



CHEAP HEALTHY FOOD

ECHO DIABETES LEARNING GROUP

COOKING DEMONSTRATION

NOVEMBER 10, 2018

CARROTS



ONIONS



CELERY



GOOD FOR MULTIPLE DISHES



LENTILS





ALL KINE BEANS,
AN' LI' DAT

SPICES



OTHER SPICES



STOCK





CHECK OUT





W/ LENTILS		
1 @ 2 FOR	\$4.00	
NO CHICKEN BROTH LS		\$2.00 T F
SPICE ALL PURPOSE 50		\$2.98 T F
TINA SWEET ONIONS		\$3.28 T F
0.24 @ \$1.79/lb		
CELERY		\$1.32 T F
0.30 @ \$1.99/lb		
CARROTS LOOSE		\$0.76 T F
0.32 @ \$1.59/lb		
BALANCE DUE		\$0.51 T F
		\$11.36
\$10.85		
\$11.36		

ONLY \$11.36!

HOW MUCH THE VEGGIES WEIGH

