**FOODS AND NUTRITION II**

**CONSUMERISM STUDY GUIDE**

**Name:\_\_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_**

**FOOD LABELS**

1. Components of a Food Label
   1. *Nutritional Facts*
   2. *Ingredient List*
   3. *Daily % Values*
   4. *Serving Size*
2. Additional Label Requirements
   1. *Identifying statement or name*
   2. *Net weight or net contents*
   3. *Artificial coloring*
   4. *Flavoring and preservatives*
   5. *Name and address of manufacturer*
   6. *Packer or distributor*
   7. *Special information that affects people with health problems*
   8. *Approximate number of calories in a gram of carbohydrate, protein and fat*
   9. *UPC (universal product code) on label*
   10. *Asterisk (\*)*
3. Food Label Terms
   1. *Low in – can be eaten frequently*
   2. *Reduced, less, or fewer – At least 25% less of something*
   3. *Good Source of – Contains 10-19% of the daily food value*
   4. *Organic and Natural – Have not been defined by law*
   5. *High source of fiber – At least 20% from fiber*
   6. *Juice – Must be 100% juice*
4. Dates on Labels
   1. *Sell Date – Last day to be in stores*
   2. *Use by Date – Date to use product by while at peak quality*
   3. *Opening Date – How long stores can display the product for sale. Consumer know the time limit to purchase or use product at its best quality.*
   4. *Expiration Date – The last date a food should be eaten or used.*

**BUDGETING AND SHOPPING STRATEGIES**

1. Establish a Food Budget
   1. *Keep a spending record for 3 months*
   2. *Record all the money you spend on food in and out of the home.*
   3. *Stick to your budget!!*
2. Shopping Strategies
   1. *Create a categorized shopping list*
   2. *Take a calculator*
   3. *Avoid shopping hungry or tired*
   4. *Shop alone*
3. Advertising Strategies
   1. *Beware of loss leaders*
   2. *Impulse buys*
   3. *Layout of store*
   4. *Shelf placement of items*
   5. *Coupons offered on national brands*
   6. *Final cost is less*
   7. *Try new products*
   8. *Purchase unneeded item*
   9. *Rebate coupons*
4. Unit Pricing/Cost Per Serving
   1. *How much the item costs per unit/serving*
   2. *Total price divided by the number of units/servings*
   3. *Listed on the store shelf*
   4. *Compare brands and sizes*
   5. *Largest package isn’t always the least expensive*
   6. *Will you use it before the expiration date?*
5. National Brands vs. Store Brands
   1. *Store brands usually less expensive and often same quality*
   2. *Check unit pricing to compare*
   3. *Buy for intended use*
6. Convenience Foods
   1. *Food products sold prepared or semi-prepared*
   2. *Come in many forms*
   3. *Higher cost*
   4. *Saves time*
   5. *Reduce these foods to save money*
   6. *Most contain food additives*
   7. *Higher in fat and sodium content*
   8. *Cost of packaging*
7. Eating Out
   1. *People are eating out more*
   2. *Greater variety of foods available*
   3. *Higher in fat and salt*
   4. *Portion sizes may be larger*
   5. *Reducing the amount of food eaten out can save money*