



Regina Home Economics For Living Project

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Educate, Enrich, Empower ~ Everyday!

Simple Language Manuals, Food Fact Sheets & Dry Soup/Salad Mixes:

Only MASTER COPIES of the manuals and food fact sheets may be photocopied for educational use.

Quantity	Title of Resources	Unit Cost	Total Cost
	Kitchen Smarts Manual (88 pages). Information on kitchen equipment & cleanliness, recipe substitution, food safety and what to do when appliances stop working.	\$15.00	
	Kitchen Smarts Master	\$50.00	
	Shopping Skills Manual (109 pages). Information on Canada's Guide to Healthy Eating, what is serving sizes, shopping for food, reading food labels and storing food.	\$15.00	
	Shopping Skills Master	\$50.00	
	Grow Regina Gardening & Preservation Manual (123 pages). Information on growing a vegetable garden, what plants, weeds and bugs look like and preserving, freezing and canning food.	\$15.00	
	Grow Regina Gardening & Preservation Master	\$50.00	
	One Pot Meals (61 pages). Contains low cost, lower fat content recipes that include at least three food groups and a section on basic mixes.	\$7.50	
	Diabetic Friendly Cooking (61 pages). Contains low fat, low cost recipes developed for people with diabetes.	\$7.50	
	What to Do When Food Goes Yuck (63 pages). Information on how to prepare distressed foods in to low cost, lower fat content recipes.	\$7.50	
	Consumer Manual Module A (55 pages). What are consumers, what are their rights and responsibilities. Module B (102 pages). Shopping at home, store or other ways to shop, contracts, warranties, guarantees, what to do when you have problems with what you bought. Module C (174 pages). Shopping for food, clothing, furniture and appliances, comparison shopping, buying a used car, buying services and renting a place to live.	\$60.00	
	Living Simply (221 pages). A handbook for adults assuming responsibility for household tasks. Prepared by: Association of Saskatchewan Home Economics (Saskatoon)	\$15.00	
	Remember to Cook (69 pages). Collection of recipes intended to assist those who have early stage Alzheimer and who want to cook for themselves.	\$20.00	
	Food Fact Sheets – Master-- Sheets cover why a specific food is good for you, how to use the food, guidelines for buying the food and how to prepare the food.	\$176.00	



FOOD FACT SHEETS - cover why a specific food is good for you, how to use the food, guidelines for buying the food and how to prepare the food.

Qty	Food Fact Sheet	Unit Cost/ Master Cost	Total Cost	Qty	Food Fact Sheet	Unit Cost/ Master Cost	Total Cost
	# 1 - Apple/Crabapple	4 .25	2.00		# 34 - Sweet Corn	8 .50	4.00
	# 2 - Beets	8 .50	4.00		# 35 - Pasta	8 .50	4.00
	# 3 - Broccoli	4 .25	2.00		# 36 - Cucumbers	8 .50	4.00
	# 4 - Cabbage	8 .50	4.00		# 37 - Grapes	4 .25	2.00
	# 5 - Canned Tomatoes	4 .25	2.00		# 38 Peaches/Nectarines	4 .25	2.00
	# 6 - Carrots	4 .25	2.00		# 39 - Onions	8 .50	4.00
	# 7 - Ground Beef	4 .25	2.00		# 40 - Edible Pod Beans	4 .25	2.00
	# 8 - Lentils	4 .25	2.00		# 41 - Avocados	4 .25	2.00
	# 9 - Pancake Mix	4 .25	2.00		# 42 - Asparagus	4 .25	2.00
	# 10 - Potatoes	8 .50	4.00		# 43 - Artichokes	4 .25	2.00
	# 11 - Pumpkins	4 .25	2.00		# 44 - Bean Sprouts	4 .25	2.00
	# 12 - Rhubarb	4 .25	2.00		# 45 - Parsnips	4 .25	2.00
	# 13 - Rice	4 .25	2.00		# 46 - Citrus Fruit	8 .50	4.00
	# 14 - Skim Milk Powder	4 .25	2.00		# 47 - Dried Fruit	8 .50	4.00
	# 15 - Tomatoes	8 .50	4.00		# 48 - Poultry	12 .75	6.00
	# 16 - Rutabagas/Turnips	4 .25	2.00		# 49 - Bran	4 .25	2.00
	# 17 - Wieners	4 .25	2.00		# 50 - Cornmeal	4 .25	2.00
	# 18 - Zucchini	4 .25	2.00		# 51 - Kiwis	4 .25	2.00
	# 19 - Wild "Big" Game	12 .75	6.00		# 52 - Eggs	8 .50	4.00
	# 20 - Mangos	4 .25	2.00		# 53 - Cauliflower	4 .25	2.00
	# 21- Peppers	4 .25	2.00		# 54 - Garlic & Herbs	8 .50	4.00
	# 22 - Mushrooms	4 .25	2.00		# 55 - Persimmons	4 .25	2.00
	# 23 - Celery	4 .25	2.00		# 56 - Fish	8 .50	4.00
	# 24 - Papayas	4 .25	2.00		# 58 - Salad Greens	8 .50	4.00
	# 25 - Star Fruit	4 .25	2.00		# 59 - Whole Grains	8 .50	4.00
	# 26 - Bananas	4 .25	2.00		# 60 - Plantains	4 .25	2.00
	# 27 - Peas	8 .50	4.00		# 61 - Game Birds	8 .50	4.00
	# 28 - Bread Products	8 .50	4.00		# 62 - Leeks	4 .25	2.00
	# 29 - Berries	8 .50	4.00		# 65 - Squash	8 .50	4.00
	# 30 - Eggplant	4 .25	2.00		# 66 - Canola	8 .50	4.00
	# 31 - Melons	4 .25	2.00				
	# 32 - Spinach/Swiss Chard	4 .25	2.00				
	# 33 - Pears	4 .25	2.00				



