

SEARCHING FOR WAYS TO KEEP COSTS DOWN

Making Choices About Fast Foods and Convenience Foods

Fast Foods Cost More Than Foods Prepared At Home

*Fast Food Restaurant**

Prepared At Home

\$2.49



\$1.27

1/4 lb. burger with cheese

\$1.00



\$.27

medium fries

\$.80



\$.17

soda

\$.69



\$.42

cookies

\$4.98

\$2.13

* A medium "meal deal" with cookies, cost \$5.28. That is more than two hamburger meals prepared at home!

Look at the money I saved cooking at home... And my meals will be lower in fat than most fast food choices.



Turn the page to find more ways to keep costs down

Searching For Ways To Keep Costs Down

Searching For The Best Way To Use Convenience Foods

Convenience foods can make food preparation easier. Many times, the most economical way to use convenience foods is to be willing to do a little food preparation yourself.

Let's Compare Pizza Cost

12" Pizza	Cost
Fixed At Home	
Refrigerated dough _____	\$.99
Tomato sauce _____	\$.25
Mozzarella cheese _____	\$ 1.41
Total _____	\$ 2.65
Store Brand Pizza	
Bought from refrigerated section _____	\$ 2.79
Frozen Pizza 12" _____	\$ 2.79
Pizza Parlor _____	\$ 9.00

Wow! I can make 3 pizzas at home for the price of one pizza out!



The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.

Watch Out For These Money Robbers

These convenience foods are more expensive than homemade:

\$\$\$



Cooked whole chicken

\$\$\$



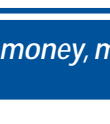
Frozen main meal dinners

\$\$\$



Most single serve products

\$\$\$



Frozen or prepared cakes or pastries

To save money, make these at home.

Learn more about good nutrition and saving money at the supermarket: The Nutrition Connections Program teaches you about:

- Foods to keep you healthy
- Planning low cost meals
- How to buy more food with food stamps
- Food Safety

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546. UNH Cooperative Extension, Room 220 Kendall Hall Durham, NH 03824, 603-862-2465

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Hillsborough County
468 Route 13 South
Milford, NH 03055
673-2510

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
796-2151

Strafford County
259 County Farm Rd., Unit 5
Dover, NH 03820
749-4445

Carroll County
P.O. Box 860
Center Ossipee, NH
03814
539-3331

Coos County
629A Main St.
Lancaster, NH 03584
788-4961

Goffstown Office
329 Mast Rd., Unit 3
Goffstown, NH 03045
621-1478

Rockingham County
113 North Road
Brentwood, NH 03833
679-5616

Sullivan County
24 Main Street
Newport, NH 03773
863-9200

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
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