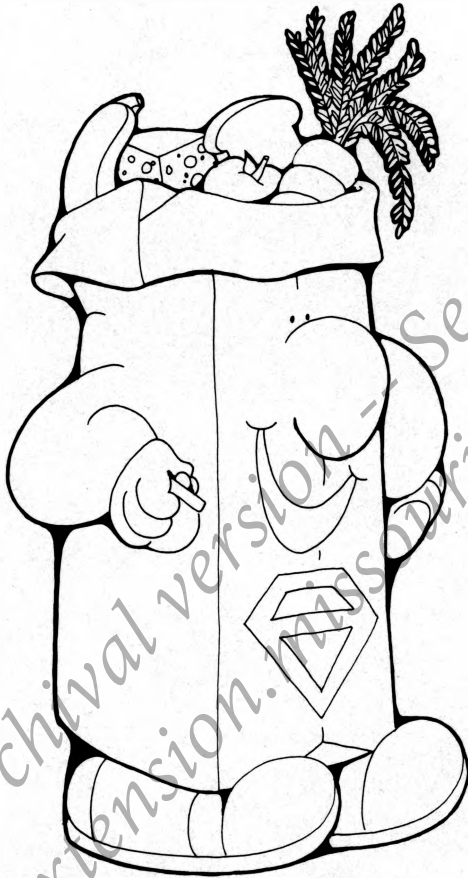


# Food Buying Tips



# SUPER SHOPPER



# QUIZ

Are you. . .

Yes

No

concerned with the ingredients in the food you buy?

\_\_\_\_\_

\_\_\_\_\_

checking food packages for dates?

\_\_\_\_\_

\_\_\_\_\_

using unit pricing information to help you make purchasing decisions?

\_\_\_\_\_

\_\_\_\_\_

A "yes" answer to each of the questions means that you are on the right track, but read on to see if there's any new information.

Three "no" answers indicate that you aren't taking advantage of the information available to help you buy food. Read on to see what you're missing.

If you didn't understand one or more of the terms, satisfy your curiosity by reading on.

Check the following facts to make your food shopping easier:

1. In a food product, ingredients are listed in order of weight so that the ingredient listed first is in the greatest amount and the one listed last is in the smallest amount.
2. Comparing ingredients helps you shop for the best buy because you will know what you are paying for.
3. The dates on food packages can give you an indication of product freshness. Be sure to note if you are checking the pack date, pull date, quality assurance date or expiration date.
4. Unit pricing refers to the cost per standard unit, i.e., ounce, pound, cup, etc.
5. Many grocery stores are now providing unit pricing on shelves near the food items. If you don't find it at your store, do your own cost comparisons by dividing the total price of the package by the number of standard units in the package.

For more information on fighting inflation, contact your local University of Missouri-Lincoln University Extension Center.

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Developed by Karla Vollmar  
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