

Clipping coupons worth the work

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on surveyed said they are now more careful when checking prices in the grocery store.

Since most families spend about a fifth of their disposable income on food, it pays to shop with a strategy. "Don't shop when you're hungry or rushed," said Linda DeVore, registered dietitian at St. Mary Hospital in Livonia. "You'll probably spend more."

Thielke recommends planning meals a week in advance, making a list of the foods you need, taking an inventory of your pantry, checking

newspapers and magazines for food specials, coupons and recipes, and comparing food prices at different markets. Shop where the values are better.

FILE YOUR coupons in an organizer, and keep it in your car for last-minute shopping tips. At the store, do your shopping quickly; buy only what is on the list. Buy what you need and will eat without wasting food.

Learn to recognize a real bargain. Ask yourself — "Do you need it?" "Can you use it before spoilage occurs?" Words like "jumbo" and

"economy" can be misleading. Sometimes buying three small packages instead of one large one can save you some money.

Home-cooked meals, usually cost less than those that are ready to serve, but some convenience foods, such as cake and pudding mixes, save time and money. "Plan your storage, especially if you're buying large quantities of meat," said DeVore.

It's tempting to stock up when chicken is on special, but "make sure you will repack and freeze it in usable portions immediately. It's not a fun job, but important in decreasing bacteria growth and saving your investment."

The Redford Coupon Club meets 7 p.m. Monday, April 13 at Redford Union High School, 17711 Kinlock in room 104. Bring your coupons, for information, call, 538-0306.

cooking calendar

● HOLISTIC HEALTH ASSOCIATION

O&E feature and garden writer Marti Figley discusses cooking with herbs, at a Holistic Health Association lecture 7:30 p.m. Tuesday, April 14 at Melby Community Education Center, 13900 Masonic, (13 1/4 Mile) east of Schoenherr in Warren. Figley will prepare samples of foods prepared with a variety of herbs for tasting. Recipes will

be available. Admission \$4 non-members, \$3 students/seniors. The public is invited. Call 573-0019 for information.

● THE COMMUNITY CENTER

The Community Center, 24705 Farmington Road is offering a variety of cooking classes this spring including, cooking for singles, fit for company, hurry up supper. Call 477-8404 for information.

Chef shares recipe

PASTA CAMPAGNOLA
(presented by Chef Vito DePalma)
1 cup loosely packed roasted red bell peppers recipe below
1/2 cup part-skim ricotta cheese
1/4 cup extra virgin olive oil
2 tablespoons capers, drained
2 cloves chopped garlic
1/4 teaspoon dried, crushed red pepper
pinch salt
1 1/2 pounds fettuccine or linguine
Coarsely chop peppers and blend all ingredients, except the pasta, to a

thick consistency. Cook the pasta until al dente. Strain pasta, then toss mixture with pasta in a warm bowl until well covered. Garnish with finely chopped parsley or fresh basil.

ROASTING PEPPERS

Place peppers under a very hot broiler, turning every few minutes until entire surface is charred black. When cool enough to handle peel off black skin. Remove stems and seeds, then chop.

Easter Chocolate Delights...

- Personalized Eggs
- Lattice Baskets
- Bunnies
- Foiled Eggs
- Truffles

All available in Milk, Dark or White Chocolate

- Tortes • Cheesecakes • Pastries

Located in the Laurel Commons Shopping Center

37120 W. 6 Mile
LIVONIA
464-8170
Tues.-Fri. 8-6; Sat. 9-5

new products

● FOODLAND DISTRIBUTORS

Foodland Distributors, headquartered in Livonia, Michigan's largest voluntary food wholesaler, recently purchased a new line of large size value packs available at local area affiliated Foodland stores. The large

paks include items such as Jif peanut butter in a pak of two 40-ounce jars at a retail savings of 26 percent, Pampers Crawlers and Walkers at savings of 39 percent, and a wide variety of paper and frequently used staple items at a savings range from 25 to 39 percent.

exercise with fitness factory
Aerobic Exercise & Muscle Toning

SPRING CLASS SCHEDULE

Sponsored by Bloomfield Adult Education

(Register through Bloomfield Adult Ed. 433-0885)

