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Do You Want More For Your Food Dollar?

Michigan State University

Cooperative Extension Service

Anita C. Dean, Family Living Education

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THE

**SQUEEZE FAMILY PLAYERS**

PRESENT

DO YOU WANT MORE FOR  
YOUR FOOD DOLLAR?

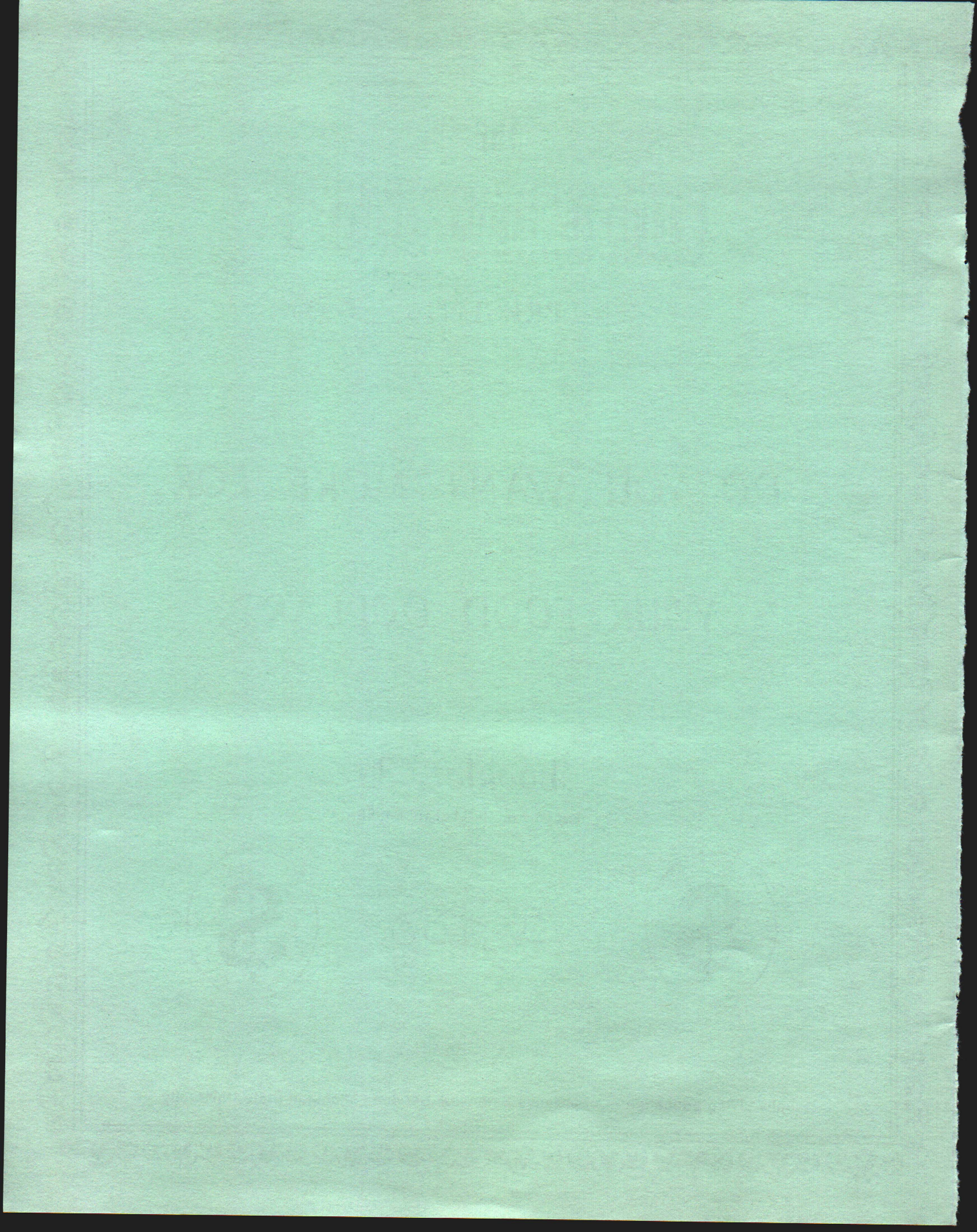
*booklet 3*

Extension Bulletin E-884



ANITA C. DEAN

Family Living Education - Cooperative Extension Service - Michigan State University



WHO SAYS!

