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Home Prepared Less Costly

(0:45)

Hot off the kitchen range is still less costly than cold out of the freezer bin...when we're talking about prepared dinners. According to a U. S. Department of Agriculture study, commercially prepared dinners cost considerably more than those home prepared. The cost ranged from 25 percent higher for beef dinners to 110 percent higher for fried chicken. Sounds like we need to return to a chicken in every pot...for economy.

However, convenience foods, even at a higher cost, may still be a wise choice for shoppers with limited time or cooking skills. People living alone may prefer commercially prepared dinners to home dishes that require many ingredients and give more servings than needed. Home economists at the University of Minnesota think price is sometimes relative...to what you actually want from a product.

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Good News For Heat And Serve Dinners

(0:30)

In the near future, frozen heat-and-serve dinners may carry a label indicating the product meets federal nutritional guidelines. The Food and Drug Administration has proposed voluntary standards setting minimum levels of protein, Vitamin A, thiamine, riboflavin, niacin and iron. Also, each serving of the precooked meals would have a minimum of 340 calories. Manufacturers who follow the standards would be allowed to label their dinners. The National Academy of Sciences, who established the guidelines, indicated that many frozen dinners now on the market meet the proposed standards.

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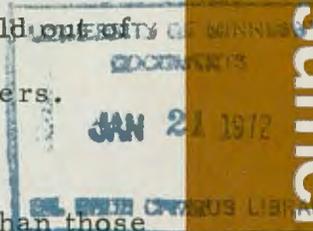
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consumer radio briefs

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Games People Play--Or, Sale Shopping

(0:45)

When does the game stop and the bargain hunting begin? People do, say and buy the strangest things during sales. And then again, many money saving purchases are made at clearance time. Budget dollars can be stretched at reputable sales.

Sheryl Nefstead, assistant consumer information specialist, says to use discretion when selecting items. Nothing is really a bargain if you regret the purchase later on. The University of Minnesota specialist says determine whether you have a need or good use for the merchandise. Then, check the quality before buying. But basic to all the pre-planning is deciding whether the time, energy and money spent getting to the sale is really worth it. In the case of a snow storm, maybe not?

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When Is Mayonnaise, Salad Dressing?

(0:35)

When is mayonnaise--mayonnaise and not salad dressing? Bev Lundgren, consumer information specialist at the University of Minnesota, indicates that mayonnaise is mayonnaise when it contains 65 percent vegetable oil by weight and is uncooked. Salad dressing by identification contains at least 30 percent vegetable oil by weight and is a cooked starch base.

Therefore, mayonnaise contains more calories than salad dressing...per tablespoon that's 110 for mayonnaise, 65 for salad dressing. If you're really interested in keeping score, commercial sour cream only contains 30 calories. On a baked potato, or as a sandwich binder, that's calorie economy. Butter contains 100 calories per tablespoon.

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