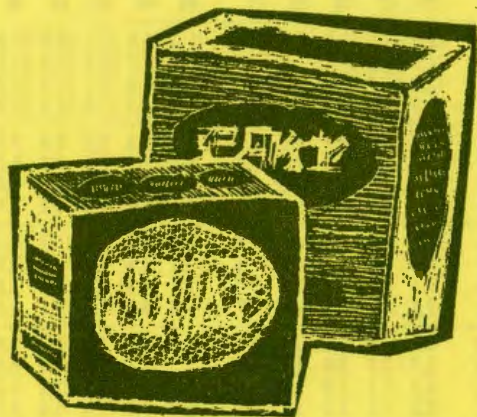


figuring

FOOD COSTS

A COST PER OUNCE TABLE



The cost of food per ounce, not the size of the package, gives you the best comparison of similar food products.

To figure the cost per ounce quickly and easily, use this table.

Here's how to compare two packages of cereal. One package weighs 1 pound 3 ounces and costs 44 cents. From the table the price per ounce is 2.3 cents. The other package weighs 11 ounces, costs 31 cents, and the price per ounce is 2.8 cents.

Besides figuring and comparing the cost of food per ounce, a smart shopper will—

1. Study the local food markets. Compare prices, specials, and quality. Take advantage of plentiful seasonal supplies.

2. Read labels and buy the grade or quality to fit the intended use. Try Grade B eggs for scrambling, for baking breads and layer cakes, and for combining with other foods. Buy fancy-pack canned peaches for a salad and peach chunks for a cobbler.

3. Compare brands and prices. The family might not like the flavor or texture of the least expensive brand. It might be better to

buy a more expensive brand and have them enjoy it. This is especially true with canned vegetables.

4. Give careful thought to buying in quantity. Large packages are not always cheaper. How often will the product be used? Does the family like it? Will it keep its quality in storage? Can it be bought at the same price through most of the year?

5. Buy a minimum of foods that provide calories only. Candy, soft drinks, and olives contain many calories, but few vitamins, minerals, or protein.

6. Watch purchases of sauces, beverages, and seasonings. Some of these are needed to give flavor and variety but they can be expensive.

7. Buy convenience foods with a questioning eye. Some prepared foods, like frozen meat dishes, are quite expensive. But some convenience foods can save both time and money.

When angel food and other cake mixes and canned soups are featured at reduced prices, they may cost less than such foods prepared "from scratch." Frozen vegetables and frozen concentrated fruit juices are often better buys than the fresh product.

This circular was prepared by Inez M. Eckblad, Extension Food Specialist, Washington State University.

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COST PER OUNCE--A table for comparing actual food costs

