



K-State Research & Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

February, 2004

Food Dollars and \$ense—Unit Pricing

Unit pricing is a quick way to compare the cost of many foods. Unit price labels are usually found on the shelf edge directly below or above the food item in the grocery store. The unit price label gives two prices. One is the total price you pay for the item, and the other is the price per unit. The unit may be a pound, ounce, quart or other measurement. The following labels show two different sizes of pineapple for the same price. Find out which is the better buy using unit price comparison.

8 ounces Chunk Pineapple	
You Pay	Unit Price
\$.65	\$.08 per ounce

20 ounces Chunk Pineapple	
You Pay	Unit Price
\$.99	\$.05 per ounce

The total price for the 20 ounce can of pineapple is 34 cents more than the 8 ounce can. However, the unit price for the 20 ounce can is only \$.05 for each ounce, whereas the 8 ounce can is \$.08 for each ounce. Therefore, the 20 ounce can is the better buy. If the quality of the products is similar, the one with the lowest unit price is the best buy. Unit pricing is especially helpful when you are comparing different size packages. Use unit pricing when shopping to save time and money.

Source: Excerpted from The Ohio State University Extension Service's Family Nutrition News, Oct. 2002, at <http://fnp.osu.edu/newsletter/oct02.pdf>

The Unwelcome Dinner Guest

“It must be something I ate” is often what people say when they feel ill after a meal. But how do you know if you are really suffering from a food borne illness? What are the symptoms and how can you prevent it? Read on to learn how to prevent the ‘Unwelcome Dinner Guest’ from making an appearance at your dinner table.

Symptoms

Food borne illness can include flu-like symptoms, including stomach cramping, fever, headache, diarrhea, and vomiting. Symptoms can occur as early as 30 minutes following a meal, but typically symptoms do not arise for several hours, days or even weeks after contaminated food is consumed.

Prevention Tips

- Maintain proper temperatures for food storage – 40 degrees F. for refrigerators and 0 degrees F. for freezers.
- Wash hands with soap and warm water for at least 20 seconds before meal preparation and after handling raw meat.
- Cover any open sores or cuts on the hands. Avoid cooking or touching foods if the sore is infected.
- Keep your work area clean. Wash countertops with a solution of 1 teaspoon of chlorine bleach to 1 quart of water.
- Use clean dishcloths, and change them daily. Wet cloths can harbor bacteria and promote their growth, so allow them to dry after use. Launder them with bleach.
- Discard cooked foods that are left standing on the table or kitchen counter for more than 2 hours. Foods left at room temperature for too long become a breeding ground for bacteria.
- Use a food thermometer to ensure that meats are completely cooked. See the table on page 4 for safe cooking temperatures of meats.



Source: Excerpted from the FDA Consumer's The Unwelcome Dinner Guest: Preventing Foodborne Illness, Jan.-Feb. 1991; Revised Jul. 2002, at <http://vm.cfsan.fda.gov/~dms/fdunwelc.html>

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Dining on a Dime Cooks' Corner

Warm up this winter with a cozy old favorite — hot cocoa. This mix can be prepared in a large batch and stored for later use. Just add milk or water for a delicious treat!

Hot Cocoa Mix

Ingredients

10 2/3 cups nonfat dry milk powder
6 ounces powdered nondairy coffee creamer
4 cups powdered sugar
2 cups unsweetened cocoa powder

Directions

Combine all ingredients in a large bowl and mix thoroughly with a wire whisk, or put ingredients in an airtight container and shake to blend. Store in an airtight container in a cool place. Makes 17 cups of mix. For 1 serving, stir 3 tablespoons Hot Cocoa Mix into 1 cup of hot water until dissolved. For extra richness, use milk instead of hot water. You can add 2 cups mini marshmallows to this mix if you like.

Serves 90. If made with water, and without added marshmallows, each serving (about 3 tablespoons mix) provides: 60 calories, 11 g carbohydrate, 4 g protein, 0 g fat.

Source: <http://busycooks.about.com/library/recipes/blcocoamix.htm>



K-State is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS). The Food Stamp Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

Dining on a Dime's Endpoint Temperature

Guidelines for Cooked Meats: Heat meats to at least the internal temperature shown below. Insert a food thermometer into the center of the food, avoiding bones, and wait 30 seconds before reading it.

Product	Temperature (F.)
<i>Fresh Beef, Veal, Lamb</i>	
Rare	145
Medium	160
<i>Ground Beef, Pork, Veal, Lamb</i>	160
<i>Ground Turkey, Chicken</i>	165
<i>Fresh Pork, Ham</i>	160
<i>Chicken, Turkey, Duck</i>	
Whole, thighs, wings,	180
Breasts, roasts	170
<i>Leftovers, Casseroles</i>	165



Cooperative Extension Service

K-State, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

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