1 day per wk \$10, 2 days \$30 Unlimited \$40

Conant Elementary

(Location: 1 1/2 mi. west of Telegraph) 6 weeks

MW 6:00 P.M. - HiLo Impact Apr. 27, D. Austin

Pine Lake Elementary

(3333 W. Long Lake, bet. Midreben & Orchard Lake) 6 weeks

TH 6:30 P.M. - Low Impact Apr. 28, S. Gates

Lone Pine Elementary

(3100 Lone Pine Rd., N.W. corner of Middleport) 6 weeks

MW 4:00 P.M. - HiLo Impact Apr. 27, S. Gates

Sponsored by Wm. Bloomfield Comm. Education Center

(Register through Wm. Bloomfield C.E. 851-7600)

1 day per wk \$20, 2 days \$42 Unlimited \$54

Orchard Lake Middle School

(on Orchard Lake Rd. bet. Walnut Ln. Rd. & 15 Mile) 7 weeks

12W 7:30 P.M. - Low Impact Apr. 13, J. Nicossia

Doherty Gym

(on Walnut Lake Rd. E. of Orchard Lake Rd.) 7 weeks

TH 6:30 P.M. - HiLo Impact Apr. 14, Staff

Abbott Middle School

(on Commerce Rd. at Orchard Lake Rd.) 7 weeks

TH 7:30 P.M. - Stretch & Tone Apr. 16, Staff

CALL TODAY CLASSES FILL QUICKLY

350-2885

All Instructors Certified/CPR Trained/IDEA/AAFA

Permanent Weight Loss

Dr. Ralph P. Keith, PH.D.

28336 Franklin Rd.
Southfield, MI
746-0844



If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in fulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

CALL 746-0844

PRICES GOOD APRIL 7TH THRU APRIL 13TH

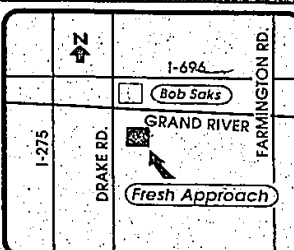
Fresh Approach

35243 GRAND RIVER
FARMINGTON • PHONE 442-2160
IN THE DRAKESHIRE PLAZA
ACROSS FROM BOB SAKS

QUALITY
• MEATS
• PRODUCE
• DELI ...

STORE HOURS
MON-SAT
9 to 8
SUN
10 to 5

None Sold to
Dealers or Minors
Rights Reserved
To Limit Quantities



★
WE
WELCOME
SPECIAL
MEAT
ORDERS
★

CALIFORNIA
NEW CROP
ASPARAGUS
99¢
lb.

NEW CROP
FLORIDA
SWEET CORN
3 EARS 99¢

NEW CROP
LARGE SIZE
CANTALOUPE
2 FOR \$3

STIR-FRY
ORIENTAL
VEGETABLES 14-OZ BAG **88¢**

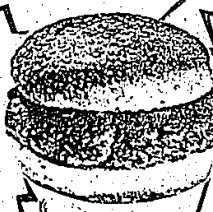
LARGE SIZE
CALIFORNIA
NAVEL ORANGES **4 FOR 99¢**

RED RIPE
CALIFORNIA
STRAWBERRIES QT. **\$1.68**

HALF PRICE SALE • REG. 99¢ lb.
OUR OWN FRESH
STUFFED
CHICKENS
49¢
lb.



ALL VARIETIES
PEPSI COLA
88¢
2-LITER PLAS.
PLUS DEPOSIT
LIMIT 4 PLEASE



OUR FAMOUS
HAMBURGER FROM
FRESH
GROUND CHUCK
\$1.49
lb.

U.S.D.A. CHOICE STANDING
RIB ROAST OR
RIB STEAKS **\$4.49**
lb.



U.S.D.A. CHOICE
BONELESS BEEF
CHUCK ROAST **\$1.88**
lb.

★ BUY BULK & SAVE ★
FRESH BONELESS SKINLESS
CHICKEN BREAST **\$2.49**
5-lb. BAG