

Smart Choices

A Community Nutrition
Education Program



Thrifty Choices

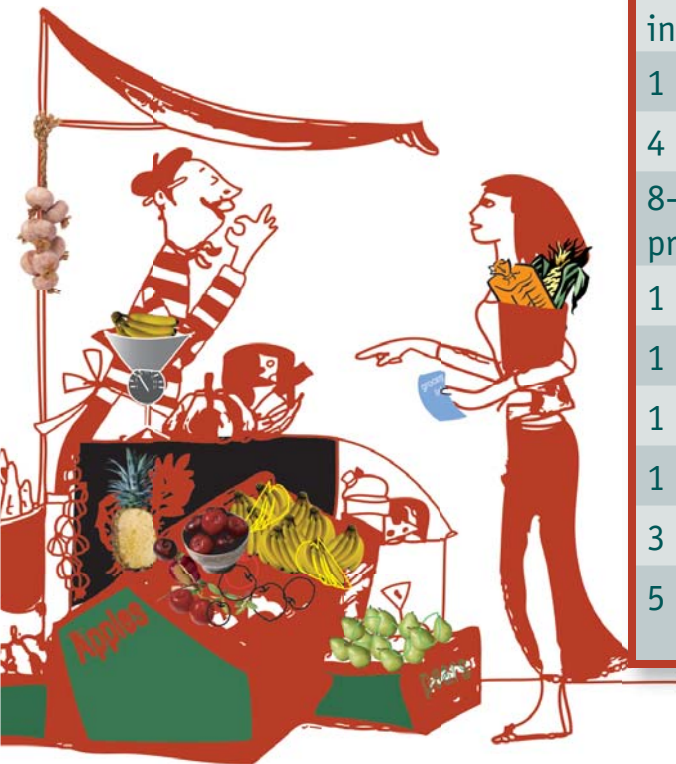
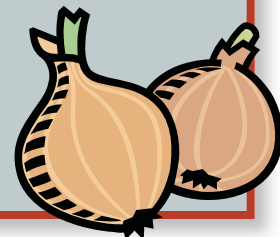
Don't Waste a Dollar

The following list includes foods that **cost a dollar or less** in Louisiana in 2007.



- 2 cans of kidney beans
- 1 pound of dry kidney beans
- 2 large onions
- 16-ounce bag of frozen corn
- Small jar of chili powder
- 2 cans of tomato paste
- 2 16-ounce cans of crushed tomatoes
- 5 6-ounce cans of tomato sauce
- 1 pound of fresh tomatoes in season
- 1 can Rotel tomatoes
- 4 ounces cheddar cheese
- 8-ounce package of sliced processed cheese
- 1 head of romaine lettuce
- 1 pound of grapes
- 1 pound of apples
- 1 pound of pears
- 3 pound of bananas
- 5 ears of corn

- 1 pound of chicken breast meat
- 3 15-ounce cans of pork and beans
- ½ pound of ground chuck
- 3 plums
- 2 lemons
- 1 loaf of French bread
- 1 large can of mandarin oranges
- 1 pound of carrots
- 1 small bottle of soy sauce
- 2 cartons of blueberry yogurt
- 16 ounces egg noodles
- 16 ounces spaghetti noodles
- 16 ounces rice
- 16 ounces grits
- 16 ounces oatmeal



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This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com