

Ways To Stretch Your Food Dollar

Although food is generally the largest single expense in a family budget, the amount spent can often be reduced by utilizing some or all of the following ideas:

—Check weekly specials in grocery store advertisements.

—Don't shop while hungry.

—Try to shop without children as they encourage impulse buying.

—Use coupons when offered in the local newspapers.

—Compare costs and buy food that gives the most servings for the least money.

—Take advantage of seasonal abundances which are generally at peak of quality and cost less.

—Limit perishable food purchases to amounts that can be used while they are in top quality.

—Prevent food waste by proper storage and by cooking methods that conserve nutrients.

—When buying meat, consider the amount of lean meat in the cut, not the cost per pound. For example, ground beef and beef short ribs may cost the same per pound but ground beef will give twice as many servings or more per pound.

—Eggs are usually a less expensive source of nutrients than most meats. Dry beans and peanut butter are inexpensive alternates for meat.

—Chicken and turkey have a large proportion of bone to lean, but are often bargains compared with other meats. Fish is high in

nutrients and generally low in cost. This does not include shellfish which is more expensive than other seafood.

—Study bread labels before buying. Choose bread for weight and food value, not by the size of the loaf. Look for bread that is whole-grain or enriched, and that contains milk.

—Buy packaged cereals or any other packaged product by weight, not by the size of the package. To compare prices, first look for the weights listed on the labels and not the prices. Then figure the cost for an ounce or a pound.

—Ready-to serve cereals in multipacks of small boxes may cost two or three times more per ounce than the same cereal in a larger box. Sugar-coated, ready-to-serve cereals cost more per ounce than the unsweetened types and furnish more calories but less food value.

—Baked goods made at home generally cost less than ready-baked ones.

—Nonfat dry milk and evaporated milk cost considerably less per quart when reconstituted than whole fluid milk, and supply comparable amounts of calcium and protein.

—When shopping for staples such as cooking oil, flour, salt, flour, etc., store brands in the largest packages available normally are the best buys.



Compare prices by looking for the weights listed on the labels and note the price. Then figure the cost for an ounce or a pound. This way you can often get more for less money. Shoppers are often fooled by the size of the package into thinking they are getting more, but are actually getting less for their money.



Buying staples such as flour, sugar, etc. in large amounts is another way to stretch your food dollar, particularly when shopping for a large family.



Fish may be substituted for meat



Fruits and vegetables are important



Bread provides some essential nutrients



You need two glasses of milk daily