



Lick Your Chops

Grocery

Food Plan A - Thrifty Plan

*dried pasta *dried beans *canned fruits and vegetables *store brand foods
 *limited low-choice meats (ground beef, whole cup up chicken, bone-in meats)
 *limited dairy (milk, margarine, & processed cheese) *peanut butter

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|-------------|-------|-------------|-------|
| Individual | \$171 | Family of 4 | \$549 |
| Family of 2 | \$376 | Family of 5 | \$654 |
| Family of 3 | \$450 | | |

Food Plan B - Low Cost Plan

*dried pasta *Juice from concentrate *limited dairy *limited low-choice meat
 *canned fruits and vegetables (with some fresh produce) *store brand foods

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|-------------|-------|-------------|-------|
| Individual | \$218 | Family of 4 | \$696 |
| Family of 2 | \$481 | Family of 5 | \$836 |
| Family of 3 | \$577 | | |

Food Plan C - Moderate Plan

*dried or fresh pasta *juice not from concentrate *canned fruits and vegetables
 *fresh produce *dairy (yogurt, real butter) *name or store brands *frozen foods
 *Choice meats (ground chuck or sirloin, boneless/skinless cuts) *coffee and tea *convenience items
 * limited snack and junk items (soda, chips, cracker, cookies)

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|-------------|-------|-------------|---------|
| Individual | \$272 | Family of 4 | \$861 |
| Family of 2 | \$599 | Family of 5 | \$1,033 |
| Family of 3 | \$719 | | |

Food Plan D - Liberal Plan

*fresh pasta *juice not from concentrate *fresh produce *name or imported brands
 *diary (cream, real butter, sour cream, imported cheese) *high-grade coffee and tea
 *gourmet specialty items (truffles, pate, imported olives oils & vinegars) *chocolates
 *prime or exotic choice meats (sirloin, fresh seafood, boneless/skinless/butterfly cuts, lamb, veal, buffalo)
 *convenience items, frozen foods, snack and junk items

| | | | |
|-------------|-------|-------------|---------|
| Individual | \$340 | Family of 4 | \$1,068 |
| Family of 2 | \$749 | Family of 5 | \$1,282 |
| Family of 3 | \$899 | | |

Personal Care Items

Low Cost

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|-------------|-------|-------------|-------|
| Individual | \$54 | Individual | \$109 |
| Family of 2 | \$109 | Family of 2 | \$163 |
| Family of 3 | \$136 | Family of 3 | \$194 |
| Family of 4 | \$163 | Family of 4 | \$217 |
| Family of 5 | \$190 | Family of 5 | \$245 |

Moderate Cost