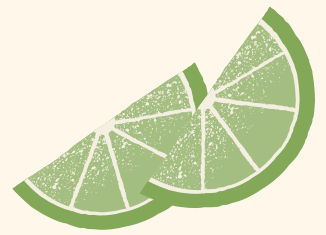




**New Website
Launches August 1**



**New Information and Recipes
Added Weekly**

Budget Bites



-  **SHOPPING AND STORING TIPS**
-  **USING ITEMS IN COMMODITY BOX**
-  **STRETCHING MEALS**
-  **RECIPES AND HOW TO VIDEOS**
-  **MOM TESTED RECIPES**
-  **EASY LOW COST**
-  **MAKE AHEAD MEALS**

**VISIT
OFTEN**



**Answer the Survey Questions on
the Site. A winner will be drawn
from those who respond monthly
beginning in September.**



qchealthcouncil.org/budget-bites/

QCHC Working For A Healthier Community

