Name: Class: Date:

**Convenience vs. Homemade Foods**

**Three levels of Convenience**

BASIC- \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_ \_\_\_\_\_\_with one or very few ingredients

instant potatoes, frozen juice concentrates, canned vegetables

COMPLEX – several ingredients with more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_processing, these

often cost more than\_\_\_\_\_\_\_\_\_\_\_; ready to use frosting, frozen waffles, frozen entrée

MANUFACTURED – cannot be made at home, relatively \_\_\_\_\_\_\_\_\_\_\_\_because of

Production, technology, carbonated beverages, and instant breakfast

**Some Convenience Foods are Cheaper than Homemade Because**

\*mass production and \_\_\_\_\_\_\_\_\_\_\_\_\_are more cost efficient

\*transportation is \_\_\_\_\_\_\_\_\_\_for packaged foods, especially in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_form

\*original purchase costs take advantage of\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ and seasonal production

\*less \_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_occur with packaged convenience items

**Advantages of Convenience Foods**

\*less \_\_\_\_\_\_\_\_\_\_\_\_\_\_time

\*reduced\_\_\_\_\_\_\_\_\_\_\_, buying and \_\_\_\_\_\_\_\_\_\_\_\_of ingredients

\*fewer \_\_\_\_\_\_\_\_\_\_\_

\*more\_\_\_\_\_\_\_\_\_\_\_\_, especially for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cooks

\*\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_cleanup

\*storability – usually keep well for \_\_\_\_\_\_\_\_\_\_\_\_ periods

**Disadvantages of Convenience Foods**

\*may be less\_\_\_\_\_\_\_, fish or \_\_\_\_\_\_\_\_\_than you would include in homemade versions

\*cooking time is sometimes \_\_\_\_\_\_\_\_\_\_\_for thawing or \_\_\_\_\_\_\_\_\_\_\_baking time

\*harder to \_\_\_\_\_\_\_\_\_\_fat, \_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_levels

\*cost per \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_may be \_\_\_\_\_\_\_\_\_\_\_\_than homemade

**Low Cost Convenience**

\*frozen juice concentrate

\*cake and pancake dry mixes

\*canned vegetables and fruits

\*plain frozen vegetables

\*instant mashed potatoes

\*spaghetti sauce

\*instant nonfat dry milk

\*macaroni and cheese dry mix

\*canned condensed soups

\*frozen French fries

\*bread, crackers, rolls

**High Cost Convenience**

\*frozen vegetables with sauce

\*coating mixes

\*carry-out or deli items

\*frozen entrees or dinners

\*instant hot cereals

\*fancy bakery items

\*ready to use frosting

\*frozen pancake batter

\*meat “helpers”

\*seasoned rice

**Convenience Foods Save Time But Can Cost More**

Convenience foods can \_\_\_\_\_\_\_ more than some foods you make at home.

Choose them carefully. Make foods at home, if you have the\_\_\_\_\_\_\_\_\_.

What adds to the cost of convenience foods?

\*\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Compare the cost of common convenience foods:

Is extra convenience worth the extra cost?

\*homemade vs. \_\_\_\_\_\_\_\_\_\_dinner

\*homemade vs. \_\_\_\_\_\_\_\_\_\_\_

The more done to foods by someone else – the more you pay:

Make your own \_\_\_\_\_\_\_\_\_\_\_\_\_foods

\*Leftovers are one key to convenience

\*Plan meals so you will have leftovers to eat later in the week.

***$ Make Your Food Dollars Count $\_***