

# T H E O K L A H O M A C I T Y +CATHOLIC WORKER+

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## Thirteen Shopping Rules to Save YOU Money in Grocery Stores.

**Stay out of grocery stores!** The more times you go to the store, the more money you spend. Organize your shopping to minimize shopping trips. Avoid trips for "just one thing."

**Plan. Plan. Plan.** Never to go the store without a list. Plan every meal including snacks. Make a shopping list from that plan. Buy only those items on your list. Beware of impulse buys.

**Scout the territory.** Check the advertisements for specials. Check prices on major items before buying. Cherry pick the best deals.

**Eat before you shop.** Never go to a grocery store hungry. Shop after a meal or a big snack.

**Don't take the kids.** Kids who watch television are programmed to say, "Mommy, buy this" during shopping. The items advertised on TV are almost always the most expensive items. OR teach your kids to ignore TV ads.

**Keep track of what you buy while you shop.** Use a calculator or pencil and paper to keep a running total of everything in your basket.

**Avoid the name brand game.** And its first cousin, the Coupon Game. Buy the generic and store brands unless price comparison or a special sale bring the name brand into your price range. Coupon items are almost always more expensive than store brands, even with the coupon.

**Avoid prepared foods.** You deserve the best, so "cook from scratch," like your grandma did. Make your own casseroles and gravies and pizzas and snacks. You pay a premium price when you buy packaged prepared foods that are inferior in taste and nutrition to those you can prepare yourself for your family.

**Meat-Smart shopping.** The meat market is always confusing. Inexpensive cuts of meat can be just as tasty as the expensive steaks, as long as you prepare them properly. Generally, this means low, moist heat in an oven or crock pot. Buy whole chickens and cut them up yourself, or bags of leg & thigh quarters (usually a price leader).

**Don't shop in a hurry.** Good shopping takes time. You'll want to compare prices, check out the deals, maybe go to more than one store.

**Watch out for non-food items.** Do you really need to buy these items at the grocery store? Are they cheaper at a dollar or discount store? Consider using alternatives to expensive packaged cleaning products, such as (1) bleach to clean toilets and porcelain sinks; (2) baking soda to clean the refrigerator; (3) ammonia for floors, walls, ovens. *Warning:* never mix chlorine bleach or cleanser with anything other than laundry soap as it can produce dangerous fumes when combine with other products.

**It's OK to save a few cents.** Save a few cents on every item, and it adds up. Since money is scarce, you can use that free money for other things.

**Keep at least 2 months or more of basic food supplies at home.** You're asking: "Why so much?" Here's five good reasons. 1. To increase the safety and security of your family by giving you more control over your circumstances. 2. To make you less vulnerable to crisis and hard times. 3. To increase the quality of life for your family. 4. To provide great meals for your family. 5. To save money and time. It's like having your own in-home convenience store.

**"I can barely afford one month's food. How could I ever get 2 months ahead?"** By careful planning you can slowly and gradually increase your family food supply. Cut your current food budget, perhaps by making your snacks rather than buying junk food, & use that money to stock extra groceries. Properly managing your budget for fruits, vegetables, fruits, and meats provides many opportunities to increase your family's food security.

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**Read more, learn more.** Keep books in your home. **Read them to your children, every day.**

Listen to your children read out loud, every day. **Use maps and dictionaries, often.** Teach your kids about maps and dictionaries, often. **Ask many questions.** Learn many things. **Teach others.** If you always do what you always do, you always get what you always get. **Be wary of the tendency to resort to bad habits when under stress.** To avoid fools, take steps. **HARAMBEE is an African word meaning "Let's all work together."**

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## Wisdom of Romero

*Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him while he celebrated Mass because he defended the poor against those who attacked and killed them when they stood up for their rights.*

The great need today is for Christians who are active and critical, who don't accept situations without analyzing them inwardly and deeply. We no longer want masses of people like those who have been trifled with for so long. We want persons like fruitful fig trees, who can say yes to justice and no to injustice and can make use of the precious gift of life, regardless of the circumstances.

Many would like the poor to keep on saying that it is God's will for them to live that way. But it is not God's will for some to have everything and others to have nothing. That cannot be of God. God's will is that all his children be happy.

