

As food costs soar, it's back to basics for meal planners

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Rebecca Woods and her family in Lathrop, Mo., have turned to the land, planting hundreds of vegetables and relying on their own chickens for eggs.

Retirees Sally and Robert Jones of Alpine, Texas, have reverted back to some of the menus that got them through graduate school many years ago, living on beans, stews and soups.

Dave Snyder of Mobile, Ala., goes to four grocery stores in search of bargains. Nancy Sierra of Fort Myers, Fla., now eats peanut butter and jelly sandwiches for lunch. And Tiffany Nicosia of Charlotte says that, more and more, she whips up new recipes with whatever is left in her refrigerator.

They are just a few examples of how Americans are changing their meal planning as food prices continue to climb.

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