

HEALTHFUL MEALS ON A BUDGET

Anna	beans	Bill	bones
brands	bread	bread products	bread thrift stores
breakfast	budget	candy	canned
carbonated soft drinks	cereal(s)	cheese	chicken
convenience	Cooperative Extension Service Office	count	coupon(s)
dairy products	dinner	edible	eggs
expiration dates	fat	flour	food pantry
food(s)	freezing	fresh(er)	fries
frozen	fruits	generic	grains
groceries	grocery store(s)	healthful	ingredients
in season	instant	Kay	labels
leftovers	loss leader	lunch	meals
meat & beans group, meats	Mr. Green	Ms. Lara	MyPyramid
name brands	no-name	nutrients, nutrition, nutritious	Nutrition Facts Panel
ounce	package(s), packaged	pasta	peanut butter
peels	potato chips	pound	price book
processed	rice	roast	sale
salt(y)	sauce(s)	seasonings	seeds
serving(s)	shelf life	snacks	spoiled
staples	stew	sugar	supermarkets
unit price(s)	vegetable(s)		