (winter)  
 Oven French Toast (1)\*  
 light maple-flavored syrup  
 milk++  
 coffee or tea for adults, if desired

**Lunch:**

Egg Salad Sandwiches (2)\*  
 tomato soup  
 (canned, mixed w/equal amount  
 low-fat milk)  
 celery sticks  
 milk++

**Supper (Dinner):**

Chicken Noodle Stew (3)\*  
 green peas  
 Healthy Brown Bread (4)\*  
 angel food cake  
 ice milk (any flavor)  
 milk or lemonade (from instant mix)

**Snack:**

grapes

Note: On Saturday, prepare enough Refrigerator Slaw (5) and Wheat Muffins (6) to use later in week (freeze muffins in four packs of 6 muffins each).

Note: On Sunday, while Oven Fried Chicken is cooking, bake two extra chicken breast halves in a separate baking dish, to make chicken salad for next day's lunch. Make Chicken Salad (11) and Skinny Dip (12) for next day.

## SUNDAY

### Breakfast:

strawberries (or other fresh or frozen fruit)  
Whole-wheat Pancakes (7)  
light maple-flavored syrup  
milk++  
coffee or tea for adults, if desired

### Lunch:

Oven Fried Chicken (8)\*  
Light Mashed Potatoes (9)\*  
broccoli (steamed; seasoned with low-fat  
margarine & lemon juice)  
Healthy Brown Bread (left-over from  
Saturday)  
Lemon Fluff Crunch (10)\*  
milk++

### Supper:

Left-overs from lunch

### Snack:

graham crackers (add peanut butter for  
children and teens)

## MONDAY

### Breakfast:

orange juice  
1 c. bran flakes (or raisin bran) mixed  
with 1 c. cornflakes  
milk++

### Lunch:

Chicken Salad Sandwich (11)\*  
carrot sticks with Skinny Dip (12)\*  
apple  
lemonade (from instant mix)

### Supper (Dinner):

Beans and Rice (13)\*  
Easy Pan Greens (14)  
Refrigerator Slaw (4; made on Saturday)  
cornbread muffins+  
ice milk (any flavor)  
milk++

### Snack:

bananas

## TUESDAY

### Breakfast:

strawberries, sliced (fresh or frozen)  
nonfat plain yogurt  
(1 pint with 1 TSP vanilla + 2 TBSP  
sugar)  
toast (mixed grain or whole-wheat bread)  
low-fat margarine  
jam or jelly  
milk++  
coffee or tea (for adults, if desired)

### Lunch:

sandwiches of lean, thin-sliced ham on  
whole grain bread (with lettuce, tomato,  
low-fat mayonnaise, and yellow mustard)  
apple  
lemonade  
(from instant mix sweetened with  
nutra-sweet)

### Supper:

Golden Fish Filets (15)\*  
French fries (oven-baked from frozen)  
Easy Green Beans (16)\*  
Calico Slaw (17)\*  
Wheat Muffins (from freezer; made on  
Saturday)  
milk++  
lemonade or tea for adults, if desired

### Snack:

fig cookie bars

## WEDNESDAY

### Breakfast:

apple juice, enriched w/Vitamin C  
(3/4 c. per person)  
1 c. bran flakes (raisin bran)  
+ 1 c. cornflakes  
banana (1/2 per person)  
milk++  
coffee or tea (for adults, if desired)

### Lunch:

Cheese-Tomato Sandwich (18)\*  
Fruit Cup (19)\*  
lemonade or beverage of choice

### Supper (Dinner):

Zesty Hamburger Patties (20)\*  
Orange Sweet Potatoes (21)\*  
Stir-Fry Cabbage and Corn (22)\*  
Wheat Muffins (7; made on Saturday  
and frozen)  
milk++

### Snack:

peaches with nonfat yogurt  
(Add small amt. of sugar and cinnamon  
or artificial sweetener, if desired)

## THURSDAY

### Breakfast:

cantaloupe (1/4 melon per person)  
scrambled eggs  
toast (from mixed grain or whole  
wheat bread)  
low-fat margarine  
jam or jelly  
milk++  
coffee or tea (for adults, if desired)

