

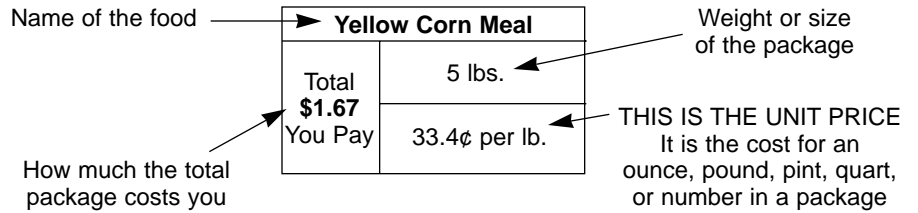
Food News HE-740

ALABAMA COOPERATIVE EXTENSION SYSTEM

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.

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



Which food is the best buy?

In these examples the best buy has been circled.

Krispy Rice Cereal	
Total	18 oz.
\$2.58	
You Pay	14.3¢ per oz.

Food A

Krispy Rice Cereal	
Total	7 oz.
\$1.39	
You Pay	19.9¢ per oz.

Food B

Soda Pop	
Total	6 cans
\$2.01	
You Pay	2.8¢ per fluid ounce

Food A

Soda Pop	
Total	12 cans
\$3.02	
You Pay	2.1¢ per fluid ounce

Food B

The unit price may go down if you buy a larger package.

Frozen Deelite O.J.	
Total	16 oz. (makes 64 oz.)
\$1.99	
You Pay	12.4¢ per frozen oz.

Food A

Florida Maid O.J.	
Total	64 oz.
\$2.39	
You Pay	3.7¢ per fluid oz.

Food B

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.

Del Monty Pears	
Total	15¼ oz.
\$.89	
You Pay	5.8¢ per ounce

Food A

Food Choice Pears	
Total	16 oz.
\$.87	
You Pay	5.4¢ per ounce

Food B

The store's brand, not on sale, may cost less than the brand name food on sale.

MONEY MAGIC *Money Saving Tips*

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.



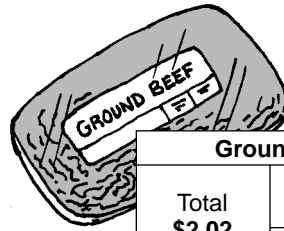
Be A Smart Shopper

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

Smart shoppers use the unit price.

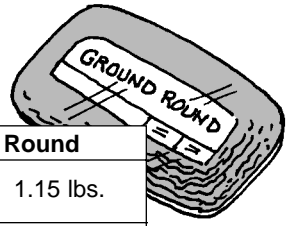
Circle the best buy, Food A or Food B.

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.



Ground Beef	
Total	2.29 lbs.
\$2.02	
You Pay	88¢ per lb.

Food A



Ground Round	
Total	1.15 lbs.
\$2.04	
You Pay	\$1.77 per lb.

Food B

1.

Hamburger Vegetable Soup

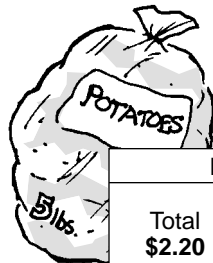
7 servings, about 1½ cups each



- ½ pound ground beef
- 1 cup onion, chopped
- 1 quart water
- 1 raw potato, chopped
- 1 cup carrots, sliced
- 1 cup cabbage, shredded
- ¼ cup rice, uncooked
- ⅛ teaspoon pepper
- 1 (2-pound) can tomatoes (or 4 cups)

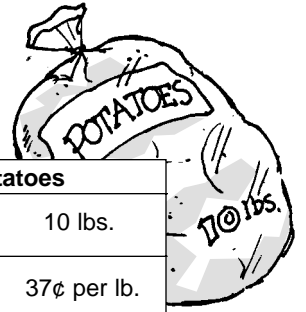
1. Brown ground beef and chopped onion in a large pot. **Drain off fat when beef is done.**
2. Add water to the beef and onion in the pot.
3. Add potatoes, carrots, and cabbage. Bring to a boil.
4. Sprinkle rice into the pot while the water boils.
5. Add pepper. Lower heat.
6. Cover pot and simmer soup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

Serve with cheese, crackers, and sliced fruit.



Potatoes	
Total	5 lbs.
\$2.20	
You Pay	44¢ per lb.

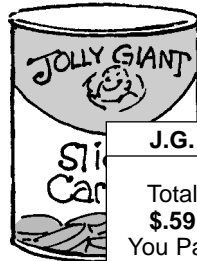
Food A



Potatoes	
Total	10 lbs.
\$3.68	
You Pay	37¢ per lb.

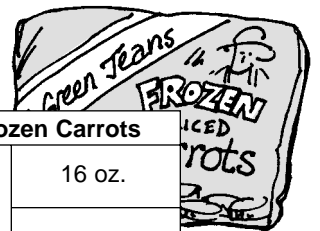
Food B

2.



J.G. Sliced Carrots	
Total	15 oz.
\$5.9	
You Pay	3.9¢ per oz.

Food A



G.J. Frozen Carrots	
Total	16 oz.
\$1.35	
You Pay	8.4¢ per oz.

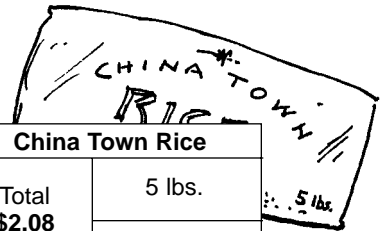
Food B

3.



China Town Rice	
Total	1 lb.
\$3.8	
You Pay	38¢ per lb.

Food A



China Town Rice	
Total	5 lbs.
\$2.08	
You Pay	41.6¢ per lb.

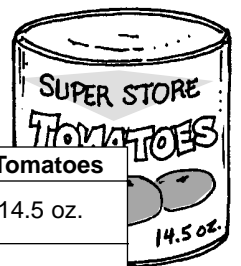
Food B

4.



Hunter Tomatoes	
Total	14.5 oz.
\$6.8	
You Pay	4.7¢ per oz.

Food A



Super Store Tomatoes	
Total	14.5 oz.
\$5.9	
You Pay	4.1¢ per oz.

Food B

5.