A civilization of love that did not demand justice of people would not be a true civilization: it would not delineate genuine human relations. It is a caricature of love to try to cover over with alms what is lacking in justice, to patch over with an appearance of benevolence when social justice is missing. True love begins by demanding what is just in the relations of those who love.

Let us not tire of preaching love, it is the force that will overcome the world. Let us not tire of preaching love. Though we see that waves of violence succeed in drowning the fire of Christian love, love must win out, it is the only thing that can.

Humans long for peace, for justice, for a reign of divine law, for something holy, for what is far from earth's realities. We can have such a hope, not because we ourselves are able to construct the realm of happiness that God's holy words proclaim, but because the builder of a reign of justice, of love, and of peace is already in the midst of us.

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## Works of Justice and Peace

*A statement of the mission and purpose of the Oscar Romero Catholic Worker House*

**+LIVE** simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

**+HEAR** the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

**+MAKE** injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

**+PROTECT** the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

**+WORK** for reconciliation with truth, evangelism, catechesis, orthopraxis.

**+CELEBRATE** life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.

**+ENSURE** fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

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## Oscar Romero Catholic Worker House

1524 NW 21<sup>st</sup>, Oklahoma City, OK 73106,

robert@justpeace.org

www.justpeace.org | www.bettertimesinfo.org

www.energyconservationinfo.org

bobaganda.blogspot.com | www.bobwaldrop.net

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## Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

**The next food delivery is August 28.**

**The next delivery to Wesley Village, Towers, Bell Air, Charles Atkins & Temple Gardens apartments will be August 21.**

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Do not be conquered by evil,

overcome evil with good. *Apostle Paul*

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### Easy Very Tasty Cobbler

1 cup flour | 1 cup milk | 1 cup sugar | 1 stick of butter, melted | 2 teaspoons baking powder | 1 or 2 cans of fruit pie filling or other canned fruit

Mix flour, sugar, & baking powder. Add milk & melted butter, mix well. Pour batter into a greased baking pan (a casserole dish or cast iron skillet). Pour pie filling on top of the batter. Bake in 350 degree oven for 30 minutes (or until golden brown on top).

### Easy Very Tasty Brownie Mix

6 cups flour | 6 cups sugar | 2 cups cocoa

Mix ingredients and store in an airtight container. To make brownies, use 2 cups of the mix. Add 1 stick melted butter & 2 beaten eggs. Mix well. Bake at 350 degrees in 9" square pan for about 15 minutes.

### pudding Mix

1-1/2 cup sugar | 1/4 cup cornstarch | 2-3/4 cup dry milk | 1 tsp salt

Combine all ingredients and stir until well blended. Store in a tightly covered air tight container. Makes about 24 servings of pudding. To make chocolate pudding, use 1-1/4 cup pudding mix, add 1/4 cup cocoa, mix well in a saucepan. Add 2-1/2 cups water, mix well, cook over medium heat, stirring constantly, until it thickens. Add 1 tbsp butter or margarine. Put a cup of the mixture into a bowl, add 2 beaten eggs and mix well, then blend this mixture back into the saucepan of pudding, and cook one minute. Remove from heat and pour into a dessert dish, may be served warm or cold. To make vanilla pudding, add 1 teaspoon vanilla with the eggs. To make pineapple pudding, use pineapple juice instead of water, add some crushed pineapple.

### Easy Very Tasty Cake

Sugar | 2 eggs | flour | milk | 2 teaspoons baking powder | 1/2 cup mayonnaise | coffee cup

Fill a coffee cup with sugar. Put it into a bowl. Fill the cup with flour, put it into bowl, add baking powder, mix. Add the mayo, mix again. Break eggs into the cup and beat with a fork. Fill the cup with milk, pour over dry ingredients, beat/mix well. Pour into a greased and floured cake pan. Bake at 350 degrees for 25-30 minutes. To make chocolate cake, add 1/2 cup cocoa. To make vanilla cake, add 2 tsp vanilla. To make a pineapple cake, add drained crushed pineapple. To make banana cake, add 1 mashed banana.