

Sept. 19 - 2015 -

Greeting Shw. Nally,
I made the following food budget out 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 Nigao position w/ the OSS Agency, whose clients may need info. Also, mental health who serves food to many clients daily. It was full, I wanted to share with them.

- meals - 4 for around 5 in less -
1. Noodles and Potatoes - Cook 1 cup or more of noodles - cut up Potatoes as desired separately - add together - or Potato Salad with Mayonaisse, boiled Eggs, Bacon Bits in Bacon, optional
 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. Cold then 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 & thigh and make
Worcestershire Chicken Soup - or 1 cup of rice to 1 piece of
boiled chicken - Black Pepper and Mayonaisse sauce

Items Needed: 0 any in stock (prior)	5.00
Grated Potatoes - 5 lb. bag -	2.00
1 Box of Gumbo Macaroni Noodles -	4.00 ?
1 jar of Bacon Bits	3.58
1 jar of Mayonaisse - Salad dressing	2.00
1 lb. of mayonaisse - 4 sticks	2.00
Eggs - 1 dozen	1.00
1 can of Tomatoes	1.00
1 can of Garden of Eatin', other Vegetables	4.00
Chicken - 1 pack of leg & thigh or 700 lbs	5.79
Rice - 1 pack of my essential (400 lbs) 2 bags	
<hr/> 25.29 Total Cost	

Notes: The Holidays are approaching - it is really hard to know who is under stress managing a Food Budget or who wants to be able to afford additional more expensive food in addition to this - Once we see possibilities of one avenue, more are more accessible to travel - Thank you Sue Mims

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Mims

Ina Mims
1135 Carter St, #101A
Columbia, SC 29204

(name for Country of Ranzelzel
Veterans, D.S.)



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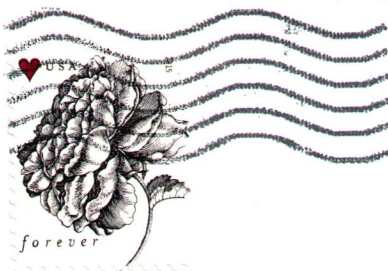
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SEP 29 2015

Referred to A. Lee

Answered



to:
Br. Nikki Haley
800 Ridland St.
Shennons mansion
Columbia, S.C. 29201

29201232700

