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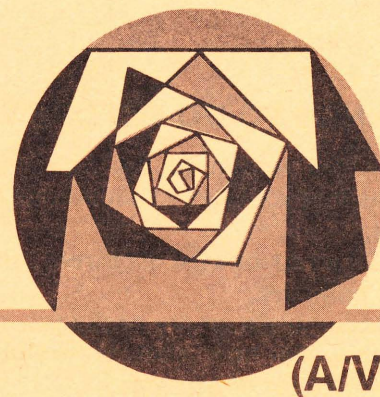
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Fruit Compare Prices - Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
N.D.
6 pages

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Expanded Nutrition & Family Programs



Fruit— Compare Prices

(A/V)

THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to:

1. **Compare** the cost of 1 serving of fruit in different forms (fresh, frozen, canned, dried).
2. **Compare** the cost of 1 serving of different kinds of fruits (apples vs. oranges, etc.).

FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

How Much to Buy?

Each person needs 1 or more servings of fruit every day. Think of that when you buy fruit.

What is a Serving?

- A serving is 1 medium-size apple, banana, orange, peach, or pear.
- A serving is 2 or 3 apricots, figs, or plums.
- A serving is ½ cup of fruit and its liquid.

How Many Servings in a Package?

First, look on the package to see how much it weighs. It makes a big difference what form the fruit is in (fresh, frozen, dried, canned).

Here are some examples:

| FRESH FRUIT | AMOUNT BOUGHT |
|---------------------|----------------------------------|
| Apples | 3 or 4 servings |
| Bananas | per pound |
| Peaches | |
| Grapes, seedless | 5 or 6 servings per pound |
| Strawberries | 8 or 9 servings per quart |
| FROZEN FRUIT | (10- or 12-ounce package) |
| Peaches | |
| Strawberries | 2 or 3 servings |
| CANNED FRUIT | (16-ounce can) |
| Served with liquid | 4 servings |
| Drained | 2 or 3 servings |

| DRIED FRUIT | (8-ounce package) |
|-------------|-------------------|
| Apples | 8 servings |
| Peaches | 7 servings |
| Prunes | 4 or 5 servings |

How Much Does Each Serving Cost?

Here's how to figure . . .

Example:

Fresh peaches at 60 cents a pound.

$$4 \text{ (servings)} \quad \frac{15 \text{ cents per serving}}{60 \text{ (cents per pound)}}$$

Frozen peaches at 36 cents for a 10-ounce package

$$3 \text{ (servings)} \quad \frac{12 \text{ cents per serving}}{36 \text{ (cents for 10 ounces)}}$$

Canned peaches at 50 cents for a 16-ounce can.

$$4 \text{ (servings)} \quad \frac{12\frac{1}{2} \text{ cents per serving}}{50 \text{ (cents a can)}}$$

Dried peaches at \$1.19 for an 8-ounce package.

$$7 \text{ (servings)} \quad \frac{17 \text{ cents per serving}}{1.19 \text{ (for 8 ounces)}}$$

In **this** example, frozen or fresh peaches happen to be the best buys.

REMEMBER: Nutritional value, and family likes and dislikes may sometimes be more important than cost per serving.

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THINGS TO DO BEFORE VISIT

Fit the lesson to the homemaker. Consider fruits that you want to encourage her to use in her diet.

Get an ad, or a list of current prices of fruits you will compare.

Accumulate empty packages, cans, and labels to show her how labels tell weight, type of pack, and number of servings.

REFERENCES (Available in Your State)

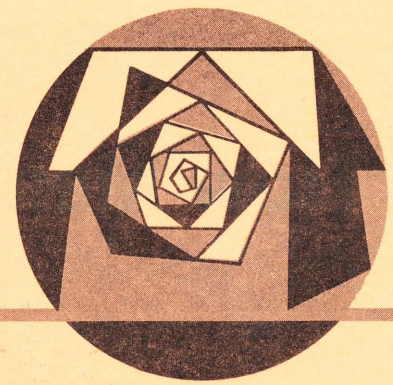
HOW DO YOU KNOW SHE HAS LEARNED?

Using prices from local ads, let the homemaker select fruits that are the best buys. Did she make the right choices?

Can she tell you how many servings of fruit she needs each day?

The next time you visit the homemaker, talk about fruits she has bought that week. Did she select fruits in season? The most economical form of the fruits?

Expanded Nutrition & Family Programs



6-b

Fruit—Compare Prices

(A/V)

(Take this sheet on home visits)

THE BIG IDEA

Comparing the cost per serving of fruit can save money.

HOW TO PRESENT THE BIG IDEA

Explain: “What is a **serving**?”

Help her learn to judge how many **servings** are in typical packages of fruit.

Show her how to compare the cost of a serving of fruit.

Show her how to figure the amount of fruit to buy for her family. Consider the number of people in the family and the number of meals to be served.

