

Three Ways to Eat More with Less:
From, the **More- with- Less Cookbook**
By Doris Janzen Longacre

- 1. Eat more whole grains, legumes, fruits, vegetables, nuts, and seeds.**
 - a. These are packed with flavour and nutrition.
 - b. Kind to your wallet, waistline, and the larger world.

- 2. Use meat and dairy products in moderation.**
 - a. Experiment with meals that don't focus on meat
 - b. Use a little meat or cheese to flavour a dish based on lower-cost ingredients.

- 3. Avoid processed and convenience foods.**
 - a. Highly processed food often means chemical additives, higher prices, and wasteful packaging.

Celebrate and savour the joy of simple meals made with wholesome ingredients and shared with family and friends!!