

NOVEMBER UNITS FOOD SURVEY FORM

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How much does it cost? Pricing and marketing for a family

The November topic is food. Leaguers tend to be conscientious consumers, but we often forget the challenges of feeding the family. To get us thinking about food selection we invite members to participate in a small exercise prior to the November unit meetings.

Pick one or two or three items from the list. During your regular visits to grocery stores, price these items using the table below.

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|--------------------------------|---------------------------------|
| Whole turkey price per pound | 5 potatoes |
| Turkey breast price per pound | 2 sweet potatoes |
| Loaf of bread – large white | 1 can of sweet potatoes |
| Stuffing mix – 1 box | instant mashed potatoes – 1 box |
| Stuffing bread crumbs – 1 pkg. | fresh beans 1.5 lbs. |
| Celery – one bunch | canned beans- 2 cans |
| Pkg. celery hearts | frozen beans- 16 oz. |
| ½ pt. of mushrooms | canned cranberry sauce |
| canned pumpkin – 1 can | 1 pkg. cranberries |
| pumpkin seasoning – 1 jar | spray whip cream – 1 can |
| evaporated milk – 1 can | ½ pint heavy cream |
| 1 premade pie crust | packaged crescent rolls |
| 1 pumpkin pie | bakery rolls - 6 |
| butter – 1 pound | turkey gravy mix |
| 12 oz. chicken broth | sage seasoning |
| | thyme seasoning |

Item(s) priced

Item	Cost per unit (pound, bunch etc)	Name and location of grocery store	Descriptions, ads or comments at shelf site

Cost per unit- Is this a 12 oz. can or a pound or a quart or 4 of the item (i.e. 4 potatoes)

Grocery store- Name of store, location of store

Description - Was it on special? Was some nutrition information provided? Was there a promotional sign?