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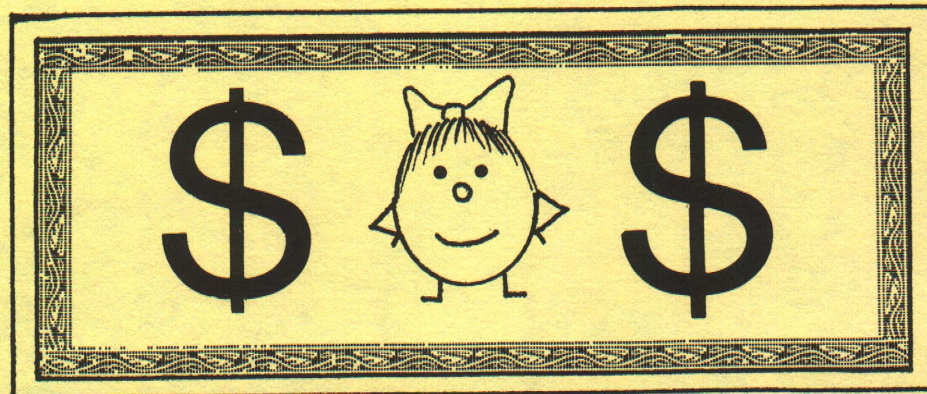
SQUEEZE FAMILY PLAYERS

PRESENT

DO YOU WANT MORE FOR
YOUR FOOD DOLLAR?

booklet 2

Extension Bulletin E-883



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TARGET: HIGH COST PROTEIN

Before you can get more for your dollar, you need to find out where most of your money is going now. Let's start with the expensive protein foods. Count the number of times you serve protein foods in one week and list below. Count each meal or snack as one time. Remember 2 helpings count as 2 servings.

<u>Food</u>	<u>Times Served Last Week</u>
Meat	_____
Fish	_____
Poultry	_____
Eggs	_____
Cheese	_____
Dry Peas or Beans	_____
Nuts, Peanut Butter	_____
Soy Protein Hamburger Mix	_____

These foods are good sources of protein and most people generally like them. Were you aware that you served these protein foods so frequently? Protein foods such as meat are costly. Most Americans eat twice the amount of protein they need for health.* So if your family is getting much more protein than they need, what changes would they consider making? Meat and other protein foods might be a good place to cut down.

Perhaps the money you save on extra protein foods could be better spent on other foods contributing other important nutrients. Check the group of foods your family might have been slighting in the past. Refer to page 7 of booklet 1.

_____	Whole grain or enriched cereals
_____	Fruits (especially those rich in Vitamin C)
_____	Vegetables (especially green and yellow rich in Vitamin A)
_____	Dairy Foods
_____	Other foods:

PROTEIN CHECK UP

	<u>% of U.S. Recommended Daily Allowance (U. S. RDA) for man</u>
1/2 chicken breast, fried -----	60
3 ounces cooked ground beef, lean -----	50
3 ounces fried ocean perch -----	35
1 cup cooked navy beans -----	35
1/2 cup creamed cottage cheese -----	35
1 cup milk -----	20
1 ounce cheddar cheese -----	15
1 egg -----	15
1 tablespoon peanut butter -----	8
1 slice bread or 1 ounce ready to eat cereal -----	4

SHARPEN YOUR MEAT COST CUTTING SKILLS

Think back to the last time you served a roast. What weight was listed on the label? What was the price per pound and per package? And how many people did you serve at the meal? Do you recall how many servings of meat were left over at the end of this meal? Did you use leftovers as the basis for a second or third meal? Were any leftovers thrown away?

Do your figuring on this worksheet.

Example

Roast	Package Weight	Price per Pound	Number Served Pkg. at Meal	Number of Servings Leftover	Total Servings
Chuck Roast	3.48 lbs.	\$1.29 = \$4.49	3 servings	6 servings (2 frozen meals)	9 servings

If you want to know the cost of one serving of meat, divide the number of servings into the total price you paid for the roast.

$$\frac{4.49}{9 \text{ sv}} = .50 \text{ per serving} \quad (\text{large portions})$$

$$\frac{4.49}{10 \text{ sv}} = .45 \text{ per serving} \quad (\text{medium portions})$$

Would you say this was a low, medium or high cost per serving? How do you think you might lower the cost per serving?

Have you looked at the "Meat Buying Guide," page 11, "Your Money's Worth in Foods"?

For suggestions see page 3.

SUGGESTIONS FOR CUTTING DOWN
ON DOLLARS YOU SPEND
FOR MEAT

1. Serve smaller servings of meat.
2. Serve meat less frequently. Substitute other good sources of protein foods.
3. Buy meat cuts with less waste.
4. Buy cheaper cuts and cook with moist heat methods.
5. Buy a large roast on special, cut in half at home. Freeze half.
6. Buy and roast whole chickens. Cook necks, gizzards, backs, and less tender parts in covered casserole with moist heat.
7. When cooking chicken, freeze necks, gizzards, backs, etc., in plastic bag. When you have a large enough supply, prepare soup.
8. Purchase soy meat mixtures for dishes like chili con carne, spaghetti sauce.
9. Stretch meat with bread crumbs, oatmeal, textured soy protein granules, etc., when preparing meat loaf and meat balls.
10. Serve casseroles in place of whole meats.
11. Serve a vegetable plate occasionally.

