Eat More With Less

Do you want to spend less money on your food? Use the unit price. The unit price tells you how much a food costs by weight, size of the package, or number in the package. The unit price will help you save money by showing you which package is the best buy.

Which food is the best buy?

In these examples the best buy has been circled.

**Unit price stickers may not all look the same, but they tell you the same thing.**

<table>
<thead>
<tr>
<th>Name of the food</th>
<th>Weight or size of the package</th>
<th>How much the total package costs you</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Corn Meal</td>
<td>5 lbs</td>
<td>$1.67</td>
</tr>
<tr>
<td></td>
<td></td>
<td>33.4¢ per lb.</td>
</tr>
</tbody>
</table>

Are you a smart shopper?

Here are some ways to get the most out of your money:

1. Make a food budget for the month. Find out how much money you have for food. Add in food stamp money. Divide the money by four to know how much money to spend each week on food.
2. See what you have on hand before you go to the store. Plan the week’s meals to use these foods.
3. Make a list of foods you need to buy. Make sure you have enough money in your food budget to buy the foods on the list.
4. Look for foods on sale at the store.
5. Use the unit price to help find the best buy. The store brand, not on sale, may cost less than a brand name food on sale!
6. Don’t buy more food than you can keep. Wasted food costs you money!
7. Don’t spend more money than what is in your food budget.

**Money Magic**

**Money Saving Tips**

The frozen juice mixed with water makes 64 oz. The unit cost is 3.1¢ per fluid oz. Frozen foods may cost less than foods that are sold ready to use.

Food Choice Pears

<table>
<thead>
<tr>
<th>Name of the food</th>
<th>Weight or size of the package</th>
<th>How much the total package costs you</th>
</tr>
</thead>
<tbody>
<tr>
<td>Del Montry Pears</td>
<td>16 oz</td>
<td>$2.39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5.4¢ per ounce</td>
</tr>
</tbody>
</table>

The store’s brand, not on sale, may cost less than the brand name food on sale.
Be A Smart Shopper

Find the best buys for the foods in the soup recipe.

Smart shoppers use the unit price.

Circle the best buy, Food A or Food B.

1. Go to the grocery store with your family. Let everyone pick out a food they like. Use the unit price to find the best buy.

2. Eat with your family at least one night a week. Make sure the TV is off.

3. Plant a vegetable garden with your family. Let each family member plant a food he likes to eat.

4. Get a price from at least three stores before your family buys something that costs $50 or more. Talk as a family about which store has the best buy.

Hamburger Vegetable Soup

7 servings, about 1½ cups each

½ pound ground beef
1 cup onion, chopped
1 quart water
1 raw potato, chopped
1 cup carrots, sliced
1 cup cabbage, shredded
¾ cup rice, uncooked
½ teaspoon pepper
(2-pound) can tomatoes (or 4 cups)

1. Brown ground beef and chopped onion in a large pot. Drain off fat when beef is done.
2. Add water to the beef and onion in the pot.
3. Add potatoes, carrots, and cabbage. Bring to a boil.
4. Sprinkle rice into the pot while the water boils.
5. Add pepper. Lower heat.
6. Cover pot and simmer soup for 1 hour.

Serve with cheese, crackers, and sliced fruit.

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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