

Buying Meat

Tips on buying all types of meat for your family.

More than one-third of the money spent on food goes for meat, poultry and fish. To get the most for your food dollars, review your meat buying practices.

Here are some tips to help you:

- **Study the specials.** Sometimes chicken may be the best buy. At other times, the best buy might be ham, pork or beef
- **Select the cuts** and kinds of meat, poultry and fish that give the most lean meat for the money. Compare meats on a cost-per-serving basis, not cost per pound.
- **Serve smaller amounts** of meat, poultry and fish by combining them with more economical foods such as potatoes, rice, macaroni, noodles and breads.
- **Look for bargains.** Buy for future use if your budget allows, but don't overbuy. Prices change frequently.
- **Plan meals ahead.** For example, stew more chicken than you need for one meal. Freeze it to

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use later for chicken dishes, salads or sandwiches. Use the broth for soup. Or buy ham on special and use it for meals, casseroles or sandwiches; save the bone and drippings for soup or beans .

- **Check the amount of service** you're paying for. An unsliced roast usually costs less than one that is sliced and tied. Whole chicken is usually a better buy than chicken parts. A whole turkey usually provides more meat than boned, rolled turkey roast.

- **Use meat substitutes** for some meals, but try to provide at least one serving of meat, poultry or fish daily. Meat substitutes

include eggs, dry beans, dry peas, peanut butter and cheese.

- **Study your total shopping list** and purchases. Make sure you're not spending money on nonessentials that might be spent for good, nutritious foods your family needs.

For more information on buying meat; contact your local county Extension office.