

Healthy Meal, Healthy Budget

Show off your shopping smarts! Answer the questions below, thinking about how to reduce food waste and how to get the best bargain for your budget.* Use the back of the page to do your calculations.

1 Imagine you are planning a meal for two people. Each will eat one serving of chicken tenders. Each serving is 2 chicken tenders. You can buy a bag of 12 frozen chicken tenders for \$12.00 or a package of 6 fresh chicken tenders for \$10.00. Which is the better bargain? Which will you buy, and why?

2 You are excited to make your grandma's famous pot pie recipe! It calls for mixed vegetables. You can buy bundles of fresh carrots, green beans, and onions, with each bundle costing \$1.50, or you can buy a bag of already cut up mixed frozen vegetables for \$3.50. Which will you buy? Why?

3 You are having a party. You are going to make cookies, but you aren't sure how many friends are coming. You can buy refrigerated cookie dough that allows you to make a few cookies at a time, or you can buy the ingredients to make a batch of cookie dough that will make 24 cookies. Which will you buy? Why?

4 You want to try a new food called Pad Thai, but the recipe has a lot of ingredients, and you aren't sure you will like it. You can buy a single serving of frozen Pad Thai instead. Will you make the recipe, or buy the frozen Pad Thai? Why?

5 You are making blueberry muffins with your family. You need 30 ounces of blueberries to make the muffins. Frozen blueberries are \$3.99 for a 12 ounce bag, or \$10.69 for a 36 ounce bag. Which will you buy? Why?

Message to Families:

Did you know that 20% of all foods Americans purchase is never eaten? Choosing foods that you can portion or that will last until you can eat them, such as foods from the frozen and dairy aisles, can help reduce food waste. For more information, visit nfraweb.org/a-good-time-to-go-back-to-school-on-food-waste/.

* Prices are for activity purposes only and may not represent prices in local areas.

