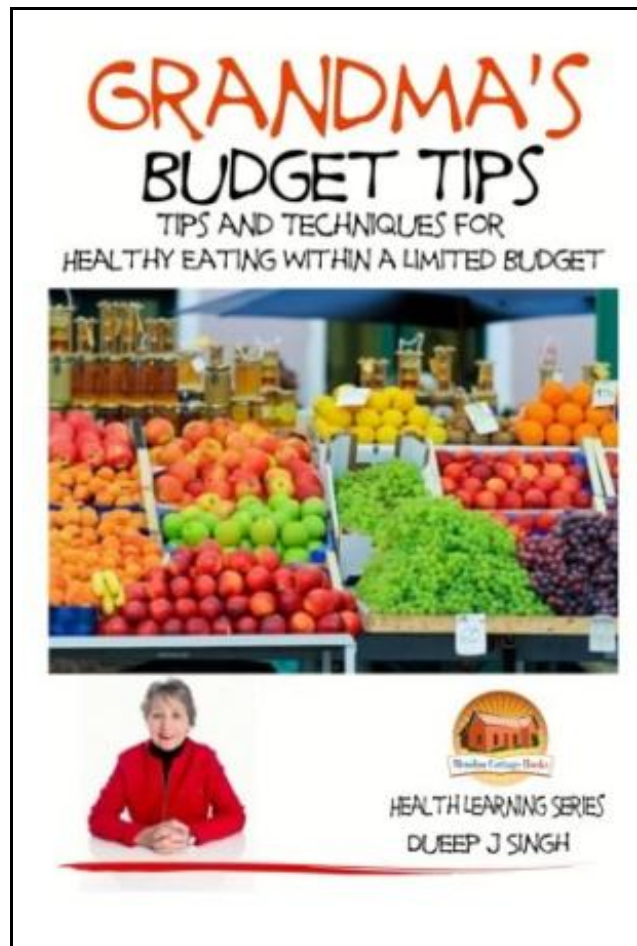


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*(Kevin Bergstrom Sr.)*

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Shopping Tips Impulse Buying Packaging Check out Your Market Specials First Plan Your Weekly Meals Ahead Get Your List Ready Once Is More Than Enough Go Shopping on a Full Stomach! Go shopping Alone Clipping Coupons Comparison-shopping Should You Pay the Prices on the Label? Get Your Money Back Know Where to Shop for What Ethnic Neighborhoods Supermarkets Organic Markets Roadside Stands Food Cooperatives Miscellaneous Spots Buy by the Unit Thinking Big Fresh - Much Cheaper Than Frozen or Packaged What to Buy at the Grocery Store Beware of Convenience Foods Conclusion Author Bio Publisher Introduction Grandma lived in a time when frugal living was the norm of the day. In fact, he knew how to stretch a dollar so that it squeaked. That is why her recipes were old-time recipes, which were made up of simple, good quality ingredients such as milk, vegetables and meat, as well as butter whenever available. Combined correctly these fundamental ingredients did not need exotic, expensive and rare spices which only would hide the nuances of their own good and healthy flavors. Going back to budget cooking - which does not compromise on health and quality, but still allows you to put plenty of food on your table - you need some common sense tips and techniques which have been in use by budget conscious homemakers, down the ages, for millenniums.



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