



Cooking for One and/or Cooking on a Limited Budget

Challenges we face:

- eating out too often
- making more than we can eat and having leftovers all week
- throwing away a lot of produce
- eating balanced meals with limited funds
- single parents cooking for young children on a limited budget
- singles parents and cooking during the teenage years
- healthy and enjoyable sack lunches for one or for children

Please share ideas you have, recipes, helpful hints, etc. Send your suggestions to:

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