

## Check your \$-saving skills:

- The cheapest way to get "3 a day" of dairy foods is by buying:
  - Cottage cheese
  - Whole milk
  - Yogurt
  - Skim milk
  - Nonfat dry milk powder
- Lower fat dairy products are always cheaper than higher fat products.
  - True
  - False
- It costs more to get your calcium from ice cream and cottage cheese than milk because
  - You need to eat more for the same calcium
  - It costs more per ounce
  - Both a and b
- Monitoring refrigerator temperatures will keep your dairy products fresh longer.
  - True
  - False
- Spending the time to shred your own cheese is always cheaper than buying pre-shredded cheese.
  - True
  - False

(Answers on next page)

*No endorsement of mentioned products or firms is intended nor is criticism implied of those not mentioned.*

*All prices in this publication were collected in central Iowa, Spring 2012. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.*

## Dairy

Smart shopping habits can cut costs and increase the nutritional value of meals served. Spending wisely in the dairy aisle means buying the most calcium for your dollar. According to MyPlate and the Dietary Guidelines for Americans, individuals ages 9 and up need 3 servings of dairy daily. Each serving provides about 300 mg of calcium.

### Options for 1 serving of dairy from MyPlate at varying costs:

1 cup skim milk	\$3.09 per gallon (16 cups)	= \$ .19
1 cup yogurt, frozen yogurt, or pudding	\$2.59 per 32 ounces (4 cups)	= \$ .75
2 ounces processed cheese (American)	\$3.69 for 16-ounce package (24 slices) (8 2-ounce / 3-slice portions)	= \$ .46
1½ ounces natural cheese (cheddar, Swiss, mozzarella)	\$2.28 for 8 ounces (6 1½-ounce portions)	= \$ .38
1½ cups ice cream	\$3 per 1.75 quart (7 cups) (4 2/3 1½-cup portions)	= \$ .64
2 cups cottage cheese	\$2.99 for 24 ounces (3 cups) (\$.99 per cup x 2)	= \$ 1.99

## Spend Smart: strategies for milk

### Compare unit prices—Larger containers tend to be the best buy

One gallon @ \$3.09	= 16 cups	= 19¢ per cup
One half-gallon @ \$2.59	= 8 cups	= 32¢ per cup
One quart @ \$1.39	= 4 cups	= 35¢ per cup



### Protect your investment

Milk generally holds its quality for 1 week after opening **IF** it is kept refrigerated at 40°F or lower and the container is closed. Check refrigerator temperature. Store milk in main compartment; it is colder than door shelves. Also, check carton dates before purchasing and do not leave containers out during meals.

### Switch to skim

A family of four who changes from whole milk to nonfat milk could save \$8 to \$11 per week and also shave off 5,040 calories and 518 grams of fat. If your family does not like skim, try mixing it with the milk you now buy and gradually increase the proportion.

## Spend Smart: strategies for cheese

### Compare unit prices and be flexible

Because cheese is packaged in many sizes and forms, it is especially useful to base buying decisions on the unit price (in this case: the price per ounce). Divide the package cost by the number of ounces in the package (as shown in the examples) to find the best buy.



8-ounce package  
@\$3.19 = \$.40/oz



16-ounce package  
@\$4.99 = \$.31/oz



8-ounce package  
@\$2.28 = \$.29/oz



6-ounce package  
@\$3.99 = \$.67/oz

### Stock up on sale-priced items

Check the use-by date and consider your refrigerator or freezer capacity. Cheese can be frozen if you do not mind its tendency to become crumbly.

### Adjust recipes

Try using only half as much, or sprinkle shredded cheese over the top of a salad or casserole instead of using it as a main ingredient.

## Spend Smart: strategies for yogurt

### Check the cost of convenience

If you like the convenience of single-size cartons, watch for sales. Otherwise, larger cartons are generally cheaper when you compare the price per ounce.



32-ounce store brand nonfat  
@\$2.59 = \$.08 per ounce

### Add your own fruit

Fruit-flavored varieties may cost more and include jam-like fruit that adds extra sugar. Also, the sweetened fruit replaces some of the yogurt in the carton so you get less of the calcium-rich yogurt. Try buying plain or vanilla yogurt and adding your own fruit.

6-ounce store brand flavored nonfat  
@\$.59 = \$.10 per ounce



Package of eight 2.25-ounce name brand portable yogurt treats (18 ounces)  
@\$2.99 = \$.17 per ounce

### Plain Yogurt

Nutrition Facts	
Serving Size 6.00 ounce(s) (170g)	
Amount Per Serving	
Calories 95	Calories from Fat 3
% Daily Value	
Total Fat 0.3g	0%
Saturated Fat 0.2g	1%
Trans Fat	
Cholesterol 3.4mg	1%
Sodium 131.0mg	5%
Total Carbohydrate 13.1g	4%
Dietary Fiber 0.0g	0%
Sugars 13.1g	
Protein 9.7g	
Vitamin A 0%	Calcium 34%
Vitamin C 3%	Iron 1%

### Fruit Yogurt

Nutrition Facts	
Serving Size 6.00 ounce(s) (170g)	
Amount Per Serving	
Calories 162	Calories from Fat 3
% Daily Value	
Total Fat 0.3g	1%
Saturated Fat 0.2g	1%
Trans Fat	
Cholesterol 3.4mg	1%
Sodium 98.7mg	4%
Total Carbohydrate 32.3g	11%
Dietary Fiber 0.0g	0%
Sugars 32.3g	
Protein 7.5g	
Vitamin A 0%	Calcium 26%
Vitamin C 2%	Iron 1%

## Answers: Check your \$-saving skills

1. Skim milk.
2. Lower fat milk generally costs less. Low-fat cheeses usually cost more.
3. Both
4. True
5. False; pre-shredded may be cheaper. Take a calculator to the store and compare unit prices.

## Learn To Live

Anne Arundel County Department of Health  
LearnToLiveHealthy.org  
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Choose MyPlate  
<http://www.choosemyplate.gov/>



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