

Skills for Living

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Topic 13-3

Buying Information

- In this topic, you will study the resources that influence food choices, as well as
 - ❖ **Unit pricing**
 - ❖ **Food labeling**
 - ❖ **Other sources of information**

Buying Information

Objectives for Topic 13-3

After studying this topic, you will be able to

- use unit pricing to compare the cost of food products
- describe four types of open dating used to indicate the freshness of food products

Buying Information

Objectives for Topic 13-3

- identify the types of information found on food product labels and tell how it can be used to make wise purchase decisions
- list three sources of consumer information about food products

Topic 13-3 Terms

- ❖ unit pricing
- ❖ open dating
- ❖ pack date
- ❖ pull date
- ❖ freshness date
- ❖ expiration date
- ❖ food additive
- ❖ universal product code (UPC)

Unit Pricing

- ***Unit pricing*** shows the cost per standard unit of weight or measure
- Use these to compare prices among
 - ❖ brands
 - ❖ package sizes
 - ❖ product forms



Open Dating

- *Open dating* gives you information about the freshness of foods
 - ❖ A *pack date* tells you when the food was processed
 - ❖ A *pull date* is the last day a store should sell the product
 - ❖ A *freshness date* indicates the end of the product's quality peak
 - ❖ An *expiration date* is the last day the product should be used or eaten

Food Labeling

- By government regulation, every food label must include
 - ❖ the name and form of the product
 - ❖ the net content or net weight
 - ❖ the name and address of manufacturer, packer, or distributor
 - ❖ a list of ingredients

Food Label Information

- *Food additives* are substances added to food for a specific purpose
- Food additives may be used to
 - ❖ keep foods from spoiling
 - ❖ enhance flavor, color, or texture
 - ❖ add nutrients
 - ❖ aid processing

Nutrition Facts Panel

- The panel includes the product's
 - ❖ serving size
 - ❖ serving per container
 - ❖ calories per serving and calories from fat
 - ❖ nutrients per serving
 - ❖ percent Daily Values of nutrients based on a 2,000-calorie diet

Nutrition Facts	
Serving Size 1/2 cup (120g)	
Servings Per Container About 3 1/2	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: GREEN BEANS, WATER, SALT.	

Universal Product Code

- The *universal product code (UPC)* is a group of bars and numbers that contain price and product information
- Stores using a computerized checkout system have
 - ❖ a faster checkout
 - ❖ more accurate receipts
 - ❖ reduced labor, resulting in lower prices



Did You Know...

- The first UPC scan was made at a grocery store in Ohio in 1974
 - ❖ The first item scanned was a 10-pack of Wrigley's Juicy Fruit™ gum

Source: The Wrigley Company

Other Sources of Information

- The Food and Drug Administration (FDA)
- The United States Department of Agriculture (USDA)
- A local cooperative extension agent
- A family and consumer sciences teacher
- Food firms
- The Internet

Summary for Topic 13-3

- Buying information helps you compare products and make wiser food choices when you shop
- Unit pricing, open dating, food labeling, and UPCs are sources of information
- Understanding this information will help you save money as you shop