

Sept. 19 - 2015

Shooting Star Haley,

I made the following food budget not for a close friend to me, who is under stress from financial issues and stress affects one's thinking, ability to manage. I know you are in a Ryan position w/ the DSS Agency, whose clients now need info. Also, mental health who comes from many clients daily. It has felt like I wanted to share with them meals - 4 for around \$10 less.

1. Noodles and Potatoes - Cooks 1 cup or more of noodles - cut up Potatoes as desired separately - add to pot - or Potato Salad with Mayonaisse, boiled Eggs, in Bacon Bits or Bacon, plant
2. Noodles and Tomatoes - 1 cup or more of noodles with 1 can of diced tomatoes added - some with mayonaisse, Bacon Bits, optional
3. Macaroni Salad - 1 cup of cooked Noodles - may add 1 teaspoon of sugar in sweetener packets - mayonaisse? This must be chilled in Refrig. Chl. before served
4. Plain Noodles - 1 cup of noodles - mayonaisse dressing - Bacon
5. or you can add 1 can of Garden of Eatin' to 1 cup cooked noodles
or you can boil 1 piece of chicken - leg or thigh and make
Nominate Chicken Soup - or 1 cup of rice to 1 piece of boiled chicken - Black Pepper and Mayonaisse cooking Noodles

Items Needed: 0 any in stock (purch.)

Grish Potatoes - 5 lb. bag	5.10
1 Box of Gumbo Macaroni Noodles	2.10
1 jar of Bacon Bits	4.10 ?
1 jar of Mayonaisse - Salad dressing	3.58
1 lb. of mayonaisse - 4 sticks	2.10
Eggs - 1 dozen	1.10
1 can of Tomatoes	1.10
1 can of Garden of Eatin' other Veggie	4.10
Chicken - 1 pack of leg or thigh	5.79
Rice - 1 pack of Mykonos (4 or 5) 2 cups	

25.29 Total Cost

Note: The Holidays are approaching - it is really hard to know who is under stress making a food budget or who wants to be able to afford additional more expensive food in addition to this - One more possibility of one avenue; more one more accessible to travel - Thank you Sue Mims

Yami

Mims

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SEP 29 2015

Referred to A. Lee

Answered _____



to:
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