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Shop Smart Sharpen Your Food –Buying Habits 12 Shop for Your Best Bread Buy
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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

12

SHOP FOR
YOUR BEST
BREAD BUY

by Anita Dean and Portia Morris
Extension Specialists in Nutrition

Does your grocery store have a "wall-to-wall" bread department? Many kinds of bread and rolls, of varying sizes, and differing prices?

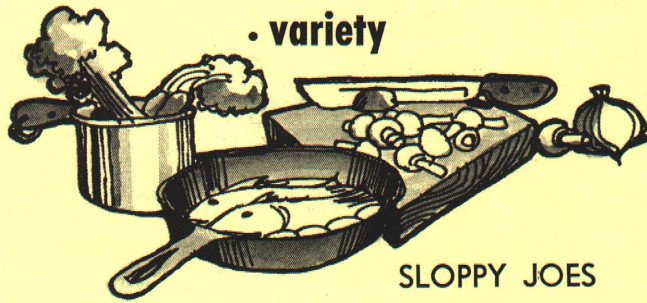
How do you choose from all of this — by weight of loaf? by taste? by price alone? or all of these.

One good way to compare different bread products is to know the price per pound. It may surprise you to find that the lowest priced loaf actually costs the most. The chart below also shows whether the bread is "enriched" or not. Enriched bread and whole wheat bread contain valuable B vitamins and iron. If a loaf or package is not whole wheat or is not labeled "enriched" it does not contain these nutrients.

Brand	Kind	Enriched?	Weight	Price per loaf or package	Price per pound
Store	White	Yes	2 pounds (Pullman)	.45	.22½
Store	White	Yes	1½ pounds	.31	.20
Store	White	Yes	1¼ pounds	2 for .41 or .21	.17
Store	Diet	*	1 pound	.31	.31
Nat'l. adv.	Diet	*	1 pound	.37	.37
Store	Milk bread	No	1¼ pounds	.31	.25
Store	Hamburger buns	Yes	10 ounces (8 rolls)	.29	.48
Store	Wiener buns	Yes	10 ounces (8 rolls)	4 for 1.00 or .25	.40
Nat'l. adv.	Brown & Serve	Yes	6½ ounces (6 rolls)	.43	1.12
Store	Brown & Serve	Yes	10 ounces (10 rolls)	.31	.50
Store	Frosted buns	No	10 ounces	.39	.62
Bakery	Frosted buns	No	1 pound	.50	.50
Store	Whole wheat	Equal to	1 pound	.33	.33
Store	Raisin	No	1 pound	.39	.39

*Special Formula — Check label to see if equal to enriched.

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



SLOPPY JOES

1½ pounds ground beef	½ teaspoon Worcestershire Sauce
1 onion, chopped	1 cup catsup or tomato sauce
1½ teaspoons salt	1¼ cups water
⅛ teaspoon pepper	6 hamburger buns, split
3 tablespoons all purpose flour	

Cook beef, onion, salt and pepper until meat loses its red color, stirring with fork.
 Blend in flour.
 Add Worcestershire sauce, catsup, and water.
 Simmer, stirring frequently, for 20 minutes, or until thick.
 Serve between rolls.
 Makes 6 sandwiches.

FRENCH TOAST

Dip day-old bread slices into mixture of ½ cup of milk, 2 slightly beaten eggs and ¼ teaspoon salt. Fry until golden brown in small amount of hot fat. Serve with syrup, confectioner's sugar or tart jelly.

NOVELTY SANDWICH SUGGESTIONS

Four Slices

1. Baked beans, chili sauce, thinly sliced onions or pickle.
2. Peanut butter, salad dressing, and grated raw carrot.
3. Cottage cheese, minced green pepper, onion, salt, on whole wheat bread.
4. Equal parts of tuna and chopped celery moistened with salad dressing.
5. Ground franks, ham, or canned meat mixed with pickle relish, chopped celery and salad dressing.
6. Grilled cheese with sliced tomato.
7. Chopped cooked chicken, finely cut celery, pickle relish, moistened with salad dressing.
8. Ground cooked meat, pickle relish, salad dressing, and prepared mustard or horseradish.
9. Sliced cheese, meat, mustard.
10. Eggs scrambled with minced onion and green pepper and finely chopped ham or canned meat. Top with slice of processed cheese if desired.
11. Chopped hard cooked eggs, pickle relish, salad dressing with lettuce on rye bread.
12. Liverwurst, lettuce and sliced tomato on whole wheat bread.
13. Peanut butter and chopped raisin.