

## First Choice Shopping List

- First Choice Peanut Butter
- First Choice Apple Juice
- First Choice Cran-Raspberry Juice Cocktail
- First Choice Pancake Syrup
- First Choice Corn Flakes
- First Choice Coffee
- First Choice Gingerale
- First Choice Sliced Yellow Cling Peaches
- First Choice Saltines
- First Choice Catsup
- First Choice Macaroni & Cheese
- First Choice Mushroom Stems & Pieces
- First Choice Cut Green Beans
- First Choice Vegetable Shortening
- First Choice White Paper Plates 9"
- First Choice Trash Bags 30 Gal.
- First Choice Dry Chunk Dog Food
- First Choice Lemon Dish Liq. Detergent
- First Choice Automatic Bowl Cleaner
- First Choice White Bath Tissue
- First Choice Frozen Peas
- First Choice Frozen Cut Corn
- First Choice Frozen Orange Juice
- First Choice Whipped Topping
- First Choice Margarine

## It Pays to Get Organized

What's the best way to save at the supermarket? Get organized! Here are some tips to save you time and money next time you go shopping.

- Start with a shopping list. A running list posted on the refrigerator door, or by the pantry, will help you keep track of needed items.
- Give the pantry and refrigerator a weekly inspection for staples and perishables in short supply. It won't take much time and can save you a lot of trouble.
- Keep track of current specials advertised in the newspaper and use these foods in your weekly menu plan.
- When shopping for

ingredients in a special dish, take along the recipe. That way, you'll be sure to get everything you need and you can ask the grocer if you have questions about the recipe.

- Stock up on specials for household products, such as paper products and household cleaners. At least 20% of your supermarket budget is spent on nonfood items which can be stored for future use.
- Your shopping list and coupons should be arranged to match your grocer's aisles. This will save unnecessary backtracking and coupon sorting.

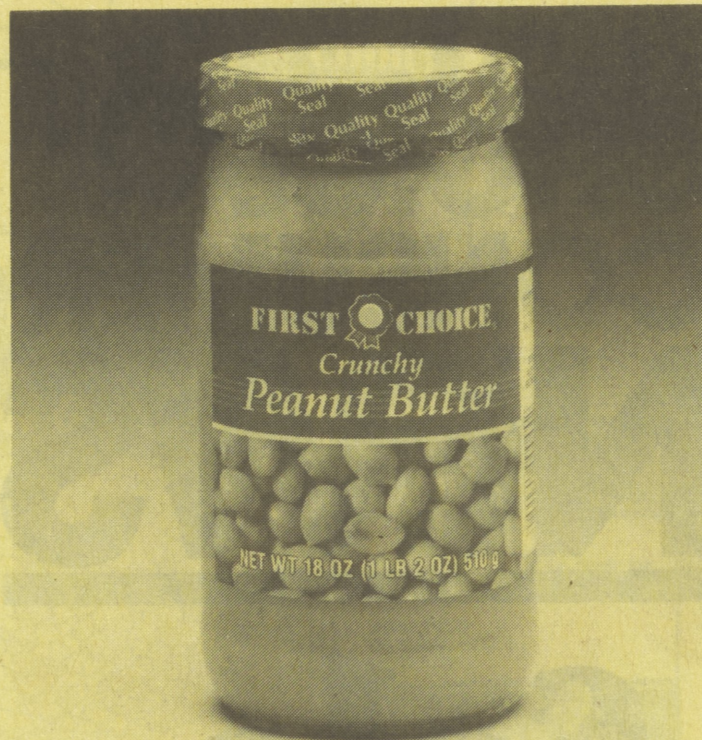
Remember, getting organized pays!



TRY ME!

FIRST CHOICE  
Bath Tissue  
4 roll pkg.

79¢

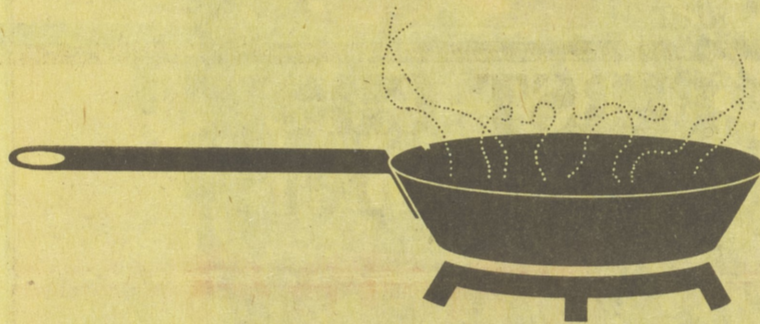


TRY ME!