### Lunch:

peanut butter & jelly sandwich  
(on mixed grain or whole-wheat bread)  
banana  
milk++ (or lemonade for adults at work)

### Supper (Dinner):

Spinach Meat Loaf (23)\*  
Orange Sweet Potatoes (left-over from  
Wed. night)  
refrigerator slaw  
wheat muffins  
milk++

### Snack:

fig cookie bars or graham crackers

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## FRIDAY

### Breakfast:

orange juice  
oatmeal (cooked by pkg. directions;  
lightly sweetened with brown sugar)  
milk++  
toast (from mixed grain or whole  
wheat bread)  
low-fat margarine

### Lunch:

Tuna Salad Sandwich (24\*; salad made  
night before)  
Wheat Muffins (from freezer; made  
on Saturday)  
carrot sticks with Skinny Dip (left-over  
from earlier in week)

Lemonade (from sugar-free instant mix or  
milk for children)

### Supper (Dinner):

Low-fat Chili with Beans (25)  
Refrigerator Slaw (4\*; made earlier in  
week)  
cornbread muffins+  
gingerbread+  
milk++

### Snack:

peach or other fruit on hand

# RECIPES FOR LOW-COST HEALTHY MENUS

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## 1. OVEN FRENCH TOAST

2 eggs, slightly beaten

3/4 c. milk

1/4 TSP cinnamon (optional)

8 slices day-old, whole-grain bread

Preheat oven to 500 degrees. Spray baking sheet with non-stick spray. Combine first 4 ingredients in bowl. Dip bread slices in mixture to coat. Arrange dipped bread on baking sheet.

Bake about 8 minutes on each side or until golden brown. Makes 8 slices.

## 2. EGG SALAD SANDWICHES

4 eggs, hard-boiled and chopped

2 TBSP light mayonnaise

2 TSP vinegar

1 TSP yellow mustard

salt and pepper to taste

8 slices whole grain bread

4 lettuce leaves, shredded

Combine first 5 ingredients. Divide mixture among 4 slices of bread; top with lettuce and remaining bread slices.

## 3. CHICKEN NOODLE STEW

1 whole chicken (2 1/2 to 3 lb.) cut in pieces and skin removed

2 TBSP vegetable oil

1 stalk celery, sliced thin

1 medium sweet green pepper (optional, if in season)

1 large onion, thinly sliced or coarsely chopped

1 or 2 cloves of garlic, finely chopped (or 1 TSP garlic powder)

1 can (28 oz.) tomatoes, undrained

2 TBSP ketchup

1 TSP garlic powder

2 TBSP lemon juice (bottled)

1 TSP ground Italian seasoning

1/4 TSP black pepper

1 TSP sugar

2 c. raw macaroni noodles

In a large skillet or heavy pot (with a lid), brown chicken in hot oil on all sides (4-5 minutes total). Add celery, green pepper, onion, and garlic powder to skillet. Cook a few minutes while stirring. Add tomatoes and bring to a fast simmer. Add all remaining ingredients, EXCEPT macaroni. Cover and simmer about 20 minutes. Add macaroni, cover and simmer about 15 minutes more, or until chicken and macaroni are tender. Check chicken breast in center to make sure it is no longer pink. Makes about 6 servings.

## 4. REFRIGERATOR SLAW

3/4 c. vinegar

2 TBSP vegetable oil

1/3 c. sugar

1/2 TSP celery seeds

1/2 TSP ground dry mustard

1 TSP salt

1 medium head of cabbage, shredded or chopped

1 medium onion, chopped

2 medium carrots, grated or chopped

In a sauce pan, combine and heat (do not boil) vinegar, oil, sugar, celery seed, ground mustard, and salt. When sugar is dissolved, remove from heat.

In a large bowl, toss together shredded cabbage, onion, and carrot. Add liquid ingredients and

toss until well mixed. Cover and refrigerate several hours or overnight. Makes 10 to 12 servings. Can be kept in refrigerator for a week.

