



# Making the Most of Your Food Dollars

## *Be A Smart Shopper*

What you do:

1. Select one of your family's favorite foods and compare its cost with a store brand and a national brand.



### National Brands vs. Store Brands

	National Brand	Store Brand
Name of Food	_____	_____
Weight	_____	_____
Total Cost	_____	_____
Cost Per Unit	_____	_____

2. Compare the cost of the same food in three different forms - canned, frozen, and fresh.

Form of Packing	Food - Green Beans	Food -
Canned (weight)	17 oz.	
Total Cost	34¢	
Cost Per Unit	.02¢	
Frozen (weight)	10 oz.	
Total Cost	79¢	
Cost Per Unit	7.9¢	
Fresh (weight)	1 lb. (16 oz.)	
Total Cost	89¢	
Cost Per Unit	5.6¢	

How did you do?

1. Which brand was the best buy?

National       Store

2. List the major differences between the two food brands. (Were the ingredients the same?)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Which form of food was the best buy?

Canned  
 Frozen  
 Fresh

4. Which form of food does your family prefer?

Canned  
 Frozen  
 Fresh

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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November 2002

Publication Number: FDNS-NE 503