



STRETCHING YOUR FOOD DOLLAR

Worksheet

Lesson 4

Eat Healthy, Stay Fit

Please help us evaluate this lesson.

After reading the Stretching Your Food Dollar lesson, answer the items below.

1. What mini goal(s) have you decided to work on?
2. Name one way you can save money by eating at home or bringing a meal from home.
3. Figure the cost per serving of a meat you usually buy. Meat: _____
Cost per serving: _____
4. Name one mixed meat dish or meatless meal you serve to your family.

5. You can save money by comparing prices. Have you saved money by:
 - comparing similar foods like ground beef and ground turkey?
 - comparing store and name brands?
 - comparing unit price of large and small size packages?

Mini goal Update:

Please tell us how you are doing on your mini goals from previous lessons.

For more information

Check the items you want to receive.

- | | |
|---|--|
| <input type="checkbox"/> More Fries for the Money | <input type="checkbox"/> Healthy Change |
| <input type="checkbox"/> Money Saving Meals | <input type="checkbox"/> Labeled for Savings |

I have a question, please call me at this number: _____

Name: _____ Date: _____

Thanks for your help. Fold this sheet and it's ready to mail.



▼ FOLD HERE FIRST ▼

From:

Place
First Class
Postage
Here

To:

▲ FOLD HERE LAST AND SEAL WITH TAPE. DO NOT STAPLE ▲