## 5. HEALTHY BROWN BREAD (can make ahead and freeze)

2 TBSP veg. oil  
1/4 c. sugar  
1 large egg OR 2 egg whites, beaten slightly  
1/2 c. molasses  
1 c. buttermilk  
1 c. whole-wheat flour  
1 c. all-purpose flour  
1 TSP baking soda  
1 TSP cinnamon  
1/2 c. raisins

Coat inside of a baking pan with oil or non-stick spray, then dust with flour. Use an 8 1/2" X 4 1/2" loaf pan or an 8 1/2" square pan.

Preheat oven to 350 degrees.

In a large bowl, beat oil and sugar together until creamy. Add egg. Stir in molasses and buttermilk. Mix together whole-wheat flour, all-purpose flour, soda, and cinnamon. Add gradually to creamed mixture. Stir until dry ingredients are well mixed. Stir in raisins. Pour into prepared pan and bake at 350 degrees for about 60 minutes. Will be done when an inserted tooth pick comes out clean. Cool 10 minutes, then turn out of pan. Cool thoroughly before cutting. May be prepared ahead and frozen. Yield: 1 loaf (15 slices)

## 6. WHEAT MUFFINS

1/3 c. vegetable oil  
1/3 c. brown sugar or molasses  
2 egg whites (or 1 white + 1 whole egg)  
2 c. buttermilk or sour milk (directions below)  
2 c. whole-wheat flour  
2 c. all-purpose flour

2 TSP baking soda

1/8 TSP salt

1 TSP cinnamon (optional)

Preheat oven to 375 degrees. Combine oil, molasses (or brown sugar), egg whites, and buttermilk or sour milk. Stir together flours, baking soda, salt and cinnamon. Stir into first mixture just until dry ingredients are moistened. Do not over mix. Spoon into muffin tins which have been oiled or sprayed with non-stick coating. Bake 15-20 minutes. May be prepared ahead and frozen. Yield: 24 muffins

- To make sour milk, combine 2 TBSP lemon juice and skim milk to equal 2 c. Let stand 5 minutes.
- Variations: Add 1/2 c. blueberries, blackberries, finely chopped apple, or raisins.

## 7. WHOLE-WHEAT PANCAKES

1 c. whole-wheat flour  
1 c. all-purpose flour  
2 eggs  
2 1/2 c. buttermilk  
1 TSP baking soda  
1/4 TSP salt  
1 TSP baking powder  
4 TBSP cooking oil  
1/4 c. brown sugar

Combine ingredients adding the buttermilk to make the consistency you desire. Heat large frying pan and coat with non-stick spray. Pour about 1/4 cup of pancake mix into hot pan for each pancake. Brown lightly on each side.

## 8. OVEN FRIED CHICKEN

12 pieces of chicken (legs and thighs) with skin and visible fat removed  
2 TBSP low-fat liquid margarine  
2 TBSP bottled lemon juice

1 clove garlic, finely chopped (OR 1/2 TSP garlic powder)

1/4 TSP salt

1/8 TSP black pepper

1 c. crushed cornflakes

Heat oven to 375 degrees. Rinse chicken and pat dry with paper towels. Mix liquid (or melted) margarine with lemon juice, garlic powder, salt, and pepper. Dip each piece of chicken in margarine mixture then roll in cornflakes until coated evenly. Place on a lightly greased baking sheet and bake 50 minutes, until brown and crisp. Makes 8 servings

## 9. LIGHT MASHED POTATOES

6 medium or large raw potatoes

2 TSP low-fat margarine

3/4 c. buttermilk, warmed

black pepper, to taste

1/2 TSP salt

Bring 1 cup water to boil in covered sauce pan (small pot). Wash and scrub (or thinly peel) potatoes and quarter. Add to boiling water. Reduce heat and simmer until potatoes are tender (about 30 minutes). Stir occasionally to prevent sticking. When done, boil off any excess liquid. Mash with a fork or potato masher. Add margarine, warm buttermilk, black pepper, and 1/2 teaspoon salt. Beat until creamy. If needed, add more milk. Makes 8 (1/2 c) servings.

