

Skills for Living

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Topic 13-2

Shopping for Food

- In this topic, you will learn how to shop for food, as well as
 - ❖ **Preparing a shopping list**
 - ❖ **Deciding where to shop**
 - ❖ **Deciding how much food to buy**
 - ❖ **Recognizing quality in foods**

Shopping for Food

Objectives for Topic 13-2

After studying this topic, you will be able to

- plan and organize a shopping list
- describe different types of food stores
- list factors to consider when deciding how much food to buy
- explain how to recognize quality in foods

Topic 13-2 Terms

❖ national brand

❖ generic product

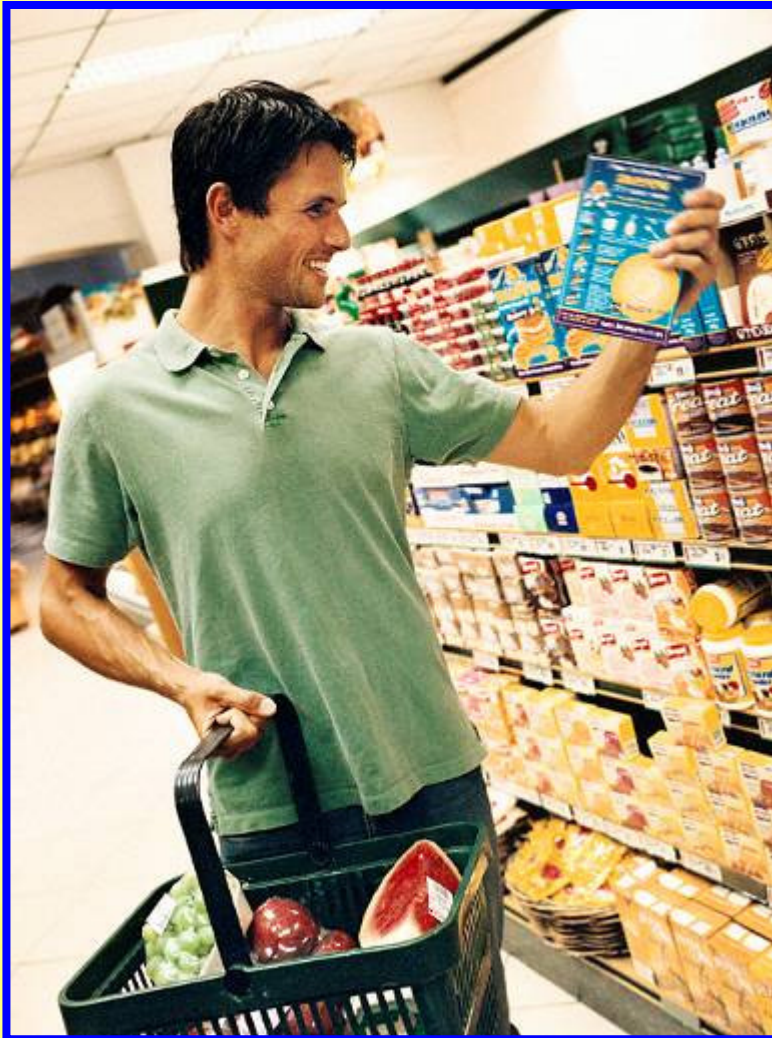
❖ house brand

Preparing a Shopping List



- A *shopping list* is a detailed list of the kinds and amounts of food you want to buy
- Write your shopping list before you go shopping
- Use weekly food ads and coupons to write your list
- Organize the list according to the grocery store's layout

Deciding Where to Shop



- Different types of stores offer different
 - ❖ product selections
 - ❖ prices
 - ❖ customer services

Types of Food Stores

- *Supermarkets* sell a wide range of food and household products
- *Discount supermarkets* or *warehouse supermarkets* offer less variety and fewer customer services
- *Specialty stores* carry one type of food item
- *Warehouse clubs* sell a variety of products in fixed quantities to members
- *Convenience stores* offer convenient locations and longer hours, but higher prices

Evaluating Store Features

- Does the store offer courteous and helpful service?
- Is the store clean and well maintained?
- Are meat, produce, and dairy products always fresh?
- Does the store stock a variety of foods in various package sizes?
- Is the checkout fast and efficient?

Did You Know...



- Specialty food stores can be found in major cities and shopping centers
 - ❖ the food is high quality and expensive, often hard to find or imported

Deciding How Much Food to Buy

- When deciding how much food to buy, consider
 - ❖ your food budget
 - ❖ the amount of storage space available
 - ❖ how many serving sizes your recipe will make
 - ❖ the product's shelf life

Recognizing Quality in Food

- Which quality is best suited to your needs?
 - ❖ *National brands* are of high quality, but often cost more
 - ❖ *House brands* have quality similar to national brands, but cost less They are sold by a store or chain of stores
 - ❖ *Generic products* are nutritionally equivalent to national brands, but may be of lower quality and cost less

Summary for Topic 13-2

- Following a carefully planned shopping list will save you time and energy when you shop
- Listing what you need and avoiding impulse buying will save you money
- Recognizing the quality of food can help you compare products to determine the best buy
- When quality is not important, choosing lower-quality foods can save money