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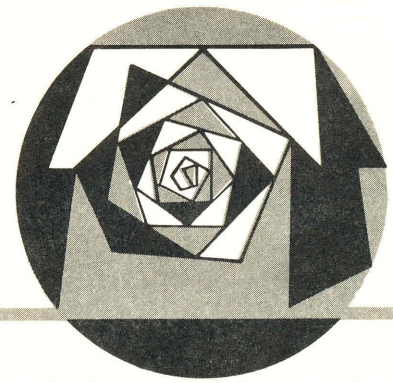
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Vegetables Compare Prices- Expanded Nutrition & Family Programs
Michigan State University
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Expanded Nutrition & Family Programs



Vegetables — 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 vegetables in different forms (fresh, frozen, canned, dried).
2. **Compare** the cost of 1 serving of different kinds of similar vegetables. Examples: broccoli, turnip greens, and so forth.

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

How Much to Buy?

Each person needs 4 or more servings of vegetables and fruit every day. Think of that when you buy vegetables.

How many servings can you get from vegetables? This depends on the vegetable and whether it is fresh, frozen, canned, or dried.

Some parts of fresh vegetables (pods, husks, peels and trimmings) are weighed when you buy, but are not eaten.

Some fresh vegetables shrink because they lose water during cooking. Others absorb water and swell as they cook.

Frozen vegetables usually do not lose much weight or size during cooking.

Canned vegetables give fewer servings if the liquid is drained off or cooked down.

Dried vegetables increase 2 to 3 times in size during cooking.

What Is a Serving?

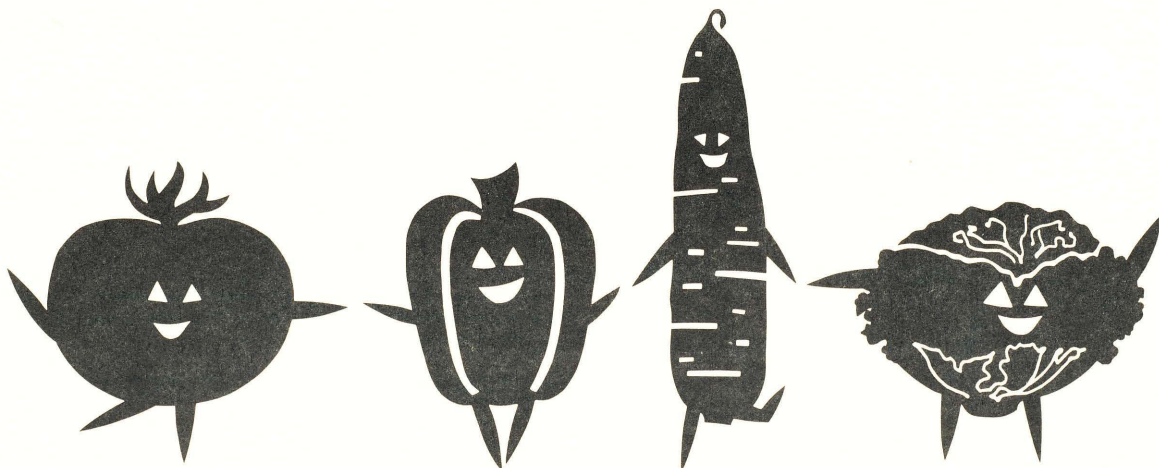
- A serving is ½ cup of most vegetables.
- A serving may be a small bowl of lettuce and other vegetables in a salad.
- A serving is one medium potato.

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 vegetable is in (fresh, frozen, dried, canned).

