

November 5, 1971

Food Budget Pinches, Squeeze It Back Time: 1 min. 50 sec.

If your food budget is beginning to pinch, squeeze several cost saving ideas into your menu planning. Grace Brill, extension nutritionist at the University of Minnesota, lists several ways to cut costs.

Select less expensive foods to fulfill nutritional needs. Chicken and many kinds of fish are lower in cost than most meats. Dry beans, peas, peanut butter and eggs can be substituted for higher priced protein foods. And, since most people get adequate amounts of protein each day, use smaller or fewer servings of expensive meats. The daily food guide recommends only 4 to 6 ounces of lean cooked meat per day. More than that may make you happy but not any healthier necessarily.

Nonfat dry milk can be substituted for fresh milk. This can cause a considerable saving. Reconstituted and chilled the night before or mixed with fresh milk may make dry milk more pleasing to some palates.

When satisfying the fruit and vegetable requirement for the day, substitute one vitamin source for another... such as carrots for the more expensive vitamin A source broccoli.

Most baked products made at home from mixes cost about the same as similar products made from basic ingredients. Sometimes cake, waffle and biscuit mixes even cost a little less. Many frozen and chilled baked products and ready-to-serve bakery products cost much more than home-prepared ones.

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Cut Food Budget By Sharpening Carving Skills Time: 1 min. 25 sec.

Sharpen your knives and cut your food budget by 10 or 15 cents a pound--if you're buying chicken. A whole fryer will cost considerably less per pound than its cut-up counterpart.

Grace Brill, extension nutritionist at the University of Minnesota, indicates that poultry is one of the least costly items at the meat market. Whole chicken is usually a better buy than chicken breasts and legs. In terms of the dollar spent and meat provided, a whole fryer at 39 cents a pound is equal to breast at 55 cents or drumsticks at 48 cents. With whole fryers at 39 cents, breasts provide more meat for the money under 55 cents a pound and less meat if priced over 55 cents.

On special, if fryers are 29 cents, breasts are equally good at 41 cents a pound, thighs at 39 cents and legs at 36 cents. It's unlikely that breasts, thighs or legs would be more economical when a fryer is 29 cents a pound. Wings at 23 cents per pound would be comparable, however.

Of course, what do you do if no one likes backs? --punt, I guess! Or serve chicken salad sandwiches.

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Are Turkey Rolls Economical?

Time: 25 sec.

Turkey rolls are all meat, so you aren't paying for any bone. But their price-per-serving may still be considerably higher than the traditional whole turkey.

A boneless roll priced at \$1.05 per pound versus a 22 pound whole turkey priced at 39 cents per pound, would cost you an additional \$2.60 if you're serving 20 people.

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