Let's assume you've decided you need to change some of your costly food habits and inefficient food management practices. How do you go about it? Who will make the important decisions? How will they make them?

How are decisions about what to serve for family meals and snacks made in your house?

CHECK THE ONE WHICH APPLIES TO YOUR FAMILY

\_\_\_\_\_ Plan for one meal at a time (Spur of the moment).

\_\_\_\_\_ Plan for one day at a time.

\_\_\_\_\_ Plan for several days at a time.

\_\_\_\_\_ Plan for one week at a time.

\_\_\_\_\_ Plan for more than one week at a time.

\_\_\_\_\_ Other: \_\_\_\_\_

HOW OFTEN DO YOU USE THIS METHOD OF MEAL PLANNING?

\_\_\_\_\_ Always                      \_\_\_\_\_ Sometimes                      \_\_\_\_\_ Never

\_\_\_\_\_ Usually                      \_\_\_\_\_ Seldom

Who generally decides what to eat at meals in your house?

Who decides what snacks will be eaten?

Can you think of some changes in your present meal and food planning practices that might result in savings?

See page 2 for suggestions.

SUGGESTIONS FOR PLANNING AND SERVING  
FOOD AND MEALS

Meal Planning

1. Use food guide or meal pattern.
2. Build menu around main dish.
3. Plan prompt use of perishable foods.
4. Sometimes use eggs, cheese, dried beans, etc. as meat substitutes.
5. Use milk in food preparation to increase milk consumption.
6. Serve other dairy products to family members who do not drink milk.
7. Use dark green and yellow vegetables.
8. Plan meals around your family's food likes.
9. Try out new foods occasionally.
10. Plan for contrast of food flavor, texture, and color.
11. Provide nutritious snacks.
12. Plan use of leftovers.

Serving

1. Serve meals to fit family schedule.
2. Serve a variety of foods at one time.
3. Consider attractiveness and appeal of food in serving.
4. Serve hot foods hot, cold foods cold.
5. See that children and teenagers get sufficient milk.
6. Take care of special food requirements of family members.
7. Consider age, sex, health, and activity in distributing food.

WHO'S THE COOK?

Who generally prepares the food in your family? Where do you get ideas and recipes for family meals? Check those resources you use.

- Friends and relatives
- Newspapers
- Magazines
- Labels on packages
- Cookbooks
- Leaflets from commercial companies  
(Food and Equipment)
- Extension bulletins
- Other: \_\_\_\_\_

Are you aware of the resources listed on page 4?

SUGGESTIONS FOR PREPARING FOOD

1. Cook foods, especially vegetables, to retain nutrient values.
2. Cook meat, poultry, fish, and eggs by proper methods.
3. Prepare foods in a variety of ways.
4. Plan foods that can be prepared within available time.
5. Consider different preparation times in preparing foods.
6. Consider the energy cost of preparing foods and use equipment effectively.
7. Measure ingredients when quantities are critical.
8. Make best use of kitchen work space.

POPULAR COOK BOOKS AND BULLETINS

1. Better Homes and Gardens, Meridith Press, Des Moines, Iowa.
2. Joy of Cooking, Rombauer and Becker, New American Library, Inc., New York, New York.
3. Family Favorites from Country Kitchens, Farm Journal.

USDA HOME & GARDEN BULLETINS ON FOOD

1. Money Saving Main Dishes G43
2. Family Fare G1
3. Vegetables in Family Meals G105
4. Potatoes in Popular Ways G55
5. Beef & Veal in Family Meals G118
6. Pork in Family Meals G160
7. Lamb in Family Meals G124
8. Poultry in Family Meals G110
9. Eggs in Family Meals G103
10. Milk in Family Meals G127
11. Favorite American Recipes FNS-109

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(313) 226-6000

FOOD WASTE IS MONEY DOWN THE DRAIN

What foods do you often discard because of spoilage?

