



## Planning for an End-of-the-Month Meal

Sometimes, families run out of food money before the end of the month, or before more food money is available. Families who plan for this will not have to go hungry or go to a food pantry as often as families who are unprepared.

One way to prepare for the possibility of running out of food money is to keep an "end-of-the-month" meal in your cupboard, just in case you need it. Some families put the basic ingredients for a meal together in a bag and keep the bag in the cupboard.

An example of an end-of-the-month meal in a bag might be a box of macaroni and cheese mix, a can of tuna and a can of peas. Other staples, or foods that are basic to many meals or recipes, include rice, noodles, canned soups, peanut butter and cereals.

Having some of these foods on hand can make a difference in preparing one more meal.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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