

“I found ways to save money in the kitchen.”



Sherée M.

Working mom
One child, age 5

Protein for Less

Cook meals that use beans or tofu instead of meat or chicken. You still get lots of protein, but it doesn't cost as much.

Use Your Leftovers

If you have extra or leftover vegetables, use them to make a soup or stew.

Eat What You Serve

Save leftovers in the refrigerator or freezer for another meal. Throwing out food is a waste of money.



For more mom-tested tips and recipes,
visit www.CaChampionsForChange.net

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