

Think Cost-Per-Serving, Not Price-Per-Pound to Cut Cost, Reduce Waste

1. Why can cost per pound be misleading?
2. What method or criteria does reader Jacquelyn use to feed her family?
3. In your opinion, do you think Jacquelyn's method would be easy or difficult to implement? Explain why or why not.
4. Does Jacquelyn ever splurge on more expensive meats? If so, how does she compensate? If no, why not?
5. What does the phrase "stretch your meat choice" mean? Provide an example.

For problems #5-#9, refer to the linked charts in the article if needed as you do your calculations.

6. You have a family of 4 to feed. You notice that Walmart has a 3.5 lb. package of boneless and skinless chicken thighs (approximately 12 pieces) for \$8.94.
 - What is the cost per pound?
 - If serving a family of 4, what is the price per serving?
 - How many meals could be made from this package to feed your family?
7. You have a family of 4 to feed. You notice that Walmart has 2.42 lb. packages of bone-in with skin chicken thighs (approximately 5 pieces) for \$4.45.
 - What is the cost per pound?
 - If serving a family of 4, what is the price per serving?
 - How many meals could be made from this package to feed your family?

8. You have a family of 4 to feed. You notice that Walmart has 5 lb. whole chicken for \$6.86.
- What is the cost per pound?
 - If serving a family of 4, what is the price per serving?
 - How many meals could be made from this package to feed your family?
9. You have a family of 4 to feed. You notice that Walmart has a twin pack of 5 lb. each whole chicken for \$12.44.
- What is the cost per pound?
 - If serving a family of 4, what is the price per serving?
 - How many meals could be made from this package to feed your family?
10. Based on your calculations for problems #5-#9, rank the meat options from BEST value to LEAST value. Briefly justify your BEST and LEAST answers only.
11. You have a family of 4 to feed. You notice that Walmart has 5 lb. packages of boneless, skinless chicken breast for \$16.56.
- What is the cost per pound?
 - If serving a family of 4, what is the price per serving?
 - How many meals could be made from this package to feed your family?
12. What circumstances within the family may cause the number of meals per package to increase?

13. What circumstances within the family may cause the number of meals per package to decrease?

14. Suppose the family has leftover chicken from several meals that they freeze for later use that includes: two boneless thighs, one bone-in thigh, 3 carcasses with meat still attached, and one chicken breast. Research the internet to come up with at least three additional meals that could be made with the leftover chicken. Create a slidedeck that includes the name of the dish, a link to the source along with an image. Attach it to Google Classroom when you have finished.

15. Identify and briefly explain 3 key takeaways you learned from this activity that may be helpful in the future when it comes to meal planning and shopping.