

Discuss

What factors influence a family's food budget? If a family spends more on food than they can afford, what kind of pressure does this create?

Activity

Visit a food store and compare the prices for store brand and name brand pasta sauce. What is the difference in price? Why do you think one is more expensive?

Discuss

Why is the decision about when to shop important? If you shop for food when you are hungry, how might this affect your purchases?

Discuss

What are some of the strategies that your families use to control their food budgets? Sharing ideas may help other classmates' families.

As a food shopper, you have power. When you shop, you can decide how much you want to spend for food. You can also choose where and when you will shop. You can use package labels to help you make wise food choices.

Be aware of outside pressures that affect your food-buying decisions in a negative way. Your peers may introduce you to unhealthy food products they enjoy. Advertisements and commercials might persuade you to try new products. Developing good shopping skills will help you avoid these pressures. Resist the urge to buy foods that are unhealthy for you and your family, such as those loaded with sugar, fat, and sodium.

Making Shopping Decisions

To be a skillful shopper, you must be able to make important decisions. First, you must decide how much to spend and what to buy. It is important to consider your income and expenses when developing a food budget. Base your shopping list on your menu plans. Also, be sure your menu plans include only foods you can afford to buy.

The next decision you must make is where to shop. Location, quality, price, and variety are several factors that may influence your choice of stores. Supermarkets, specialty food stores, and convenience stores are three types of food stores.

Supermarkets are often part of a chain that lets them buy food in large amounts. This means they pay lower prices for food. The price they pay affects what you pay. See 8-3.

Specialty food stores offer one type of food such as baked goods,

meats, or imported products. The prices are often high. Many shoppers, however, think the freshness and high quality of the food is worth the cost.

Convenience stores are often small and stay open longer hours than other stores. They offer less variety, and their prices are often high. When stores buy in small amounts, they pay higher prices. If they are part of a chain, their prices may be lower.

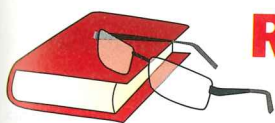
**8-3**

Supermarkets are large stores that offer a wide variety of foods.

You may also choose to shop at outdoor markets and food co-ops. Compare the prices, quality, and variety of foods in each type of store.

The third decision you must make is when to shop. You might pick a time when the stores are not crowded. To avoid browsing and picking up extra items, shop when you do not have much extra time. Also, it is best to shop at a time when you are not hungry.

The more you shop, the more skilled you can become. Shopping for food often helps you learn to make better choices. You can learn many skills to become a better food shopper.



Reading Review

1. What are three decisions you should make before shopping for food? How can they help you be a better shopper?
2. Why should you shop at a time when you are not hungry?

Controlling Food Costs

The cost of food affects how much you buy with the money you decide to spend. A number of factors affect food costs. Being aware of these factors can help you get the most from your food dollar.

Succeed in Life

Choosing a Quality Food Store

You may have certain reasons for choosing one store over another. Your decision about where to shop should depend on prices, services offered, and the location of the store. Wherever you shop, get to know the store. The following list tells you what to look for in a good store.

- fresh, clean fruits, vegetables, and meats
- well-packaged foods with prices clearly marked
- clean, airy surroundings with good lighting
- well-groomed, polite staff who handle food carefully
- well-organized display counters
- state- or city-inspected and approved store conditions

Community Link

Food Deserts

Some families live in areas considered *food deserts*. These communities do not have easy access to fresh, healthy, and affordable food. They may have convenience stores and fast-food restaurants, but do not have a supermarket or large grocery store. The lack of access to healthy food contributes to a poor diet and can lead to weight gain. Families must often travel much farther for a healthier food selection. Do food deserts exist in your area?

Note

Food deserts occur in many areas. Public health experts are making efforts to help improve opportunities for families to have healthier diets at affordable prices.

Discuss

Why is cleanliness important in a food store? How can the cleanliness of a food store affect your health and that of your family?