## 10. LEMON FLUFF CRUNCH

1 can evaporated skim milk (13 oz.)

1 pkg. lemon jello

1/2 c. sugar

1 1/2 c. very hot water

1 tablespoon lemon juice (bottled or fresh)

Dissolve jello in hot water. Add sugar and lemon. Cool in refrigerator. Pour evaporated milk into mixer bowl and thoroughly chill. Beat

with a mixer or hand-beater until thick. When jello is beginning to set, fold in evaporated whipped milk. Let stand in refrigerator until stiff. Sprinkle on crunchy topping. Makes 8 servings.

### Topping:

Mix together 1/2 cup graham cracker crumbs, 1/2 raw oatmeal, 2 TBSP brown sugar, and 2 TBSP low-fat margarine. Spread on sheet or cake pan. Bake at 350 degrees for about 7 minutes. Cool, then break up into small chunks and sprinkle on Lemon Fluff.

## 11. CHICKEN SALAD SANDWICHES

1 whole chicken breast (2 halves), baked then skin and bone removed

(OR use a 6 oz. can of turkey or chicken, drained)

1 celery stalk, thinly sliced

2 TBSP chopped pickles

1 TBSP chopped onion

2 TBSP light mayonnaise

8 slices whole-wheat bread

lettuce leaves (optional)

Mix together first 5 ingredients. Divide onto 4 slices of bread. Top with lettuce leaves and the other 4 slices of bread.

## 12. SKINNY DIP

1 c. plain nonfat yogurt

2 green onions, finely chopped

1/4 TSP ground dill weed or seed  
(optional)

1/2 clove garlic, finely chopped  
(OR 1/8 TSP garlic powder)

dash black pepper

Combine all ingredients and refrigerate several hours. Makes 1 1/2 cups.

### 13. BEANS AND RICE

1/2 c. chopped onion  
2 TSP oil  
1 can (15-16 oz.) red kidney beans  
1 3/4 c. water  
1 c. rice  
1 c. frozen corn  
1 c. bottled chili sauce  
1/2 TSP chili powder  
1 clove garlic, finely chopped (or 1/4 TSP garlic powder)

In a large saucepan cook the onion in hot oil over medium heat about 5 minutes or until the onion is tender but not brown. Add kidney beans, water, rice, corn, chili sauce, chili powder, and garlic powder and bring to a boil. Stir, then cover and simmer for 20 minutes or until rice is tender and most of the liquid is absorbed. Makes 4 servings.

### 14. QUICK PAN GREENS

1 lb. greens (fresh, tender mustard, turnip, spinach, or kale OR may use 20 oz. bag frozen)  
1 tablespoon cooking oil  
1/4 c. chopped onion (can use green onion)  
1 TSP sugar  
1/2 TSP salt

Wash, inspect, and drain fresh greens and shred coarsely with a knife. If frozen greens are used, rinse with tap water to break apart. Heat oil in large frying pan. Add onion and fry a few seconds. Stir in greens and cook while stirring for about 10 minutes. Add sugar and salt. Turn on low heat, cover, and continue to simmer a few minutes or until other meal items are ready to serve. Serve with vinegar, if desired. Makes 4 to 6 servings.

### 15. GOLDEN FISH FILET

1 lb. filet of flounder, or other white fish (fresh or frozen)  
1/4 c. water

pinch of salt  
1/3 c. light mayonnaise  
1 TBSP prepared yellow mustard  
dash black pepper

If fish is frozen, run under tap water to break apart. Arrange fish in skillet with salted water. Cover and simmer 8-10 minutes or until fish flakes easily with a fork. Drain fish and arrange on broiler pan or greased baking pan. Combine mayonnaise, mustard and pepper. Spread over fish. Broil until lightly browned.

