



100 Meals for \$5 or Less

Jennifer Maughan

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ONE FAMISHED HUSBAND, THREE HUNGRY CHILDREN, rising food costs, and a fixed income could lead to disaster, but Jennifer Maughan successfully navigates the world of grocery shopping by pinching those pennies for all they're worth. She shows how anyone can creatively survive the onslaught of higher grocery bills and still eat tasty, healthy meals. SHE TELLS FRAZZLED FOOD BUYERS TO: Allocate funds to the most important foods. Stop spending money on impulse buys. Make a shopping plan before heading to the store. Find the best places to shop in your area. Be smart about coupons and sales.

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