

Convenience Foods Save Time But Can Cost More

Convenience foods can cost more than the same foods you make at home.

Choose them carefully. Make foods at home, if you have the time.

What adds to the cost of convenience foods?

- *packaging**
- *precooking**
- *seasoning and sauces**

Compare the cost of common convenience foods:

Is extra convenience worth the extra cost?

- *homemade vs. frozen dinner**
- *homemade vs. bakery**

**The more done to foods by someone else –
the more you pay:**

Make your own convenience foods

- *Leftovers are one key to convenience**
- *Plan meals so you will have leftovers to eat later in the week.**

\$ Make Your Food Dollars Count \$