Discuss

What is your favorite food store for shopping? Why do you like to shop there? Do you have suggestions to improve the store's services?

Activity

Discuss how manufacturers' and store coupons help consumers save money. Break the class into small groups and have them research the typical costs of grocery store items totaling around \$50. Then have them find coupons (online and in the newspapers) for as many items on their lists as possible. Print or cut out the coupons and determine exactly how much money could be saved by using them. What is the percentage of savings?

The amount of food available affects food costs. When food is plentiful, there is enough or more than enough to meet demand. A **food shortage** occurs when there is not enough food to meet the demand. When food shortages occur, prices often increase. For instance, colder weather than usual may affect a crop of lettuce or oranges, which can cause a shortage of those items. If the prices of these foods increase, you can substitute other less expensive items.

Where you shop affects the price of food. If you shop in different stores, you may notice foods are not always priced the same. Prices vary because stores pay different prices for the food they buy. The services they offer also affect prices.

Each type of store has different services to offer. For instance, some may offer carry-out service to your car. Others deliver groceries to your home. Some have bakeries or delis. Others offer lower prices for buying large amounts. Some stay open later than others. A store may even offer all these services. Stores pass along the costs of these services to you through food prices.

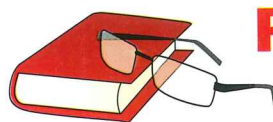
The season of the year can also affect food costs. In some parts of the country, fresh fruits and vegetables can be grown only part of the year. Some fruits and vegetables cannot be grown at all. This means they must be

shipped in from other parts of the country and from other countries. Shipping costs add to the price of food. See **8-4**.

How foods are sold and who makes them are factors in the cost. Fresh, frozen, and canned foods have different prices. Larger packages may be better values than small packages. Buying in bulk quantities can often save dollars and packaging waste. Store brands may be better buys than name brands. Comparing prices of food items will help you get the best buys. Learn to get the most nutritious food for your money.

**8-4**

The price of fresh fruits and vegetables depends on the season.

**Reading Review**

1. What are three factors that affect food prices? How do shortages affect food prices?
2. How can the type of store you shop at affect the price of the food?
3. Why do fruits and vegetables need to be shipped to certain parts of the country?

Creating a Shopping List

Having a shopping list can help you control food costs. When making a list, include all the items you need. Then buy only what is on the list. If you follow the list, you will not have to make extra shopping trips. When you make fewer trips to the store, you often spend less money. Shopping lists also help prevent impulse buying.

Making a shopping list can save you time. If you only shop in one store, you can list the foods in the order they are found in the store. This helps you avoid retracing your steps.

It is easy to make a shopping list at the same time you plan menus. When you plan menus several days in advance, include in your shopping list the foods you need for those menus. You can develop a routine such as the following for planning and making a shopping list:

1. Write menus for several days at a time.
2. Check the foods you already have available.
3. List what you need to buy.
4. Take your shopping list with you to the store.
5. Avoid impulse buys, or foods not on your list.



Reading Review

1. How can making a shopping list help you spend less money?
2. What are the steps in the routine for planning and making a shopping list?

Reading Labels

Be sure to read the labels on packages to obtain important information about products. Labels must include the name and weight of the product. The manufacturer's name and address must also be included, as well as a list of ingredients. The *ingredients labeling* must identify the presence of any major food allergens in the product. **Allergens** are substances that cause an allergic response in some people that can be fatal. There are eight major food allergens. They are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

A **nutrition label** is a panel on a food product package with information about the nutrients the food contains. See 8-5.

Research

Use the Internet, newspapers, or magazines to find a story about a food shortage somewhere in the world. Write an essay about the effects of the food shortage. What is being done to help people affected by the food shortage? Share with the class.

Discuss

How does writing planned menus for several days at a time help control food costs? save trips to the store? prevent impulse buying?

Vocabulary

Explain the difference between a food product label and a nutrition label.



