

#1



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

#2

Try frozen or canned fruits & veggies instead of fresh!

#3

Enjoy the frozen vegetables with no sauce & reduced sodium or no-salt-added canned foods when possible!

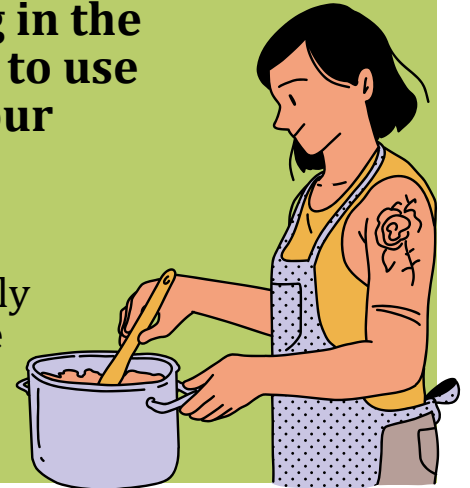


Cook More

Stress Less!

Don't have the exact ingredients for your recipe? Can't find something in the grocery store? Want to use up the produce in your fridge? No Problem!

Try these tips when cooking isn't going exactly as planned and enjoy the tasty meals that result anyway!



#4

Try beans for protein! They are low cost, easy, and mix well into many dishes.

#5

Lemon & lime juice add a lot of flavor to rice, noodles, and salads. It's flavor without the fuss!



#6

Use the fruits & vegetables you have instead of buying more. It's okay to experiment!



This will lower food wasted, saving your money too!

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