



MONEY-SAVING HINTS FOR THE FOOD SHOPPER

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1

MAKE A LIST — Check what you have in your refrigerator and on your shelves. Look in the newspaper for sale items and coupons.



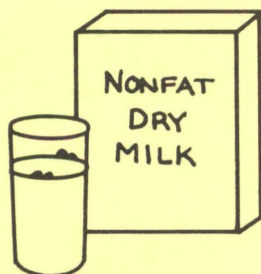
2

DON'T BUY FOODS ON IMPULSE - Eat before you go shopping so that you are not hungry and can avoid the temptation of snack foods that are low in nutrients, of other foods that are attractively packaged or advertised but are high priced, or of buying more food than you need. If possible, don't take the children shopping with you.



3

BUY NONFAT DRY MILK - It is less expensive, lighter weight to carry home, and fewer calories than whole fluid milk.



4

COMPARE NUTRITION INFORMATION LABELS -

They can tell you which food has what nutrients and how many.

NUTRITION INFORMATION			
Serving Size			
Servings per Container			
Calories	—	Carbohydrate	—
Protein	—	Fat	—
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)			
Riboflavin	—	Protein	—
Niacin	—	Vitamin A	—
Calcium	—	Vitamin C	—
Iron	—	Thiamine	—

UNIT PRICE \$ 1.38 PER LB	RETAIL PRICE 69¢ 8 OZ	62710 DIR
GOOD FOOD 107		

5 USE UNIT PRICING TO COMPARE COSTS - Unit pricing labels are posted on the shelf where each food item is placed. They tell you how much that package costs and how much the food costs in a common unit like per pound, ounce or quart.

Compare the unit pricing labels below. **Which can has the least expensive peas?**

A.

UNIT PRICE	RETAIL PRICE
60¢ per lb.	45¢ 12 oz.
store peas	

B.

UNIT PRICE	RETAIL PRICE
72¢ per lb.	54¢ 12 oz.
name peas	

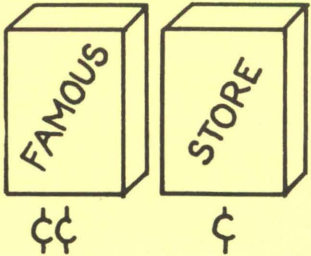
C.

UNIT PRICE	RETAIL PRICE
48¢ per lb.	66¢ 22 oz.
store peas	

C is the least expensive per pound and therefore the best buy if you can use all those peas. The package does cost more than the other two but because you get so many more peas for your money it ends up costing less than if you were to buy an equal weight of one of the other two cans of peas. Which peas are the most expensive?
Answer: (- The name brand peas.) **B**

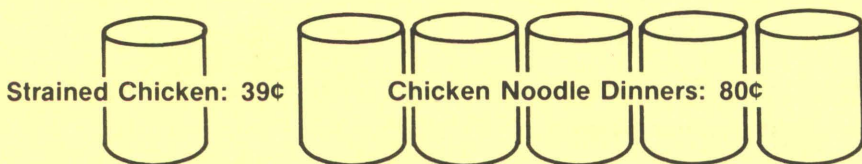
6 BUY FRESH FRUITS AND VEGETABLES IN SEASON

7 BUY STORE BRANDS - They are less expensive than advertised brands and usually have the same quality and nutrition.



8 WHEN BUYING BABY FOODS, AVOID SOUPS, COMBINATION DINNERS, DESSERTS, AND CREAMED VEGETABLES -

These foods may have added sugars, starches, spices and salt which are not necessary for your baby's health. They also take the place of harder-to-get nutrients. Buy plain one-item foods, that are labeled strained meat, vegetable or fruit.



You need only one jar of strained chicken to get the daily protein need of a 6-month baby as compared with 5 jars of chicken noodle dinner.

9 TAKE TIME WHILE SHOPPING. Careful comparison of prices, freshness, and quality can save you money.



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