



Calculate the unit price of two different **sizes** of tomatoes

Take the total cost of the item and divide it by the total size of the item.  
 (Example:  $\$1.49 \div 29 = .05$  or 5 cents per oz.)

$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



Calculate the unit price of two different **brands** of pinto beans

$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



Calculate the unit price of two different **forms** of cheese

$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



$$\frac{\text{total cost}}{\text{total oz.}} = \text{unit price}$$



# Plan, Shop, \$ave



EATING SMART  
BEING ACTIVE



## Making a grocery shopping list

- Write down all foods needed for meals and snacks for the week.
- Write down the amount needed next to each food.
- Check the refrigerator, freezer, and cupboards. Cross off items you have on hand.
- Take the grocery list, a pen, and coupons to the store.
- Don't shop while hungry. It's easier to stick to your list.



## Food safety when shopping and storing food



- Don't buy cans that have leaks, bulges, rust, or dents.
- Buy only the amount of food you need.
- Put refrigerated or frozen foods away first.
- Cook meat, poultry, and fish within 2 days, or freeze.
- Don't store food or drink in glazed pottery made outside of the U.S.

## Reading labels

### Bran Cereal with Raisins

Nutrition Facts	
10 servings per container	
Serving size 1 cup (61 g)	
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 7g	<b>28%</b>
Total Sugars 19g	
includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 5g	
Vitamin D	10%
Calcium	2%
Iron	25%
Potassium	8%

Serving size and servings per container

Calories



Limit these nutrients

Nutrients



Get enough of these nutrients

% Daily Value (%DV)

↑ 20% DV or more per serving is high

↓ 5% DV or less per serving is low

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.  
© 2016 Colorado State University all rights reserved