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Chapter 21: Meal Management—Glossary

budget. A spending plan that outlines how to use sources of income to meet various fixed and flexible expenses.

congregate meal. A group meal.

convenience food. A food item that is purchased partially or completely prepared.

meal management. Using resources to meet nutritional needs through food selection and preparation.

reduction. The process of cooking a liquid with the intent of losing volume through evaporation in order to concentrate the flavors and thicken the liquid.