CAN YOU THINK OF OTHER WAYS ?

IMPROVE YOUR FOOD BUYING SKILLS

You have just indicated your spending for expensive meat and protein foods. Looking at your situation realistically, what changes would your family be willing to make to cut food costs?

CHANGES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

Turn to page 5 for suggestions. Do they apply to your situation?

SUGGESTIONS FOR IMPROVING YOUR FOOD BUYING SKILLS

1. Identify grocery needs before shopping.
2. Compare foods on price, quality and amount.
3. Select quality or form of food for intended use.
4. Consider economy of advertised specials.
5. Avoid "impulse" buying.
6. Buy food staples in quantity when economical.
7. Use economical forms of dairy products such as dry milk for at least part of the milk used.
8. Buy meat considering the amount of lean, fat and bone.
9. Buy perishable foods in usable amounts.
10. Select enriched or whole grain breads, crackers and flour.
11. Compare food brands for "best buys."
12. Buy "convenience foods" when a "good buy."
13. Use food stamps when eligible.

Can you think of any ways to obtain food other than buying it at the grocery store or supermarket which might help you cut food costs?

OTHER WAYS OF OBTAINING FOOD AT A REASONABLE COST

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

Turn to page 7. Do these suggestions fit your family's situation? Are they practical? Are they less expensive than the foods you purchase at the supermarket?

If you decide to obtain food in this way, where could you get assistance and reliable information?

OTHER WAYS OF OBTAINING FOOD

1. Plant a vegetable garden, if practical.
2. Gather available free or low cost foods (fruits, nuts, vegetables, etc.).
3. Use fish and game when available.
4. Buy meat as sides, quarter or wholesale cuts for the freezer if less expensive.
5. Buy lower quality foods (for example, day old bread) at discount centers or direct from the manufacturer.
6. Raise livestock on small farms if practical.

WEIGH THE COSTS OF CONVENIENCE

What are you willing to pay for convenience in food products?

How much convenience are you willing to give up?

What convenience or ready-prepared foods are you now buying frequently that might be prepared at home at much lower cost?

Who in the family is willing to prepare more foods from scratch?

Convenience Foods We Buy That We Think We Could Make At Home More Economically--

(Remember - some convenient foods are in fact more economical than homemade*.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

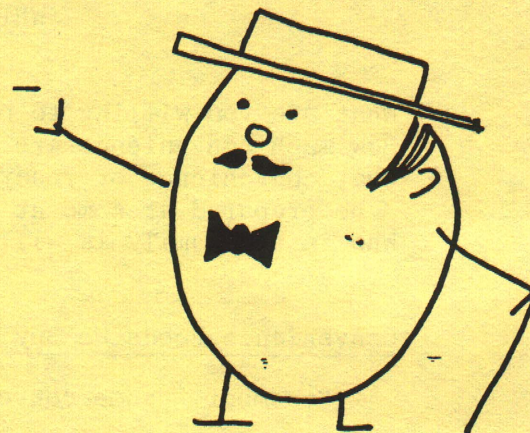
How much would you save by making this food at home? Is it a significant savings? Have you considered the cost of your own time? Is this the best use of your time? Would you enjoy preparing this food for the family? Or are there others in the family who might enjoy making this food? Which will your family enjoy the most... the convenience food or the homemade? Why?

A number of convenience foods are available in different stages of preparation. Some are premeasured, some partially prepared, and others are ready for the table. Have you considered using another form of your favorite convenience food? Would it cost less?

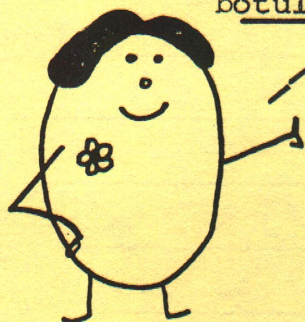
How does the cost of the convenience food compare with the cost of a meal in your favorite restaurant?

*For more information, see Shop Smart E-658H

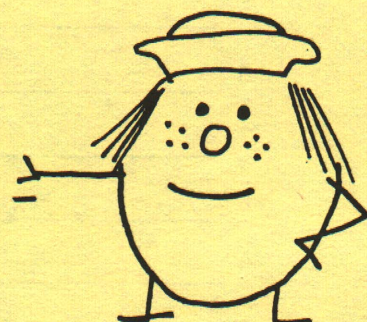
Food prices seem pretty high.
Are you planning to can any
vegetables from the garden this
year?



I sure am. I just received
a brand new canning booklet
from the U.S. Department of
Agriculture. Next payday,
I'm going to buy a pressure
canner for processing our
green beans. We are not going
to take any chances with
botulism food poisoning.



Better safe than sorry, huh,
Mom?



Can I help pick green beans?



For help in improving your food management practices, go to Booklet 3.

For more information on home canning, see page seven in Booklet 3.