## LOW COST CONVENIENCE

- \*frozen juice concentrate
- \*cake and pancake dry mixes
- \*canned vegetables and fruits
- \*plain frozen vegetables
- \*instant mashed potatoes
- \*spaghetti sauce
- \*instant nonfat dry milk
- \*macaroni and cheese dry mix
- \*canned condensed soups
- \*frozen french fries
- \*bread, crackers, rolls