Example:

<u>Foods I Often Throw Away Because of Spoilage</u>			
<u>Food</u>	<u>Amount</u>	<u>Loss</u>	<u>Reason</u>
<i>lettuce</i>	<i>1/4 head</i>	<i>.11</i>	<i>over buying</i>
<i>green beans</i>	<i>1 serving</i>	<i>.10</i>	<i>poor menu planning</i>

Spoiled and uneaten food you have to throw away is wasteful and costly.

How can you reduce this waste? Can you buy better? Can you improve your present methods of storing and handling food?\* Can you plan leftovers into your menus?\*\* Are you aware of the storage recommendations listed in the extension leaflets available from the MSU Bulletin Office, Room 10, Agriculture Hall, Michigan State University or from your county extension office?

\* See page 6 for "Tips on Storage."

\*\* Have you seen the suggestions for turning "Today's Leftovers into Tomorrow's Treat"? Ask for Shop Smart Leaflet No. 10 (E 658 J), MSU Bulletin Office.



TIPS ON FOOD STORAGE

1. Keep fresh meat, eggs, dairy products and perishable vegetables in the refrigerator.
2. Store reliquefied dry milk and opened canned milk in the refrigerator.
3. Keep root vegetables (potatoes, onion, beets, etc.) cool and dry.
4. Allow unripe fruit to ripen at room temperature. Then refrigerate.
5. Store frozen foods in the freezer.
6. Keep dry beans, peas, flour, etc., tightly covered.
7. Cover and store perishable leftovers in the refrigerator.
8. Cover non-perishable leftovers.

COULD YOU CAN?

Could you preserve some foods at home to cut food costs? Turn to page 8 for help in figuring costs.

List Of Foods We Can Preserve At Home At Lower Cost

<u>Food</u>	<u>Food Preservation Method</u>
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Would your family eat it? Do you have the "know-how"? Do you know what procedures are recommended for safe high quality home preserved foods?

Are you familiar with the food preservation leaflets available free or at low cost from the following sources?

Cooperative Extension Service

"Home Canning of Fruits & Vegetables"  
(Tomatoes & Acid Vegetables) G8.

Commercial Companies

"Ball Blue Book," Ball Corp.,  
Muncie, Indiana 47302 (.50)  
Kerr Glass Mfg. Corp.,  
Sand Springs, Oklahoma 74063

(Ask your extension home economist for other bulletins on canning meat & low acid vegetables, and freezing.)

What equipment would be required? Do you own this equipment? Can you borrow it or rent it? Or should you buy your own? How much would it cost?

Do you know where you can get help on learning to use this equipment properly?

Do you have appropriate space to work efficiently? What about storage space for equipment and home-preserved food?

DOES IT PAY?

Use This Form To Figure Cost of Home Preserved Food\*

<u>Material</u>	<u>Quantity</u>	<u>Yield</u>	<u>Cost per unit</u>	<u>Cost of materials needed</u>
(Example)				
Peaches	½ bushel	12 qts	_____	_____
Sugar**	5 lbs.		_____	_____
Jars	12		_____	_____
Lids	12		_____	_____
*Energy costs not included.			Total cost	_____

Total Cost  
Number of quarts canned = \_\_\_\_\_ Cost per quart \_\_\_\_\_

Now compare the cost with an equal amount of your favorite brand of peaches from the supermarket. In this case, 1 qt. would be about equal to 2-16 oz. cans. It usually takes 2-3 pounds of fresh peaches to make 1 quart of canned. There are 48 pounds of peaches in 1 bushel, and about 4 medium peaches in 1 pound.

\*\*Why not cut costs and calories by using light syrup?

IT'S A BIG JOB

Managing your food money and food resources is a big job.

What member of your family should be given the responsibility for this job?  
Why?

What assistance (resources) will he or she need to do a good job?

List of Helpful Resources

Turn to page 10. Compare your list with those suggested. Did you think of some not on our list? Ask your extension home economist for help in locating resources.

FOR MORE HELP.....

COST OF FOOD AT HOME FOR A WEEK: CURRENT FIGURES, Food and Home Notes, USDA, Office of Communication, Washington, D.C.

YOUR MONEY'S WORTH IN FOODS, H&G 182, USDA, 1974, Consumer Information, Public Documents Distribution Center, Pueblo, Colorado 81009 (118B 50¢)

FOOD IS MORE THAN JUST SOMETHING TO EAT, 062B. Free. 1973, Consumer Information, Public Documents Distribution Center, Pueblo, Colorado 81009.

