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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

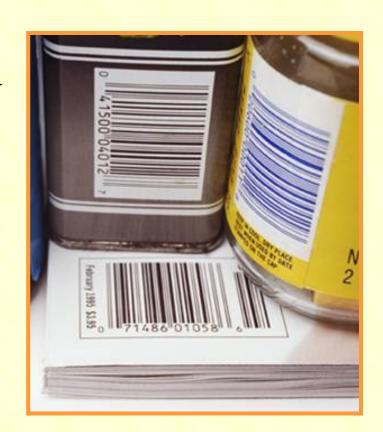
Nutrition Facts Panel

- 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

Servings Per Co	ontan	iei About 3/2
Amount Per Se	rving	
Calories 20	C	alories from Fat 0
		% Daily Value
Total Fat 0g		0%
Saturated Fat ()g	0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 400mg		17%
Total Carbohy	drat	e 4g 1 %
Dietary Fiber 1g		4%
Sugars 2g	60-0	
Protein 1g		
1/2 - 1 A 00/		15: 0.40/
Vitamin A 6%		Vitamin C 4%

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