



Family & Consumer Sciences

*Cent\$ible Nutrition Program*

*Helping Families Eat Better for Less*

UNIVERSITY  
OF WYOMING  
Cooperative Extension Service

### Cost Comparison Chart for Fruits and Vegetables:

Fruit or Vegetable	Fresh	Canned	Frozen

### Cost Comparison Chart for Meats/Meat Alternatives:

Food	Cost per Pound	Serving per Pound	Approximate cost per serving
Beef (without bone)		÷ 5 =	
Pork (with bone)		÷ 3 =	
Poultry (with bone)		÷ 3 =	
Beans		÷ 6 =	
Peas		÷ 4 =	
Lentils		÷ 4 =	
Eggs (Large)	(cost per dozen)	÷ 6 =	

3 ounces of raw, lean meat without bones will yield about 2 ounces of cooked meat.

1/4 cup of dry beans, dry peas or lentils is equivalent to one ounce of cooked meat.

1 tablespoon of peanut butter, 1/4 cup of tofu or 1 egg is equivalent to one ounce of meat.

# Being A Super Shopper:



## Cost Comparison Chart for Grains

### CEREALS

Brand	Cost	Number Servings	Cost per Serving	Nutrition

### BREADS

Brand	Cost	Number Servings	Cost per Serving	Nutrition

### CRACKERS

Brand	Cost	Number Servings	Cost per Serving	Nutrition

Example:	Cost	÷	# Servings	=	Cost per Serving
Product X	\$4.00	÷	20	=	20¢
Product Y	\$3.50	÷	15	=	23 1/3¢

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.