### 16. EASY GREEN BEANS

1 can (about 16 oz.) green beans (French-style works best)  
1 TSP vegetable oil  
1 or 2 TBSP chopped onion  
1/2 TSP sugar

Pour green beans in a sauce pan or pot and add all remaining ingredients. Boil rapidly, without a lid until liquid has boiled away. Cover and turn off heat until remaining items in meal are ready to serve. Makes 4 servings.

### 17. CALICO SLAW

1/2 head cabbage, cut coarsely  
1 carrot, washed, scraped and sliced  
1/4 onion (more or less to taste)  
celery stalk (or 1/2 red sweet pepper if available), sliced  
3 TBSP vinegar  
1 to 2 TBSP sugar  
1/2 TSP salt (more to taste)  
black pepper to taste  
1/3 c. light mayonnaise

Chop vegetables together to desired fineness. Stir in remaining ingredients. Cover and refrigerate until ready to serve. Makes 6 servings.

## 18. CHEESE AND TOMATO SANDWICHES

4 slices whole grain bread

yellow mustard

low-fat mayonnaise

4 slices cheese, 1 oz. each (American, Swiss, mozzarella or cheddar)

1 large tomato, cut in 8 slices

lettuce leaves

Directions for preparation in an oven: Toast bread on one side in oven. Spread toasted sides with mustard and mayonnaise. On 4 slices, place tomato, then cheese. Place under broiler until cheese melts. Add lettuce and other slices of bread.

If carried for lunch, just spread bread with mustard and mayonnaise to taste and add cheese. Wrap lettuce and tomato in separate piece of plastic wrap. Place in insulated lunch bag until ready to eat.

## 19. FRESH FRUIT CUP\*\*

2 bananas, sliced

2 peaches, fresh or canned, sliced

2 apples, cut into chunks

1/2 c. orange juice

1/2 TSP cinnamon

Combine orange juice and cinnamon; pour over fruit and refrigerate, covered. Makes 8 1/2 cup servings.

\*\*Substitute other fruits that are in season.

## 20. ZESTY HAMBURGER PATTIES

1 lb. extra lean ground beef

1/4 c. chopped onion

4 TBSP chili sauce or ketchup

1/2 c. raw oatmeal

black pepper to taste

Mix all ingredients. Form into 5 patties and fry in pan (sprayed with non-stick spray) or broil on broiler pan in oven. May also be cooked on charcoal grill. Makes 5 patties

## 21. ORANGE SWEET POTATOES

4 large sweet potatoes (6 med-about 2 lbs.), unpeeled

2 TBSP low-fat margarine

1 c. orange juice

1/2 c. milk

1/4 c. firmly packed brown sugar

1 TSP cinnamon

pinch of salt

Boil potatoes 30 minutes, or until tender. Remove skins and discard. Mash potatoes with remaining ingredients and whip until fluffy. Add extra milk, if creamier consistency is desired. Coat large baking dish with non-stick spray. Spread potato mixture into the prepared baking dish. Bake 25 minutes at 350 degrees or until thoroughly heated. Makes 8 to 10 servings.

## 22. STIR-FRY CABBAGE AND CORN

1 TBSP vegetable oil

1 small onion (1/3 large; or may use 1 green onion), diced

1/3 cabbage head, coarsely shredded

1/3 of a 20 oz. bag frozen corn

1 TSP sugar

1/4 TSP salt

black pepper to taste

Heat oil in large frying pan. Add onions and cook for a minute. Add cabbage and corn and fry, while stirring, about 10 minutes. Stir in sugar, salt, and black pepper. Serves 4 or 5.

## 23. SPINACH-MEAT LOAF

1 1/2 lbs. ground lean pork, turkey, or beef  
(check label to choose low-fat)

1/2 c. chopped onions

1 c. raw oatmeal

1/3 c. buttermilk

1 clove garlic, finely chopped  
(or 1/2 TSP garlic powder)

3 TBSP ketchup

1/4 TSP black pepper

2 slightly beaten egg whites

1/2 TSP salt

### **Filling:**

10-oz. pkg. frozen, chopped spinach, thawed  
and well-drained

2 TBSP low-fat mayonnaise

1/4 TSP pepper

In a large bowl combine ground meat, onions, raw oatmeal, buttermilk, garlic powder, ketchup, salt and black pepper. Stir in egg whites.