Chat about other factors that influence fruit purchases—nutritional value, family likes and dislikes, storage, and preparation.

HOW DO YOU KNOW SHE LEARNED?

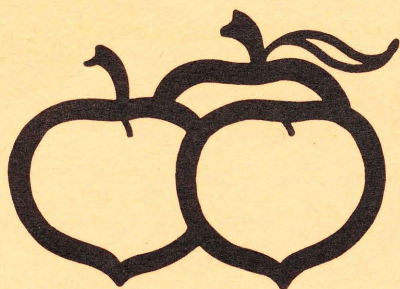
Ask her to jot down prices or save fruit packages until your next visit.

Can she tell you how many servings of fruit she needs each day?

On your next visit discuss what she bought, and whether she thinks it was a good buy. If she made poor choices, help her see how to improve.

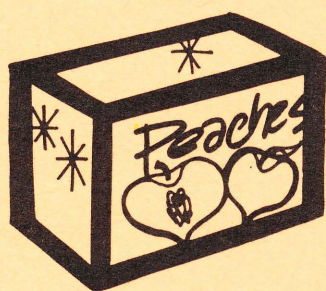
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How Many Servings?



Fresh peaches

1 pound = 3 or 4 servings



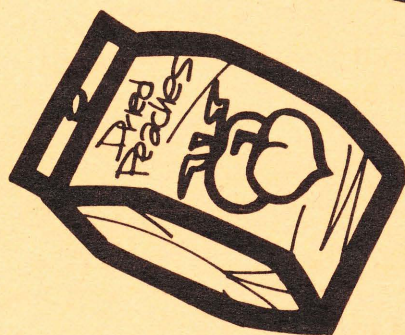
Frozen peaches

10 ounces = 2 or 3 servings



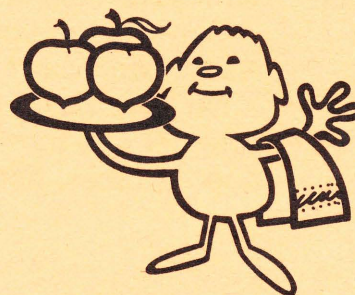
Canned peaches

16-ounce can = 4 servings

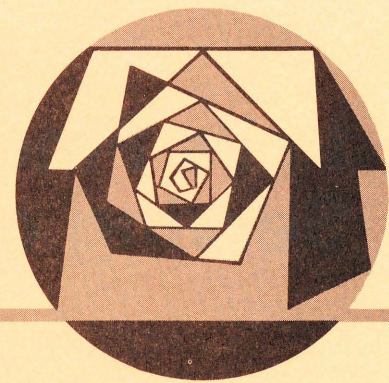


Dried peaches

8-ounce package = 7 servings



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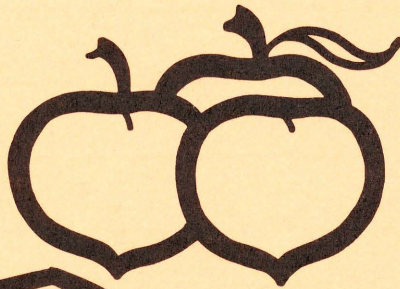


6-c

Fruit—Compare Prices (H)

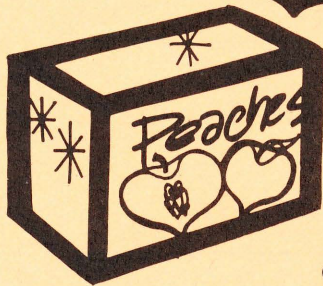
(Leave with Homemaker)

How Many Servings?



Fresh peaches

1 pound = 3 or 4 servings



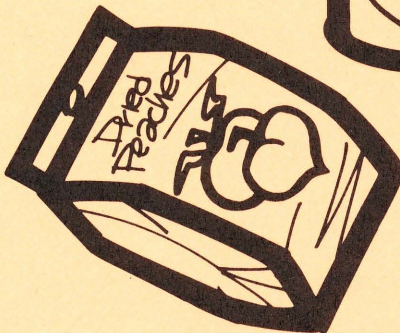
Frozen peaches

10 ounces = 2 or 3 servings



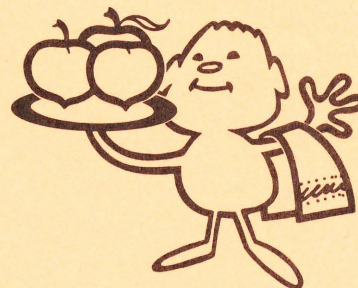
Canned peaches

16-ounce can = 4 servings



Dried peaches

8-ounce package = 7 servings



EXPANDED NUTRITION & FAMILY PROGRAMS

Cooperative Extension Service

Michigan State University

East Lansing, Michigan 48824

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: