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Shop Smart Sharpen Your Food –Buying Habits & Convenience – How Much Can You Afford?

Michigan State University

Cooperative Extension Service

Home and Family Series

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# SHOP SMART



## SHARPEN YOUR FOOD-BUYING HABITS

by Anita Dean and Portia Morris

*Extension Specialists in Nutrition*

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CONVENIENCE—  
HOW MUCH  
CAN YOU AFFORD?

Convenience foods often cost more than unprepared foods. Why? Because you pay for work that has been done for you. This is not always true. The following prepared foods have been found to be cheaper than making from scratch.

- Frozen orange juice concentrate
- Powdered imitation orange juice concentrate
- Frozen lima beans
- Canned and frozen peas
- Canned spaghetti
- Devils food cake mix
- Instant coffee

*What determines your choice?*

- Time and convenience?
- Cost per serving?
- Nutritive value?
- Personal taste preference?
- Storage space?
- Meal interest?

### HOT BISCUITS

Mix Your Own? or Buy a mix? or Buy Refrigerated Ready-to-Bake?

| <i>Homemade Biscuit Mix:</i>    | <i>Cost</i> | <i>Refrigerated Ready-to-Bake (9.5 ounces)</i> |        |
|---------------------------------|-------------|--|--------|
| 8 cups sifted all purpose flour | \$0.20      | 10 biscuits                                    | \$0.22 |
| 1½ cups nonfat dry milk         | .10         |  |        |
| ¼ cup baking powder             | .04         |  |        |
| 1 tablespoon salt               |             |  |        |
| 1½ cups shortening              | .22         |  |        |
|                                 | —           |  |        |
| (60 biscuits)                   | .56         |  |        |

*At these prices, homemade biscuits cost less than one cent apiece, and ready-to-bake biscuits cost two cents apiece.*

Stir dry ingredients until well mixed.

Cut in shortening until well blended.

Store in a tightly covered container in a cool place.

Use within a month.

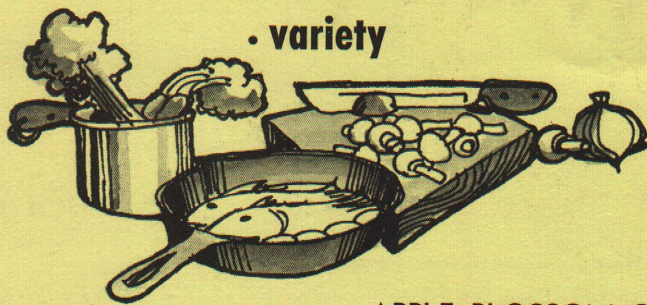
Makes 10 cups of mix or 60 biscuits.

(2 cups of biscuit mix and ⅓ to ½ cup of water yields 12 2-inch biscuits)



• health  
 • pep  
 • satisfaction  
 • variety

**BUY MORE WITH YOUR FOOD MONEY**



**APPLE BLOSSOM COBBLER**  
 (8 servings)

- 1 can refrigerated buttermilk or baking powder biscuits
- 1 can (1 pound, 5 ounces) prepared apple fruit filling  
 or
- 1 can sliced apples plus  $\frac{1}{2}$  cup sugar
- 1 pkg (3 ounces) cranberry or other berry flavored gelatin

Separate biscuit dough into 10 biscuits.  
 Place in bottom of greased 8 x 12 inch or 9 inch square pan pressing to cover bottom of pan.  
 Spread apple filling over dough.  
 Sprinkle with dry gelatin.  
 Sprinkle topping over gelatin.  
 Bake at 375 degrees for 20 to 25 minutes.  
 Biscuits will be dumpling like and light golden in color.  
 If desired, serve with cream or ice cream.

*Topping:*

- $\frac{1}{2}$  cup all purpose flour
  - $\frac{1}{2}$  cup sugar
  - $\frac{1}{4}$  teaspoon salt
  - $\frac{1}{4}$  cup margarine, softened
- Just measure lightly and mix in bowl.

Using a pastry blender, cut in margarine until mixture is coarse and crumbly.

**CRAZY CRUST APPLE PIE**  
 (6 servings)

- 1 cup all purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup water
- $\frac{2}{3}$  cup solid vegetable shortening
- 1 egg

*Filling:*

- 1 can (1 pound, 5 ounces) apple pie filling
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon apple pie spice or cinnamon
- $\frac{1}{2}$  cup sugar (omit if apple pie filling is already sweetened)

Measure flour lightly and place in a small mixing bowl. Add sugar, baking powder, and salt. Stir lightly.  
 Add water, shortening and egg.  
 Blend well using an egg beater (or blend for 2 minutes at lowest speed with electric mixer).  
 Spread batter in 9 or 10 inch deep dish pan.  
 Spread filling over batter leaving a one inch edge. Do not stir. Bake at 425 degrees for 40 to 45 minutes.