**For spinach filling:** In a small bowl combine spinach, mayonnaise, and 1/4 TSP pepper. Set aside.

Spray a 9" x 5" x 3" inch loaf pan with non-stick coating. Spoon about 1/2 of the meat mixture into prepared dish; use the back of a spoon to smooth top of mixture. Spoon spinach filling in a 2-inch wide strip down center of meat layer, leaving 1/2-inch space at ends of pan. Spoon remaining meat mixture over spinach layer. Bake uncovered in a 350 degree oven for 1 to 1 and 1/4 hours or until meat is no longer pink.

Immediately lift meat loaf out of baking pan onto a platter, allowing liquid to drain away. Makes 8 servings.

## 24. TUNA FISH SALAD SANDWICHES

1 can (6 oz.) tuna, canned in water (drained)

3 TBSP chopped pickles

1 stalk celery, chopped

3 TBSP light mayonnaise

1/2 TSP yellow mustard

lettuce leaves

whole-grain bread (8 slices)

Drain tuna and combine with next 3 ingredients. Divide among 4 slices bread. Top with lettuce leaf and another slice of bread. Makes 4 sandwiches.

## 25. LOW-FAT CHILI WITH BEANS

1 lb. extra lean ground beef, turkey, or pork  
(check label to choose low-fat)

2 large onions, chopped

4 cans (16 oz. each) red kidney beans  
(undrained; or use 8 cups home-cooked pinto beans)

1 can (28 oz.) tomatoes (undrained)

1/4 c. chili sauce or ketchup

1 or 2 cloves of garlic  
(or 1 TSP garlic powder)

1 TSP chili powder

1/4 TSP black pepper

In a large heavy pot, cook the ground beef or other meat and chopped onion until meat is brown and onion is tender. Drain off fat. Stir in the undrained beans and tomatoes and chili sauce. Add the garlic powder, chili powder, and black pepper. Bring to a boil; reduce heat. Simmer uncovered, about 1 and 1/4 hours or until desired consistency, stirring occasionally. Makes 12 1-cup servings.

# Grocery List for Above Menus for a Family of 4 for 1 Week

Note: It is assumed that a few items, such as white sugar and non-stick spray, will be on hand. Some items on grocery list (at end) will not be totally used in one week's menus, but can be used when the menus are used later.

| <u>Vegetables and Fruits</u>                                 | <u>Amount</u>                                      | <u>Canned or bottled:</u>                          |  |
|--|--|--|--|
| cantaloupe (summer)<br>(or in winter, buy 8 oranges instead) | 2 medium   | tomatoes, canned                                   | 2 cans (28 oz. ea)<br>+ 1 can (15 oz.)<br>OR 5 cans (15-16 oz. each) |
| white potatoes   | 6 med (about 3 lbs)                                | lemon juice  | 8 oz. bottle   |
| broccoli   | 1 bunch fresh<br>(or 20 oz. frozen)                | tomato soup  | 1 can (10 oz.)   |
| celery   | 1 bunch  | <b>Frozen:</b>                                     |  |
| carrots  | 2 lb. bag  | orange juice                                       | 1 large container<br>(to make 1/2 gallon)                            |
| strawberries   | 1 pint fresh or<br>10 oz frozen                    | apple juice, enriched<br>with Vit. C               | 1 small frozen or<br>1 qt. canned                                    |
| apples   | 10 med<br>(or a 5 lb. bag)                         | corn   | 20 oz. package   |
| grapes   | med. size bunch                                    | green peas   | 20 oz. bag   |
| bananas  | 12 (with some<br>not ripe yet)                     | chopped spinach                                    | 10 oz. pkg.  |
| peaches  | 8 fresh (or 2 cans,<br>16 oz. ea.)                 | <b>Dried:</b>                                      |  |
| onions   | 6-7 medium to<br>large                             | raisins  | 8 oz. box  |
| garlic cloves<br>(or jar of garlic powder)                   | 7 to 8 cloves                                      | <b><u>Breads, Cereals, and Cereal Products</u></b> |  |
| tomato   | 2 large  | bran flakes (or raisin bran)                       | 25 oz. box   |
| lettuce, iceberg or<br>other type                            | 1 head   | cornflakes   | 18 oz. box   |
| sweet potatoes   | 5 large  | rice   | 1 pound bag  |
| cabbage  | 2 heads  | whole-wheat flour                                  | 5 lb. bag  |
| green or red sweet pepper<br>(fresh)                         | 1 pod (if in season)                               | all-purpose flour                                  | 5 lb. bag  |
| Dark leafy greens<br>(mustard, kale, etc.)                   | 1 lb, fresh<br>(or 20 oz. frozen<br>bag or 2 cans) | corn muffin mix                                    | 2 boxes<br>(8 1/2 oz. each)  |
|  |  | gingerbread mix                                    | 1 box  |
|  |  | oatmeal (quick-cooking)                            | 1 lb. box  |
|  |  | macaroni   | 8 oz. pkg.   |

