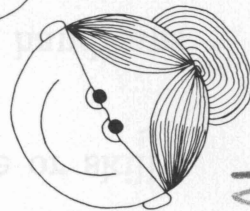
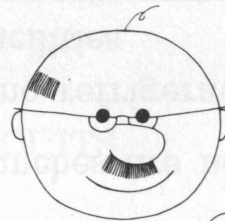


Seniors Think About . . .

CONVENIENCE FOODS



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CONVENIENCE FOODS . . .

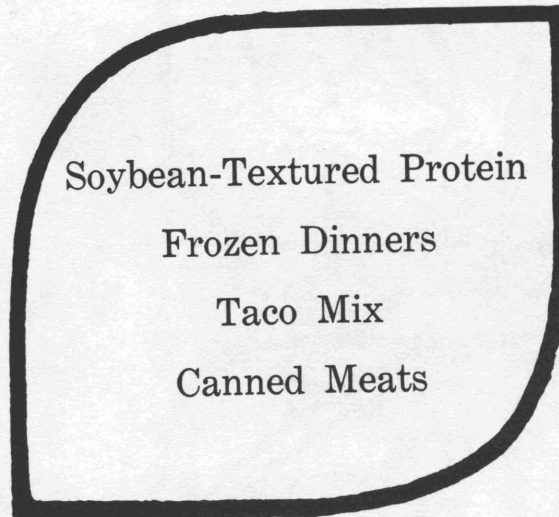
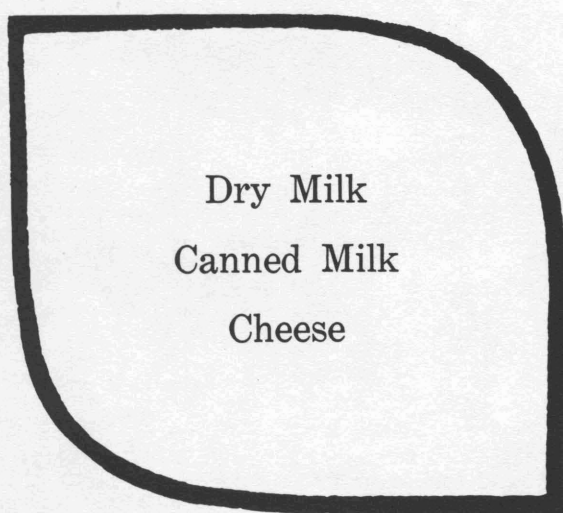
HAVE SOME PREPARATION DONE WHEN BOUGHT

WHAT YOU WILL LIKE ABOUT
CONVENIENCE FOODS:

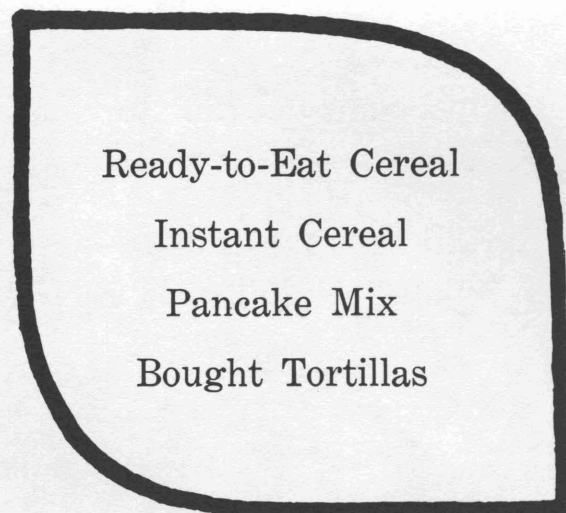
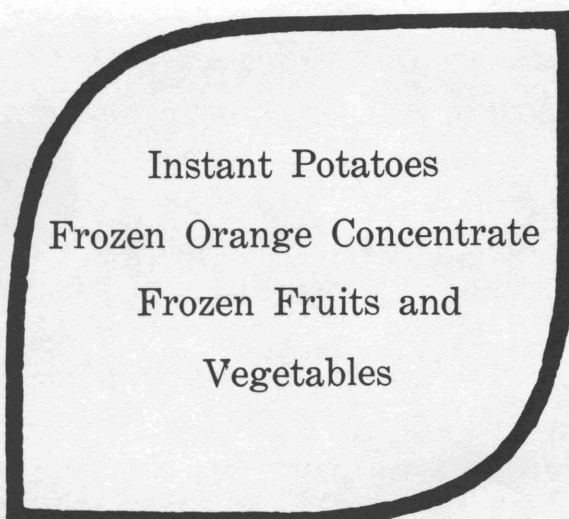
- Cooked in package
- Served in package
- Less dishwashing
- Little preparation

YOU WILL LIKE TO USE
CONVENIENCE FOODS WHEN:

- There is little time or skill for preparation
- There is illness or handicaps
- Packed lunches are needed
- There is no refrigeration or baking facilities



Try Some Of These CONVENIENCE Foods



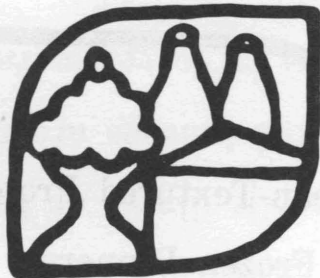
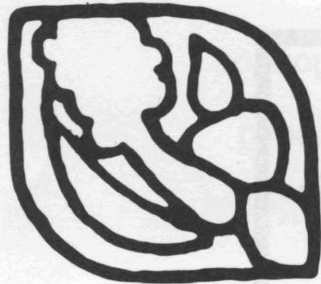
MEAT STEW TOPPED WITH BISCUITS

1 15-ounce can meat stew (beef or chicken)

1 can biscuits (5 biscuits)

Preheat oven to 450° F. Pour stew in baking dish and heat for 15 minutes. Top with biscuits and bake 10 minutes or until biscuits are browned. Serves 2 or 3.

Store leftover meat stew topped with biscuits in the refrigerator.



Prepared by Frances L. Reasonover
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