



Shopping For Food

Check Convenience Foods for Cost

1. Some convenience foods save work and time and are low cost.
2. Compare the costs of convenience foods with homemade foods to find which is the better buy.
3. Some low-cost convenience foods are:
 - cake mix
 - pancake mix
 - boxed macaroni and cheese
 - taco seasoning mixes
 - spaghetti sauce



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