



Have You Heard?

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Save On Your Food Bills

When was the last time you kept track of how much your family spends for food? If yours is a typical American family, you may be shocked at the amount you spend on food and beverages.

According to the U.S. Department of Labor, of every \$100 Americans spend, \$17.70 goes for food and beverages. Food is the number three expenditure, topped only by housing (\$41.35) and transportation (\$17.80). Food may be one place where you can make substantial savings in your expenditures.

About 40 percent of the money spent on food in this country is spent on eating away from home. Fast-food establishments serve four out of every 10 meals eaten in restaurants.

If you fit this category, you may want to consider some alternatives

to your current habits. The results may improve your health as well as your food budget.

Think about your family's eating-out habits. How often do you eat in restaurants? The more you do, the more your food budget and diet will be affected. Where do you eat out? If you often choose fast-food restaurants, you may want to look for other places that can give you better nutrition at a lower cost.

Supermarkets now offer carry-out meals from their salad bars or delicatessens. Select plain sandwiches or soups and vegetables or fruit salads; skip the fries and rich desserts.

Convenience stores may have fresh prepared food to take home at prices less than those of your favorite fast-food establishment.

If you eat at traditional restaurants, you will pay more for the

foods; you will pay for the service as well. Instead of ordering a full meal, you might order appetizers. A cup of soup, a side salad or vegetables and dip may be a better choice. Because beverages and desserts add a lot to the cost, you can save those extras for home.

One last question to ask yourself is how much you eat when you go out. The all-you-can-eat deal may leave you miserably full. Usually, it is not the cheapest option, either. Look at other choices on the menu. You can take control of both your wallet and your diet when you eat out.

Although eating out is popular, more than half of the food dollar goes for at-home meals and snacks.

If you want to see how your food money is spent, save your grocery receipts for several months. Then, figure the amount you spent on meats, convenience foods such as bakery cakes and frozen dinners, extra snacks such as pop and chips, toiletries and household items.

Categorizing your purchases can help you see your high-cost items. Cutting back on those items can reduce your grocery bill.

Some other suggestions to help you keep your food expenditures in line include:

Use less meat by serving occasional meatless meals, trying new casseroles or serving meat with rice or pasta.

Try new ways of preparing the

lowest-priced meats.

Buy meat on sale and freeze it for future use.

Buy generic and store-brand products.

Manage your time so that you can make more meals from scratch without using costly convenience products. The time these products save you may not be worth their high prices.

Get out of the pop-and-chip snack routine by offering your family pudding, popcorn, crackers and peanut butter, fresh fruit in season or a homemade milkshake.

Make a stop at the discount store for toiletries, soaps, light bulbs, cleaning supplies, and other

personal and household goods.

Shop alone. Avoid taking someone who tempts you into buying all those extras. It is amazing what hungry, nagging youngsters can do to your grocery bill.

Make a shopping list, take it with you to the supermarket and STICK TO IT. The notion that there is nothing you can do about rising food costs just is not true. Although you cannot control production costs or the supermarket's prices, you can control your food-buying and eating habits. It is possible to save money and still enjoy the food you like whether eating at home or in a restaurant.

4-H HAPPENINGS



Mrs. Annie Hoff, chairperson of the Southern States Westminster Coop, Inc. Farm Home Advisory Committee, judges the Christmas Safety Poster Contest.

4-H Poster Contest

For the holiday season, the Southern States Westminster Coop., Inc. Farm Home Advisory Committee held a Christmas Safety Poster Contest.

The winners all 4-H'ers, are Josh Kibler, Westminster; John

Cherneski, Uniontown; Brandi Daigle, Taneytown; Amy Ridinger, Taneytown; and Jason Ridinger, Taneytown.

The door prize drawings were poinsettias, won by Louise Frock, Westminster and Mary Bruff, Westminster.



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Just one more thing. We fellows make our living doing this kind of work, and we've got children to feed and bills. That's our side of it, but you've got such things too. A lot of people tell us that this Scabbling saves a whole lot more than it costs. So go ahead and do it. It'll put shoes on everybody's feet.

Be looking to hear from you folks right soon.

The Scabblar Man

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