

## **MSU Extension Publication Archive**

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Shop Smart Sharpen Your Food –Buying Habits 3 Plan for Low Cost Meals  
Michigan State University  
Cooperative Extension Service  
Home and Family Series  
Anita Dean and Portia Morris, Extension Specialists in Nutrition  
October 1969  
2 pages

The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**

# SHOP SMART



## SHARPEN YOUR FOOD-BUYING HABITS

3

PLAN FOR  
LOW COST  
MEALS

by Anita Dean and Portia Morris

*Extension Specialists in Nutrition*

### TO GET THE FOOD YOU NEED —

1. Decide how much money you can spend on food this week.
2. Decide how to spend it to get the most for your food dollar. In most cases you can choose between low-cost and high-cost foods.

*On Meat:* If you spend one-fifth of your food money for meat, you'll be more likely to have enough left for other needed foods.

Low Cost

Hamburger  
Canned luncheon meat

High Cost

Cube steak  
Canned ham

*On Fruits and Vegetables:* About one-fifth of your food money should give a good supply of fruits and vegetables.

Low Cost

White potatoes  
Canned tomatoes

High Cost

Potato chips  
Fresh tomatoes (out of season)

*On Dairy Products:* About one-fifth of your food money will provide needed milk and dairy products.

Low Cost

Non fat dry milk plus margarine  
Processed cheese

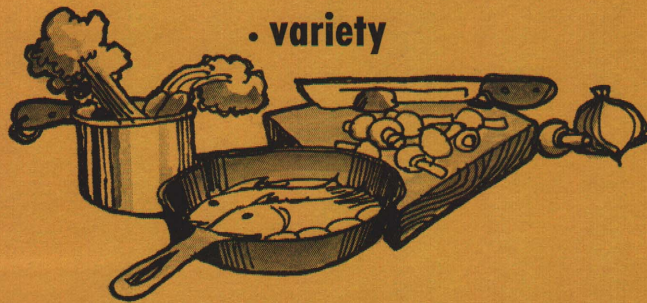
High Cost

Fresh whole milk  
Aged cheddar cheese

If you follow this plan, it should leave enough money for what you need of *Bread and Grain Products* and *Fats, Sweets, Beverages*.

3. Make a list of what you need (meat, fruits and vegetables, milk and dairy products, bread and cereal products, fats, sweets, and other foods). Choose a store which offers the kind of food you want at the price you can afford to pay. But also consider courtesy, cleanliness, convenience, and service.
4. Compare stores . . . look for bargains . . . watch for "Specials" . . . and read ads.

**BUY MORE** • **health**  
• **pep** **WITH YOUR FOOD MONEY**  
• **satisfaction**  
• **variety**



### QUICK HAMBURGER VEGETABLE SOUP

*(8 servings)*

1 pound hamburger	1 small bay leaf, crushed (may omit)
1 cup diced onion	$\frac{1}{2}$ teaspoon thyme (may omit)
1 cup cubed raw potatoes	4 teaspoons salt
1 cup sliced carrots	$\frac{1}{8}$ teaspoon pepper
1 cup shredded cabbage	$1\frac{1}{2}$ quarts of water
1 No. 2 can tomatoes	Beef bouillion cubes or granules
	$\frac{1}{4}$ cup rice

Brown hamburger and onion in a large kettle. Add water and beef cubes or granules. Add potatoes, carrots, cabbage. Bring to a boil.

Sprinkle rice into mixture.

Add remaining ingredients except tomatoes. Cover and simmer for 1 hour.

Add canned tomatoes just before serving.

Skim off fat if necessary.

### DRIED BEEF NOODLE CASSEROLE

*(Serves 8)*

8 ounces noodles  
 $\frac{1}{4}$  cup onion, chopped  
 $\frac{1}{4}$  cup green pepper, chopped  
1 teaspoon margarine  
 $1\frac{1}{3}$  cups milk  
6 ounces processed American cheese, diced  
1 can ( $10\frac{1}{2}$  ounces) mushroom soup  
1 jar ( $2\frac{1}{2}$  ounces) dried beef, cut into strips or  
1 can (12 ounces) corned beef, diced.

Cook noodles in salted water according to package directions and drain. Saute onion and green pepper in one teaspoon of margarine. Add milk, cheese, and mushroom soup and warm until cheese begins to melt. Combine with rest of ingredients and transfer to greased casserole. Bake at 350 degrees for 30 to 40 minutes.