Ounces in Package*	COST OF PACKAGE IN CENTS																																															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49								
1	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0	46.0	47.0	48.0	49.0								
2	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5								
3	3.3	3.7	4.0	4.3	4.7	5.0	5.3	5.7	6.0	6.3	6.7	7.0	7.3	7.7	8.0	8.3	8.7	9.0	9.3	9.7	10.0	10.3	10.7	11.0	11.3	11.7	12.0	12.3	12.7	13.0	13.3	13.7	14.0	14.3	14.7	15.0	15.3	15.7	16.0	16.3								
4	2.5	2.8	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8	7.0	7.3	7.5	7.8	8.0	8.3	8.5	8.8	9.0	9.3	9.5	9.8	10.0	10.3	10.5	10.8	11.0	11.3	11.5	11.8	12.0	12.3								
5	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4	9.6	9.8								
6	1.7	1.8	2.0	2.2	2.3	2.5	2.7	2.8	3.0	3.2	3.3	3.5	3.7	3.8	4.0	4.2	4.3	4.5	4.7	4.8	5.0	5.2	5.3	5.5	5.7	5.8	6.0	6.2	6.3	6.5	6.7	6.8	7.0	7.2	7.3	7.5	7.7	7.8	8.0	8.2								
7	1.4	1.6	1.7	1.9	2.0	2.2	2.3	2.4	2.6	2.7	2.9	3.0	3.2	3.3	3.4	3.6	3.7	3.9	4.0	4.2	4.3	4.4	4.6	4.7	4.9	5.0	5.2	5.3	5.4	5.6	5.7	5.9	6.0	6.2	6.3	6.4	6.6	6.7	6.9	7.0								
8	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3.0	3.1	3.3	3.4	3.5	3.6	3.8	3.9	4.0	4.1	4.3	4.4	4.5	4.6	4.8	4.9	5.0	5.1	5.3	5.4	5.5	5.6	5.8	5.9	6.0	6.1								
9	1.1	1.2	1.3	1.4	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.6	2.7	2.8	2.9	3.0	3.1	3.2	3.3	3.4	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.6	4.7	4.8	4.9	5.0	5.1	5.2	5.3	5.4								
10	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9								
11	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.5	2.6	2.7	2.8	2.9	3.0	3.1	3.2	3.3	3.4	3.5	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5								
12	0.8	0.9	1.0	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.7	1.8	1.8	1.9	2.0	2.1	2.2	2.3	2.3	2.4	2.5	2.6	2.7	2.8	2.8	2.9	3.0	3.1	3.2	3.3	3.3	3.4	3.5	3.6	3.7	3.8	3.8	3.9	4.0	4.1								
13	0.7	0.8	0.9	1.0	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.8	1.9	2.0	2.1	2.2	2.2	2.3	2.4	2.5	2.5	2.6	2.7	2.8	2.8	2.9	3.0	3.1	3.2	3.2	3.3	3.4	3.5	3.5	3.6	3.7	3.8								
14	0.7	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.3	2.4	2.4	2.5	2.6	2.6	2.7	2.8	2.9	2.9	3.0	3.1	3.1	3.2	3.3	3.4	3.4	3.5								
15	0.7	0.7	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.7	1.7	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.3	2.3	2.4	2.5	2.5	2.6	2.7	2.7	2.8	2.9	2.9	3.0	3.1	3.1	3.2	3.3								
16	0.6	0.7	0.8	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.3	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.3	2.3	2.4	2.4	2.5	2.6	2.6	2.7	2.8	2.8	2.9	2.9	3.0	3.1								
17	0.6	0.6	0.7	0.8	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.2	1.3	1.4	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.2	2.3	2.4	2.4	2.5	2.5	2.6	2.6	2.7	2.8	2.8	2.9								
18	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.7	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.2	2.3	2.3	2.4	2.4	2.5	2.5	2.6	2.7	2.7								
19	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.2	2.3	2.3	2.4	2.4	2.5	2.5	2.6								
20	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	0.9	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.2	2.3	2.3	2.4	2.4	2.5									
21	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	0.9	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.9	1.9	2.0	2.1	2.1	2.2	2.2	2.3	2.3	2.4	2.4									
22	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.9	1.9	2.0	2.0	2.1	2.1	2.2	2.2									
23	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.9	1.9	1.9	2.0	2.0	2.1	2.1									
24	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.2	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.8	1.9	1.9	2.0	2.0	2.1								
25	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.6	1.6	1.6	1.7	1.7	1.8	1.8	1.8	1.9	1.9									
26	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.6	1.7	1.7	1.7	1.8	1.8									
27	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.6	1.6	1.6	1.6	1.7	1.7	1.8	1.8									
28	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.6	1.7	1.7									
29	0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.6	1.7	1.7								
30	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.6								
31	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.5	1.6	1.6								
32	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.5									
33	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5								
34	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.0	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.4	1.4	1.4									
35	0.3	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.4	1.4	1.4								
36	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9	1.0	1.0	1.1	1.1	1.1	1.1	1.2	1.2	1.2	1.2	1.3	1.3	1.3	1.3									