



Saving Money Buying Food

Words to Know

brand: a kind; the name a company uses to show that its goods are different from other companies' goods
convenience: easy, taking less time or work

generic: general; goods not named with a company's brand

valid: in effect; good



What's something we buy almost every day? Of course, it's food! But buying food every day does not make us wise buyers. A wise buyer buys the right food, at the best price. Being a wise buyer is important for two reasons.

1. Our health may depend on wise buying.
2. We can save money by making wise buys.



Freshness Dates

Look for the *freshness date*. How long will milk stay fresh? How about bread, eggs, fish, or cake? Most people are not quite sure. There is a way to know the goods are fresh. Look for the freshness date on the food item. The egg carton has a freshness date on it. It reads "Sell by 3-7." You can be sure the eggs are fresh if you buy them on or before March 7.

It is a good idea to look at two or three cartons to make sure you are getting the freshest product. If some egg cartons were stamped 3-7 and others were stamped 3-11, which would be the fresher cartons? Right, 3-11 would be the freshest. Those eggs would be four days fresher than the eggs marked 3-7.

Think



1. Circle the items that don't stay fresh for very long.

eggs

fresh fish

cake

bread

milk

yogurt

You probably circled all of the above items. They should be used within a week or two or sooner from the freshness date. Can you list other foods you eat that don't stay fresh very long?

2. Which item in each pair stays fresh longer? Circle your answer.

a. cereal or milk

b. meat or spaghetti

c. soup or milk

d. fresh fish or canned tuna fish

Today, many canned items have freshness dates stamped on them. These stamps usually show just the month and year. That's because canned items last much longer. Items such as eggs and milk are just stamped with the month and day.

Sometimes the wording will not be the same. Here are some other names for freshness date.

Pull date

Sell date

Purchase by

Good until