

# Buying Canned Convenience Foods

**A** well-stocked food pantry can help a homemaker serve tasty, nutritious meals and yet have time for leisure activities.

Convenient canned foods offer variety and ease of preparation.

**When you're buying canned foods, follow these pointers:**

- Check store ads and take advantage of sales on canned foods you serve often.

- Select the size which suits your needs. Large sizes, which usually cost less, aren't a bargain if some of the food spoils before you use it.

- Choose the quality you need. Top quality foods are fine when appearance is



*When you can buy canned goods on sale and in appropriate sizes and quality for your family; you have utilized good economy.*

important. In a casserole or cobbler, lower priced foods are just as nutritious and tasty.

- Read labels and compare prices. Unit pricing will help you do this. Labels also show the ingredients of combination foods in order of predominance.

- Store your canned goods in an orderly way in a place that is warm, but not hot, and where they can't freeze. Canned goods have a long shelf life, but move older cans to the front so you can use them first.

- Never use bloated or leaking cans. If you brought home a suspicious-looking can, return it to the store and it will be replaced.

*For more information on buying canned convenience foods, contact your local county Extension office.*