



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 determine which item 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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The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.