

#1 Can't find fresh spices? Go for dried! Just use less (about 25% as much as fresh) & taste as you go!

#2 Try frozen or canned instead of fresh if you can't find fruits & vegetables in the produce aisle!

#3 Enjoy the frozen vegetables with NO sauces & choose reduced sodium or no-salt-added canned foods for healthier options!

#4 Try beans for protein! They are low cost, easy, and mix well into many dishes. Try 1/2 pinto beans and 1/2 beef for taco night

#5 Lemon & lime can be used to add a lot of flavor to rice, noodles, and salads. It's flavor without the fuss!


#6 Substitute with fruits & vegetables you have on hand! Broccoli instead of peppers, apples instead of peaches, or green onion instead of cilantro. It's okay to experiment!

Now is the Time For Flexible Cooking



When it's tough to find the exact ingredients for a recipe, it's time to employ flexible cooking skills!

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