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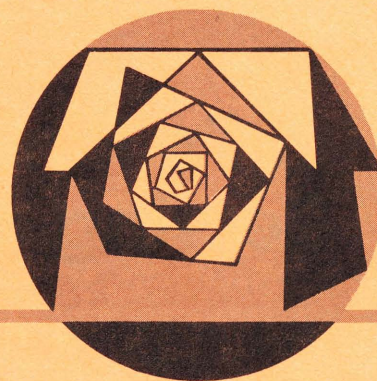
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Fruit Compare Prices Handouts- Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
2 pages

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Expanded Nutrition & Family Programs



Fruit—Compare Prices (H)

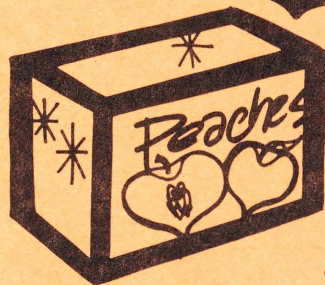
(Leave with Homemaker)

How Many Servings?



Fresh peaches

1 pound = 3 or 4 servings



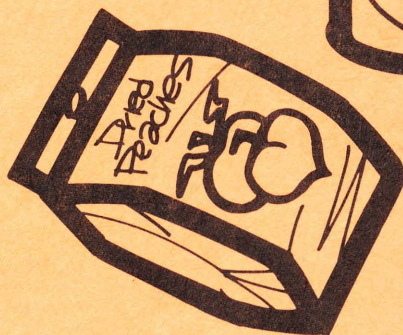
Frozen peaches

10 ounces = 2 or 3 servings



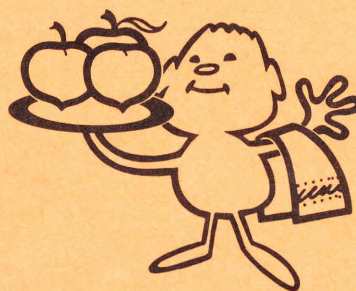
Canned peaches

16-ounce can = 4 servings



Dried peaches

8-ounce package = 7 servings



EXPANDED NUTRITION & FAMILY PROGRAMS

Let's Find the Cost of a Serving of Peaches:

	Price	Cost per Serving
Fresh, in season, 1 pound	_____	_____
Frozen, sliced (10-ounce package)	_____	_____
Canned, slices medium sirup (16 oz.)	_____	_____
Canned, slices, heavy sirup (16 oz.)	_____	_____
Canned, slices, light sirup (16 oz.)	_____	_____
Canned, slices, water packed (16 oz.)	_____	_____
Dried	_____	_____

What did you find out by comparing prices?

How many servings of fruit does your family need each day? _____

Do Your Figuring Here:

MICHIGAN STATE UNIVERSITY



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