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CULTIVATING HEALTHY COMMUNITIES

In Your Hands

Shopping When the Budget is Tight—Unit Pricing

Finding the best prices at the supermarket can be challenging. Many foods come in different sizes. Using unit prices can help you find the best deal!

What is a Unit Price? It is the price per amount of a food item.

Here's an example:



Say you want to buy oatmeal. You notice that two products are the same - regular quick oats, but are different sizes. Finding the **unit price** can help you decide which product is the better value.

Option 1 – box of 12 Quick Oats packets

UNIT PRICE \$5.68 per pound	RETAIL PRICE \$4.19
27031711545	11.8 oz oats

Option 2 – 42 oz. Quick Oats

UNIT PRICE \$1.90 per pound	RETAIL PRICE \$4.99
27031711545	42 oz oats

Option 1 costs \$5.68 per pound and Option 2 costs \$1.90 per pound.
You save \$3.78 per pound by buying Option 2.

Tricks of the Trade

Buy what you need

1 Buying in bulk is at times less expensive, but don't buy more than you can use!

2

Shop for store brands

Store brands are often less expensive and are just as high quality as name brands!

3

Look high, look low

Higher priced items are often at eye level. Look on high and low shelves for the better deals!

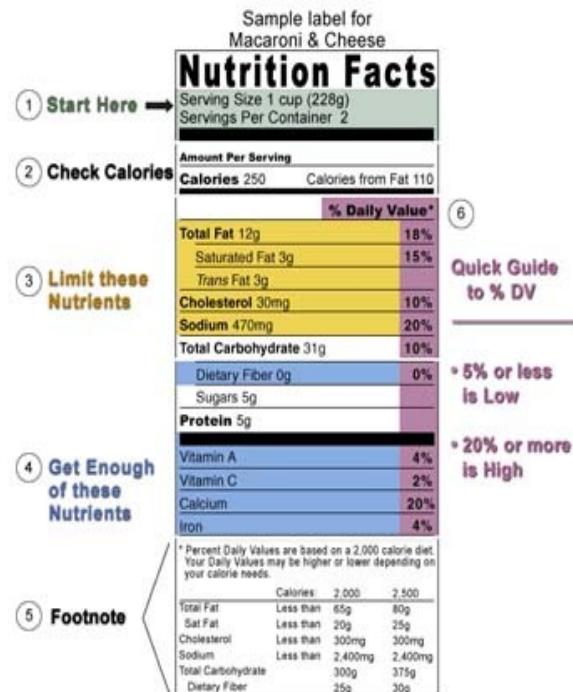


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How to Read Nutrition Facts Labels

We've all seen the Nutrition Facts on the back of food packaging, but what does it mean? This fact sheet will help you better understand nutrition facts labels so you can make better choices for you and your family.

Here's how to do it:



www.fda.gov

- ① **CHECK THE SERVING SIZE** – Sometimes there is more than one serving per package.
- ② **CHECK CALORIES** – This section tells you how many calories there are per serving as well as how many of those calories come from fat.
- ③ **AIM LOW** – These are the nutrients you should limit for better health.
- ④ **AIM HIGH** – Select foods high in these nutrients.
- ⑤ **PERCENT DAILY VALUE (% DV)** – These tell you how much of each nutrient is in that item. 5% or less is considered “low” 20% or more is considered “high” and 10% or more is a “good” source.
- ⑥ **FOOTNOTE** – This shows how the % DV is determined based on an average person’s calorie needs.

Give it a try!

Quick Oats

Practice Questions

1. What is the **serving size** and how many calories does it have?
2. Which nutrients have a % DV that is considered a “good” or “high” source?
3. Which nutrients have a % DV that is considered a “low” source?

- Answers:
1) 1/2 cup and 170 Calories,
2) Total Carbohydrate, Fiber, Iron
3) Vitamin A, Vitamin C, Calcium

Nutrition Facts

Serving Size 1/2 Cup Dry Oats
Servings Per Container

Amount Per Serving
Calories 170 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu



EFNEP
Expanded Food and Nutrition Education Program



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