## Test Your Shopping Skills

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Category: Protein

What is the most expensive source of protein?

a) Eggs
b) Ground beef
c) Dried beans
d) Canned beans
e) Peanut butter

Category: Dairy

True or false?
Buying a block of cheese and shredding it yourself is always cheaper than buying pre-shredded cheese.

a) True
b) False

Category: Protein

From the types of chicken below, what is the most nutritious, yet economical choice?

a) Chicken nuggets
b) Pre-cooked chicken breasts
c) Split chicken breasts
d) Boneless, skinless chicken breasts

Category: Dairy

Which of the following types of milk is both the cheapest and most nutritious?

a) Whole milk
b) 2% (Reduced fat) milk
c) 1% (low fat) milk
d) Skim (nonfat) milk

Category: Protein

True or false?
Buying the lowest cost ground beef is a good choice if you can brown the beef and rinse it under warm water before serving.

a) True
b) False

Category: Dairy

True or false?
It’s always more expensive to buy milk at a convenience store than at a grocery store, so it’s not worth the saving time if you are in a hurry.

a) True
b) False

Adapted from Iowa State University Extension and Outreach, http://www.extension.iastate.edu/foodsavings/page/test-your-shopping-skills.
Category: Fruit

Which of the following apple choices is the most economical way to get a serving of fruit?
a) A 25-oz. jar of applesauce
b) A six-pack of individual applesauce cups (4 oz. each)
c) Pre-cut apple slices in individual packets
d) A whole, small apple

Category: Grains

If you need bread, what is the most economical way to buy it?
a) Buy day-old bread
b) Buy bread in bulk when on sale (and freeze extra loaves)
c) Make your own bread
d) All of the above

Category: Fruit

Which of the following should you do to have fruit available all week long?
a) Buy only fresh fruit – it’s the healthiest choice
b) Buy a mixture of fresh and canned or frozen fruit to last the whole week
c) Buy 1-2 kinds of fresh fruit and eat it at the beginning of the week

Category: Grains

True or false?
Bread that is labeled “wheat bread” is more nutritious than white bread.
a) True
b) False

c) True

Category: Grains

If you had less than 2 minutes to prepare breakfast, which of the following choices could you make?
a) Scrambled eggs, toast, and milk
b) Instant oatmeal, fruit, and milk
c) Granola bar, a piece of fruit, and milk
d) All of the above

Adapted from Iowa State University Extension and Outreach, http://www.extension.iastate.edu/foodsavings/page/test-your-shopping-skills.
Category: Vegetables

True or false?
It is always a good idea to purchase large quantities of a vegetable when it is in season to save money.
a) True  
b) False

Category: Other

The most common type of food bought as an “impulse buy” at the grocery store is:
a) Fresh fruit  
b) Sweets and candy  
c) Frozen dinner entrées  
d) Salty snacks

Category: Vegetables

Which of the following ideas makes the most sense in encouraging your family to eat vegetables?
a) Buy fresh vegetables that are in-season  
b) Microwave frozen vegetables and sprinkle with cheese before serving  
c) Buy packages of veggies such as baby carrots or celery sticks for quick snacks  
d) All of the above

Category: Other

True or false?
Even though “snack foods” like chips, candy, and soda are not as nutritious as fresh fruit, veggies, or yogurt, they are cheaper when you need a quick snack.
a) True  
b) False

Category: Vegetables

True or false?
Bagged lettuce always costs more than a head of lettuce.
a) True  
b) False

Category: Other

How much money can someone who drinks one 12-ounce cup of regular coffee every day save by brewing their coffee at home instead of buying it from a restaurant?
a) $50 per year  
b) $100 per year  
c) $200 per year  
d) $300 per year

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