

# *Fast Food for Busy Families . . .*

*When you're in a hurry to feed your family, what will save you the most time and money . . .*

- *A trip to the drive thru at McDonald's?*
- *A phone call for pizza carry-out?*
- *Or, making a home cooked meal?*



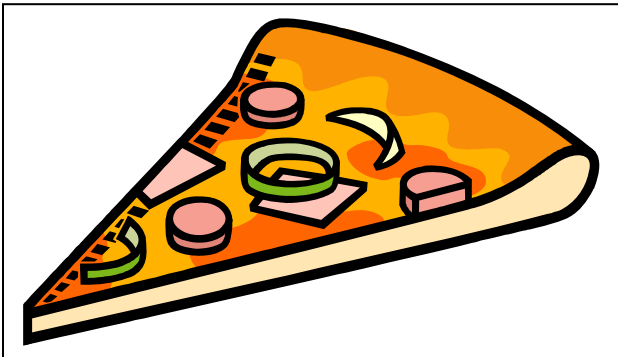
## **McDonald's**

**Time: 17-27 minutes**

If you live only 5-10 minutes from the nearest McDonald's, you could accomplish getting this meal in 17-27 minutes, allowing for 7 minutes in the drive-thru lane.

**Food Cost: \$15.00**

Buys a family of four 2 adult value meals and 2 "Happy Meals."



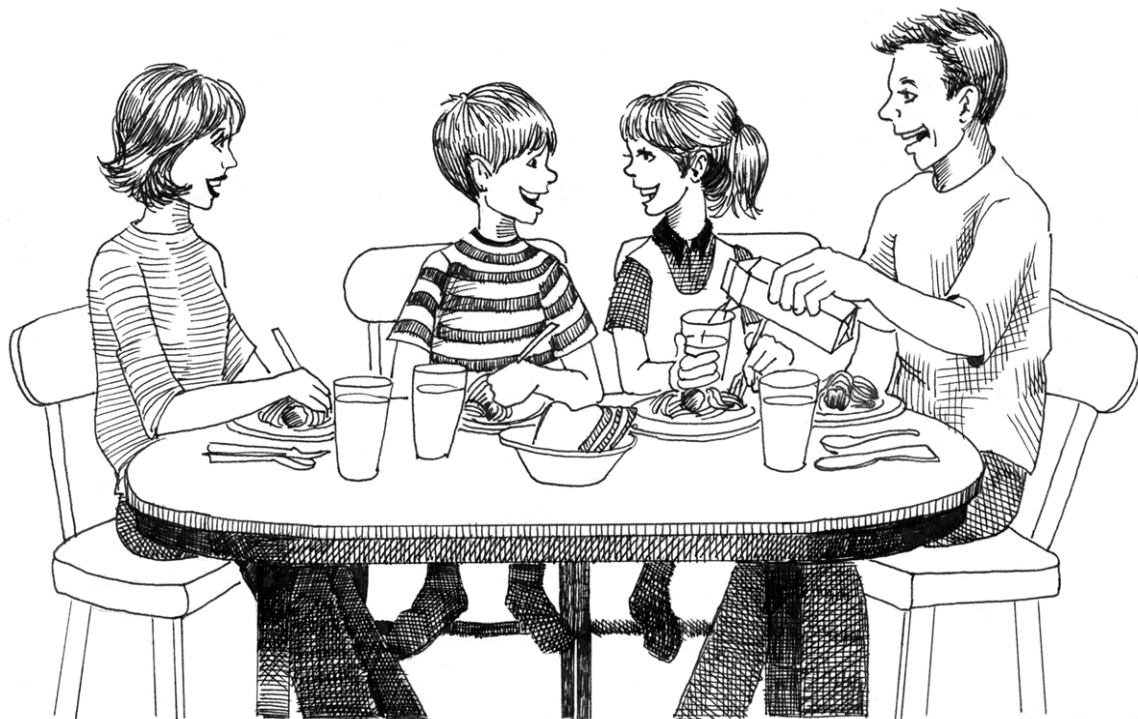
## **Pizza Hut**

**Time: 25-30 minutes**

From the time you call allow 20 minutes for your pizza to be ready. If you live just 5-10 minutes away, you need 25-30 minutes total.

**Food Cost: \$17.00**

Buys a family of four a large one-topping pizza and a 2 liter bottle of soda.



## and the winner is . . . the Home Cooked Meal

*Spaghetti with meat sauce*  
*Tossed green salad with dressing*  
*Toasted garlic bread*  
*Milk*

**Time:**                    **25 minutes**

In the same time it takes to get a fast food meal or carry-out and bring it home, you can boil water (15 minutes), cook pasta (10 minutes), and while that's cooking, brown 1 pound of ground beef, add a jar of pasta sauce and heat through. Frozen sliced garlic bread heats in 5 minutes in the oven. A bag of prepared mixed greens from your grocer's produce section makes a quick salad. Set the table and pour everyone a glass of milk! Enjoy!

**Food Cost:**            **\$8.45 will feed 4-6 people**

These costs are based on purchasing generic brands at a Save-A-Lot grocery store using March 2009 prices. You could even afford dessert at these prices!