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Vegetables Compare Prices- Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
4 pages

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Vegetables — Compare Prices

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:

<table>
<thead>
<tr>
<th>FRESH VEGETABLES</th>
<th>Servings per pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, snap</td>
<td>5 or 6</td>
</tr>
<tr>
<td>Cabbage:</td>
<td></td>
</tr>
<tr>
<td>Raw, shredded</td>
<td>9 or 10</td>
</tr>
<tr>
<td>Cooked</td>
<td>4 or 5</td>
</tr>
<tr>
<td>Peas (in pods)</td>
<td>2</td>
</tr>
<tr>
<td>Potatoes</td>
<td>4</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>3 or 4</td>
</tr>
<tr>
<td>Tomatoes, raw</td>
<td>5</td>
</tr>
</tbody>
</table>
How Much Does Each Serving Cost?
Here's how to figure . . .

Example:

Fresh potatoes at 16 cents per pound,

- **4 cents per serving**
- \(4 \text{ (servings)} \div 16 \text{ (cents per lb)}\)

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

- **12 cents per serving**
- \(3 \text{ (servings)} \div 36 \text{ (cents for 10 ounce)}\)

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

- **9 cents per serving**
- \(4 \text{ (servings)} \div 36 \text{ (cents a can)}\)

Dried beans at 30 cents a pound.

- **3 cents per serving**
- \(10 \text{ (servings)} \div 30 \text{ (cents per lb)}\)

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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Issued September 1977.
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.
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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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

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