

What's in the Bag?

Making food from scratch almost always saves money. Compare the following two bags of groceries. They cost the same, but the food in bag 2 provides many more meals!

<u>Bag 1</u>	<u>Bag 2</u>
Stouffer's Stir-Fry	Hamburger
4.99	1.75
Tropicana juice, 1/2 gallon	Chicken
3.45	5.80
Hamburger Helper	Celery
2.50	.50
Milk, pint	Carrots
.45	.50
Hamburger	Onions
1.75	.50
Buttermilk biscuits (tube)	Baking mix, powdered
1.45	2.89
Chili, 15 oz. can	Cabbage
1.19	1.06
Pudding (4 cups)	Beans, dried
1.75	.89
Chicken soup, 20 oz. can	Diced tomatoes, 15 oz. can
2.89	.49
	Tomato sauce, 15 oz. can
	.50
<u>\$20.42</u>	Jell-O pudding mix
	.49
	Milk, quart
	.99
	Mushroom soup
	.59
	Orange juice, 12 oz. can frozen
	.99
	Long grain rice
	.89
	Egg noodles
	.59
	Green beans, 15 oz. can
	.25
	Herbs/seasoning
	.75
	<u>\$20.42</u>

What can you make?



<u>Bag 1</u>	<u>Bag 2</u>
2 servings stir-fry	6 servings stir-fry
orange juice: .05/ounce	orange juice: .02/ounce
4 puddings, .44 each	4 puddings, .27 each
2 servings chicken soup	12 servings chicken soup
2 servings chili	12 servings chili
5 servings Hamburger Helper	8 servings hamburger/noodles
10 biscuits	~ 50 biscuits

Remember: you can make healthy, thrifty meals with just a skillet. Be flexible with recipes and tools, and buy foods that store well. Ready-made soups and meals from the grocery store are almost always higher in fat, salt and sugar than homemade!