1975 YEARBOOK OF AGRICULTURE, "SHOPPER'S GUIDE" \$5.70, Government Bookstore, Room 229, Federal Building, 231 W. Lafayette Blvd., Detroit, Michigan 48226.

SHOP SMART SERIES, E-658A-L, MSU Bulletin Office, P.O. Box 231, East Lansing, Michigan 48824.

CUPBOARD, FREEZER, REFRIGERATOR STORAGE LEAFLETS, MSU Bulletin Office, P.O. Box 231, East Lansing, Michigan 48824, CMI87-88-89.

HOW TO BUY MEAT FOR THE FREEZER, H&G 166, Government Bookstore, Room 229, Federal Building, 231 W. Lafayette Blvd., Detroit, Michigan 48226.

BUYING BEEF FOR THE FREEZER, CMI 66, MSU Bulletin Office, P.O. Box 231, East Lansing, Michigan 48824.

FOREQUARTER BEEF CUTS, CMI 33, MSU Bulletin Office, P.O. Box 231, East Lansing, Michigan 48824

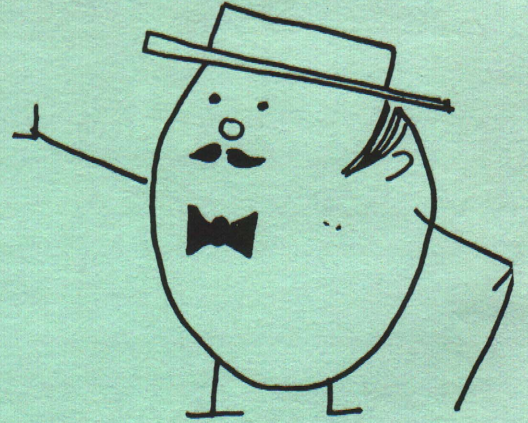
HINDQUARTER BEEF CUTS, CMI 39, MSU Bulletin Office, P.O. Box 231, East Lansing, Michigan 48824.

*Get acquainted with your county extension home economist. She is usually located in the county courthouse.*

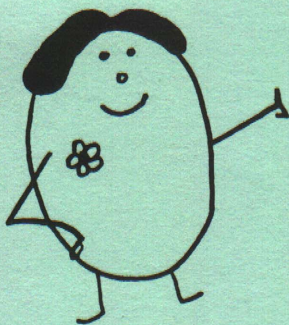
ADDITIONAL REFERENCES

(cookbooks, clippings, MSU bulletins, etc.)

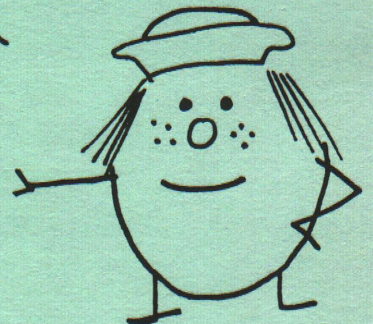
Do we really have to worry about food safety today when all the food we buy comes from a modern supermarket?



We sure do! Buying safe food off the shelves of the supermarket is only the first step. All of us have to practice good habits to insure the safety of food and family.



My teacher says to keep food hot or cold - none of that in-between stuff. Bacteria that can make you really sick grow fastest at room temperature.



Guess that's why Mom is always telling us to put the milk back in the refrigerator. Our teacher says we should always wash our hands before eating, especially after using the toilet.



Keep me healthy, too.



Date \_\_\_\_\_

EVALUATION

"DO YOU WANT MORE FOR YOUR FOOD DOLLAR"

Check your answers to the questions below, tear out, and return to:

Anita Dean, Extension Specialist in Foods & Nutrition  
Room 103  
Human Ecology Building  
Michigan State University  
East Lansing, MI 48824

1. Were these booklets helpful?

Very \_\_\_\_\_ Some \_\_\_\_\_ Little or none \_\_\_\_\_

2. Which parts were most helpful?

3. Which parts were least helpful?

4. What additional help would you like to have?

5. What changes, if any, do you plan to make?

6. Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name and address (if desired): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