**Baked Goods:**

|                                       |               |
|---------------------------------------|---------------|
| Mixed-grain bread<br>(or whole-wheat) | 3 long loaves |
| angel food cake                       | 1 cake        |
| fig-filled cookies                    | 1 pkg.        |
| graham crackers                       | 1 box         |

**Milk and Milk Products**

|   |                |
|---|----------------|
| 1% milk   | 3 gallons      |
| whole milk<br>(for young children)  | 1 gallon       |
| buttermilk  | 2 quarts       |
| evaporated skim milk  | 1 can (13 oz.) |
| plain, nonfat yogurt  | 2 pints        |
| Cheese (American,<br>Swiss, cheddar, or<br>mozzarella in chunks<br>or sliced) | 4 oz.          |
| ice milk (any flavor)   | half gallon    |

**Meat and Meat Alternatives**

|  |                     |
|--|---------------------|
| chicken, whole or<br>cut-up whole or about         | 3 lbs.              |
| Chicken thighs and legs                            | 12 pieces           |
| chicken breast                                     | 1 whole or 2 halves |
| tuna fish, canned in water                         | 1 can (6 oz.)       |
| ground pork or turkey<br>(check label to get lean) | 1 1/2 lbs.          |
| ground beef (lean)                                 | 3 1/2 lbs.          |
| kidney beans, canned                               | 5 cans (16 oz. ea)  |
| fish, white<br>(fresh or frozen)                   | 1 lb.               |
| eggs, large  | 2 dozen             |
| lean sandwich ham                                  | 4 to 6 oz.          |
| peanut butter                                      | 18 oz. jar          |

**Fats and Oils**

|                                       |                     |
|---------------------------------------|---------------------|
| low-fat margarine<br>(liquid or soft) | 1 lb. bottle or tub |
| light mayonnaise                      | 1 pint              |
| vegetable oil                         | 16 oz. bottle       |

**Sugars and Sweets**

|                         |                     |
|-------------------------|---------------------|
| brown sugar             | 1 lb.               |
| light pancake syrup     | 24 oz. bottle       |
| lemon jello             | small box           |
| jelly, jam or preserves | 8 oz. jar           |
| molasses                | 8 oz. bottle or jar |

**Miscellaneous**

|                                     |                  |
|-------------------------------------|------------------|
| pickle relish or<br>chopped pickles | small jar        |
| chili sauce                         | 12-16 oz. bottle |
| ketchup                             | 32 oz. bottle    |
| yellow mustard                      | small jar        |
| vinegar                             | 8 oz. bottle     |
| lemonade mix,<br>instant sugar-free | large can or jar |

**Herbs and Spices (if not already on hand)**

|                   |                  |
|-------------------|------------------|
| cinnamon, ground  | small box        |
| Italian seasoning | small box or jar |
| celery seed       | small box        |
| ground mustard    | small box        |