



The Art of Frugal Food

DEMARLE
at HOME
The Art of Good Living

Demarle at Home promotes the Art of Good Living with tips for making your kitchen a haven where you can relax and escape from the stresses of modern life. Intelligent planning of your food shopping can also reduce the stresses on your budget and keep you healthy at the same time.

Cost-Conscious Cuisine

Thrifty budgets provide a wonderful opportunity to explore the wholesome goodness you can only get from an old-fashioned home-cooked meal. Cooking at home is not only more affordable, but it's also much healthier with less fat, sugar, salt and preservatives than restaurant food or frozen, prepared meals.

Stock your kitchen with an assortment of quality equipment, which saves money in the long-run by working more efficiently and requiring less frequent replacement. Shop sales, freezing meats and leftovers, with no more than one grocery store trip each week. Stick to your grocery list and get familiar with common prices for your most frequently purchased items, making comparison shopping even easier. Finally, brown bag everything – from your morning latte to lunches and weekend meals on-the-go.

Nutrition on a Budget

Here's a few tips to help you stay healthy and penny-wise.

- Buy locally grown, in-season fruits and vegetables.
- Avoid pre-cut meats, which come with a premium price tag.
- Eat vegetarian dishes like stews, casseroles, or beans and rice once in a while.
- Drink tap water instead of bottled water, sugary soda or juices.
- Add low-cost, fiber rich potatoes, beans, lentils, rice or peas to meals or in stews and soups.
- Grow your own fruit and vegetable garden.
- Buy produce directly from local growers at farmers markets or stands.

Demarle at Home sells professional quality products for the home cooking market through Independent Representatives. We sell only the best products that have been designed for optimum performance. Our products can last a lifetime, so you know you can rely on them.

To buy Demarle at Home products, host a party or inquire about becoming an Independent Representative, visit www.demarleathome.com or contact your Demarle at Home Independent Representative.