Think Green

Organic Foods

Some people choose to purchase organic foods because they do not have a negative effect on the environment. Organic foods are grown without the use of synthetic pesticides or fertilizers. This also means animals are not given antibiotics, hormones, or other artificial drugs. Organic foods have an organic seal. The *organic seal* means the product follows the USDA requirements for use of chemicals. The organic seal does not tell you the product has more nutrients than those conventionally grown. You can learn more about organic food production by visiting the USDA website.

Activity

Bring a nutrition label from a box of cereal to class. Make a list of the calorie information and the dietary components. Then write a few words by each nutrient to explain why it is important for a healthy body.

Research

Ask students to find the name of the food manufacturer or distributor of a food product on the product's label. Then research the manufacturer's website and identify three interesting facts about the food product.

① **Start Here** →② **Check Calories**③ **Limit these Nutrients**④ **Get Enough of these Nutrients**⑤ **Footnote**

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥

Quick Guide to % DV

• 5% or less is low

• 20% or more is high

Food and Drug Administration

8-5

Reading nutrition labels can help you choose healthy foods for a balanced diet.

It can help you see how a certain food fits into your total daily diet. All manufacturers must follow labeling guidelines set by the Food and Drug Administration. Make it a habit to read labels as you shop.

Nutrition labels are required to include certain kinds of information. This information is listed under the heading *Nutrition Facts*. The first item found under the heading is the *serving size*. This is the amount a person would normally eat. Similar products have the same serving size. This allows you to easily compare products. Serving sizes are given in both household and metric measurements.

Following the serving size is *servings per container*. This is the number of portions that are in the food package.

Calorie information appears next. The number of calories in one serving of the food is stated. The number of those calories that come from fat is also given. This can help you limit fat to no more than 30 percent of your total calories.

The next type of information is a list of *dietary components*. This is a list of nutrients found in each serving of the food product. The list includes total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, and protein. Vitamin A, vitamin C, calcium, and iron

are also listed. Some food products may list other nutrients as well.

Beside the dietary components, *percent Daily Values* are given. **Daily Values (DV)** are reference figures on nutrition labels that help consumers see how food products fit into a total diet. The footnote at the bottom of the nutrition label is a *reference of Daily Values*. This information shows the greatest amount of fat, saturated fat, cholesterol, and sodium most people should consume each day. It also shows the smallest amount of total carbohydrate and dietary fiber people should consume. Daily Values are given for two calorie levels: 2,000 and 2,500.

Many food packages have a group of bars and numbers on them. This is the *universal product code (UPC)*. It provides pricing and other product information to a computer scanner. Each product has its very own code. Most stores have computerized checkout equipment that reads the code and rings up the sale. This also tells the store manager how much of that item is on hand. The manager knows how fast items are being sold and when and how much to order.



Reading Review

1. What is the first item found under the heading *Nutrition Facts* on a nutrition label?
2. On what calorie level are the percent Daily Values on nutrition labels based?



Math Link

Percent Daily Values

The percent Daily Values on nutrition labels are based on a 2,000-calorie diet. Most active teens need more than 2,000 calories per day. Therefore, their Daily Values are higher. The percent of their Daily Values met by a food product is lower than figures shown on the label. For instance, the Daily Value for total fat for a 2,000-calorie diet is 65 grams. If you need 2,800 calories per day, you can consume up to 93 grams of total fat. Determine how many grams of total fat you should consume based on your daily calorie needs.

Activity

Visit a store to check food packages for the Universal Product Code (UPC). Which packages do not have the UPC code? Observe a checkout counter. How does the employee at the checkout counter handle the UPC code on the package?

Discuss

What are the advantages of the UPC code to the consumer?

Section Summary

- To be a skillful shopper, you must be able to decide how much to spend and what to buy. You must also decide where and when to shop.
- Several factors determine the cost of food. They include how plentiful food is, how it is packaged, and where it is purchased.
- You should make shopping lists at the same time you plan menus. This can save you time and money.
- Labels provide important information about the foods you are buying.
- Using the information on nutrition labels will help you make nutritious food choices.