Here are some examples:

FRESH VEGETABLES	Servings per pound
Beans, snap	5 or 6
Cabbage:	
Raw, shredded	9 or 10
Cooked	4 or 5
Peas (in pods)	2
Potatoes	4
Squash, summer	3 or 4
Tomatoes, raw	5



EXPANDED NUTRITION & FAMILY PROGRAMS

FROZEN VEGETABLES Servings per 9- or 10-ounce package

Beans, Lima	3 or 4
Peas	3
Spinach	2 or 3

CANNED VEGETABLES Servings per 16-ounce can

Greens, such as kale or spinach	2 or 3
Other vegetables	3 or 4

DRY VEGETABLES Servings per pound

Dry beans	11
Dry peas, lentils	10 or 11

How Much Does Each Serving Cost?

Here's how to figure . . .

Example:

Fresh potatoes at 16 cents per pound,

$$4 \text{ (servings)} \sqrt{\frac{4 \text{ cents per serving}}{16 \text{ (cents per lb)}}$$

Frozen peas at 36 cents for a 10-ounce package.

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

Canned peas at 36 cents for a 16-ounce can.

$$4 \text{ (servings)} \sqrt{\frac{9 \text{ cents per serving}}{36 \text{ (cents a can)}}$$

Dried beans at 30 cents a pound.

$$10 \text{ (servings)} \sqrt{\frac{3 \text{ cents per serving}}{30 \text{ (cents per lb)}}$$

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

THINGS TO DO BEFORE VISIT

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

Get a newspaper ad, or list of current prices of vegetables you will discuss with her.

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

HOW DO YOU KNOW SHE LEARNED?

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

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

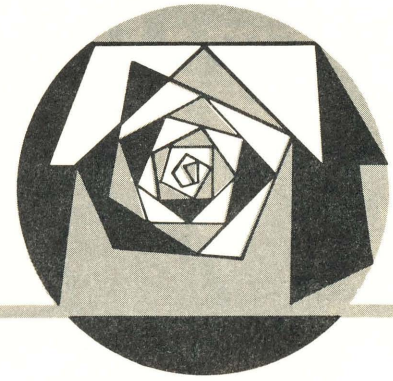
The next time you visit the homemaker, talk about vegetables she bought that week. Did she select fresh vegetables in season? The most economical form of the vegetable?

REFERENCES (Available in Your State)

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Expanded Nutrition & Family Programs



Vegetables — Compare Prices

(A/V)

(Take this sheet on home visits)

THE BIG IDEA

Compare the cost per serving of vegetables. You 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 cans and packages of vegetables.

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

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

Talk with her about other factors that influence vegetable purchases — nutritional value, family likes and dislikes, storage, and preparation.

HOW DO YOU KNOW SHE LEARNED?

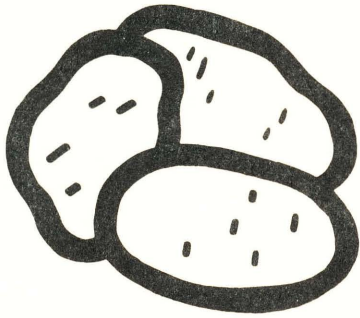
Ask her to jot down prices or save vegetable packages until your next visit.

Can she tell you how many servings of vegetables 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.

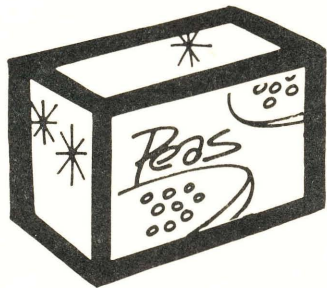
EXPANDED NUTRITION & FAMILY PROGRAMS

How Many Servings?



Fresh potatoes

1 pound = 4 servings



Frozen peas

10 ounces = 3 servings



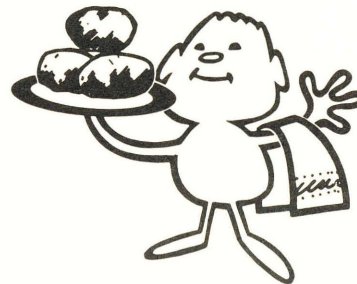
Canned peas

16-ounce can = 4 servings



Dried peas or beans

1-pound package = 10 servings



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