FIRST CHOICE  
Peanut Butter  
18 oz. jar

99¢

## What's Cooking?



Light Chicken

Serves one  
about 3 oz. cooked chicken pieces  
small slice ham  
First Choice peas, beans, chopped carrots (canned or frozen)  
3 oz. First Choice long-grain rice  
First Choice vegetable oil  
chopped or powdered marjoram, oregano or mixed herbs  
salt and pepper

Cook the rice, rinsing first under a cold tap. Stir into boiling salted water, simmer for about 12 minutes or until almost soft to the bite. Rinse under hot tap in a sieve, return to pan. Stir in a teaspoonful of First Choice vegetable oil and reheat. Meanwhile, fry chicken and ham (shredded with your fingers into small pieces) together with the vegetables and herbs until slightly browned (about 5 minutes). Season and serve on top of the rice.

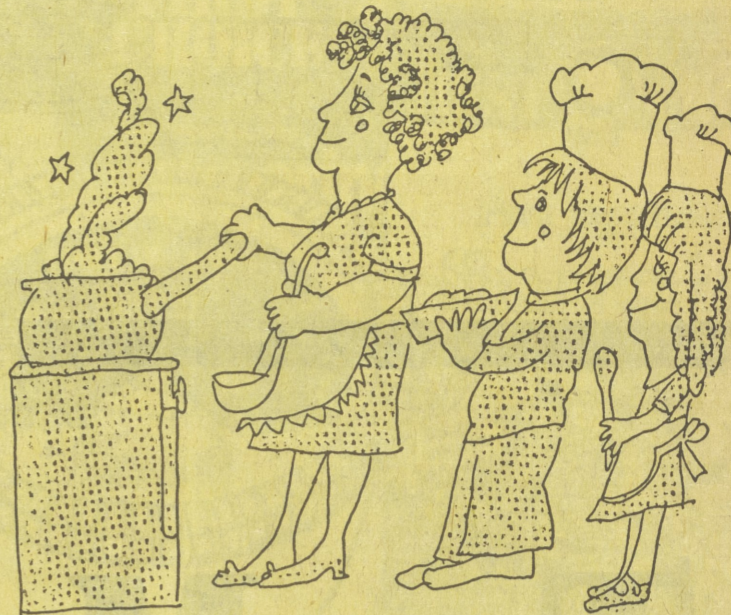


TRY ME!

FIRST CHOICE  
Saltines  
16 oz. pkg.

2/100

## The Mini Chef



Nothing goes better together than kids and First Choice peanut butter. For a healthy treat loaded with fun and nutrition, get them in the kitchen with this hands-on recipe.

### Peanut Butter Log

½ cup First Choice peanut butter  
2 tablespoons First Choice honey  
2½ tablespoons nonfat dry milk  
(or more, as needed)  
½ cup raisins  
Shredded coconut (optional)

Blend peanut butter and honey. Work in as much powdered milk as you need to make the mixture easy to handle and fairly stiff. Knead in the raisins and distribute evenly. Roll into a 1 x 10-inch log. Then roll in coconut. Chill, and slice or pull apart.

Kids will also enjoy pressing the mixture into cookie molds and making fun shapes with it.



## Moms Worried About Kids' Eating Habits

Mothers across the nation share a common concern: they are worried about what their children are eating, and don't know how to deal with it.

Recent child care studies show that 87% of respondents are very concerned that their children's diets are too high in sugar, caffeine and sodium.

Nearly two-thirds of the mothers interviewed in the study said the nutritional

content of snack foods was extremely important. However, most admitted that they don't always give their children healthy snacks.

For mothers looking for ways to improve their children's diets, 100% pure First Choice apple juice is the natural alternative to high-caffeine, high-sugar beverages. It gives kids a nutritious boost of Vitamin A and potassium, without added sugar or preservatives.

TRY ME!

FIRST CHOICE  
Apple Juice 64 oz. btl.  
Limit 1 with your \$10  
purchase or more.

79¢