Nutritional Dry Soup and Salad Mixes: In each mix the dry ingredients, spice mix and recipe are included. The additional fresh ingredients needed are listed on each mix.

Quantity:	Product:	Contents In Package:	Unit Cost:	Total Cost:
	Bean Borscht	<i>dry beans, seasoning</i>	\$3.00	
	Chickpea Chowder	<i>chickpeas, seasoning</i>	\$3.00	
	Chunky Vegetable Soup	<i>lentils, seasoning</i>	\$3.00	
	Chickpea fruit salad	<i>chickpeas, seasoning</i>	\$3.00	
	Corn & Pinto Bean Soup	<i>pinto beans, seasoning</i>	\$3.00	
	Dilly Bean Salad	<i>2 kinds of beans, seasoning</i>	\$3.00	
	Garbanzo Stew	<i>garbanzo beans, seasonings</i>	\$3.00	
	Hale & Hearty Soup	<i>beans, peas, lentils, seasoning</i>	\$3.00	
	Hamburger Soup	<i>barley, seasoning</i>	\$3.00	
	Hearty Soup	<i>split peas, lentils, barley, rice onion soup, seasoning.</i>	\$3.00	
	Lemony Pea Soup	<i>whole peas, seasoning</i>	\$3.00	
	Lemony Red Lentils	<i>red lentils, seasoning</i>	\$3.00	
	Lentil Chowder	<i>lentils, seasoning</i>	\$3.00	
	Lentil Pasta Sauce	<i>lentils, pasta, seasoning</i>	\$3.00	
	Red Bean Salad	<i>red beans, seasoning</i>	\$3.00	
	Red Lentil Soup	<i>red lentils, seasoning</i>	\$3.00	
	Root Vegetable Soup	<i>bean mixture, seasoning</i>	\$3.00	
	Savory Red Lentils	<i>red lentils, seasoning</i>	\$3.00	
	Spanish Lentil Soup	<i>lentils, seasoning</i>	\$3.00	
	Split Peas and Lentil Soup	<i>lentils, split peas, seasoning</i>	\$3.00	
	Three Bean Salad	<i>chickpeas, beans, seasoning</i>	\$3.00	
	Two Bean Chili	<i>2 different color beans, seasoning</i>	\$3.00	
	Washington Baked Peas	<i>whole peas, seasoning</i>	\$3.00	
	Yellow Split Pea Soup	<i>split peas, barley, seasoning</i>	\$3.00	
	Mediterranean Salad	<i>lentils, seasoning</i>	\$3.00	

SHIP TO: (Please Print or Type)

BILL TO:

Name: _____

Name: _____

Address: _____

Address: _____

Telephone: _____

Telephone: _____

Fax: _____

Fax: _____

Total Cost of Manuals Ordered (Page 1) \$ _____

Total Cost of Food Fact Sheets Ordered (Page 2) \$ _____

Total Cost of Soup and Salad Mixes (Page 3) \$ _____

SubTotal \$ _____

There is a Shipping and Handling Fee on all mailed orders. Please see rates below.

Minimum Shipping fee.....\$7.00 \$ _____

Orders \$50.00 to \$100.00..... \$10.00\$ _____

Orders over \$100.00..... \$12.00\$ _____

Total Cost of Order with Shipping and Handling Fee..... \$ _____

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Please Make Cheque Payable to: Regina Home Economics for Living Project

THANK YOU FOR YOUR ORDER

