

Better Homes and Gardens Low-Cost Cooking



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"Every time I go to the store,
my grocery bill goes up."
People throughout the coun-
try are saying this almost
daily, and more than likely
you ve said it,too. It s little
wonder you feel this way.
Food costs do keep rising.
SOmetimes, increases reflect

the cost of seasonal foods, but the overall rise indicates a new, higher level of prices.

To complicate matters, large food markets offer more than / 10,000 items that may tempt you to forget costs and to indulge in impulse buying.

The challenge is to keep spending within your specific budget without lowering the quality of food you buy. And that's what Low-Cost Cooking is all about. If "low-cost" conjures up thoughts of penny-pinching and dull routine, revise your thinking! "Low-cost" means staying within your budget, planning how you spend your money. You may ask "How do I plan?" Simple. Start with a realistic budget, then plan your menus and shopping around that

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