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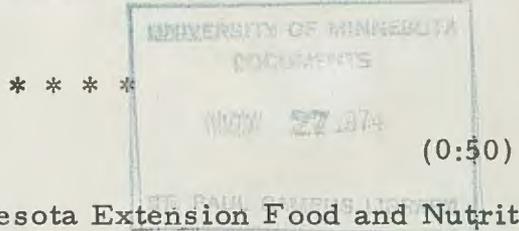
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**AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •**

(612) 373-0710

consumer radio briefs

November 27, 1974

News Director: Department of Information and Agricultural Journalism staffers are available to help set up telephone or in-studio interviews with your air personalities and our consumer specialists. University specialists are available to discuss a variety of subjects--from preparing the Christmas turkey to insulating the home. Contact Dave Zarkin, Janet Macy, Ray Wolf or Lee Nelson at (612) 373-1780.



Food Prices

University of Minnesota Extension Food and Nutrition Specialist Isabel Wolf says some foods today are the same price as in 1972.

Ground beef has always been one of the homemaker's best budget buys. It is now the same price as it was three years ago. Because it is all meat, you are not paying for bones to throw away.

Frozen orange juice is another nutritious food product that has not increased in price. Prices of other beverages, like soda pop, have gone up considerably. And, you can add five cans of water to a can of concentrated fruit juice when using it as a beverage for quenching thirst.

Egg prices have not increased substantially since 1972. Eggs are a good source of protein and iron. They are easy to digest, always available, taste good and are easy to cook.

Oranges and grapefruit prices are comparable to three years ago. However, most canned and frozen fruits are up nearly 50 percent over three years ago.

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