

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

KEY

1. Why can cost per pound be misleading?
 - Not all cuts yield the same number of servings
2. What method or criteria does reader Jacquelyn use to feed her family?
 - To feed her family on \$1 per person meal
3. In your opinion, do you think Jacquelyn's method would be easy or difficult to implement? Explain why or why not
 - Answers will vary
4. Does Jacquelyn ever splurge on more expensive meats? If so, how does she compensate? If no, why not?
 - Yes, but to do so, she must compensate by purchasing less expensive cuts of meat or by going meatless

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

5. What does the phrase "stretch your meat choice" mean? Provide an example.
 - It means adding other ingredients to make more of your dish or to use the leftovers to make something else. Examples: Add breadcrumbs to ground meat or at small pieces of leftover meats to soups
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?
 - Approximately \$2.55
 - If serving a family of 4, what is the price per serving?
 - Approximately .65
 - How many meals could be made from this package to feed your family?
 - Two, if each person ate one per meal and there would be a few pieces left over.
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?
 - Approximately \$2.12
 - If serving a family of 4, what is the price per serving?
 - Approximately .53
 - How many meals could be made from this package to feed your family?

- One with possibly one piece leftover
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?
 - Approximately \$1.14
 - If serving a family of 4, what is the price per serving?
 - Approximately .29
 - How many meals could be made from this package to feed your family?
 - One with carcass left for soup
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?
 - Approximately \$1.24
 - If serving a family of 4, what is the price per serving?
 - Approximately .31
 - How many meals could be made from this package to feed your family?
 - At least 2, possibly 3 with two carcasses left for soup
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.
- Answers may vary due to justifications
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?
 - Approximately \$3.31
 - If serving a family of 4, what is the price per serving?
 - Approximately .83
 - How many meals could be made from this package to feed your family?
 - At least four, possibly 5
12. What circumstances within the family may cause the number of meals per package to increase?
- If you have small children who don't eat as much as adults do per meal
13. What circumstances within the family may cause the number of meals per package to decrease?
- If you have teens or adults with hearty appetites who eat more than one serving per meal
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.

Possible Examples

- Chicken Soup
- Chicken Salad
- Chicken & Gravy
- Chicken Casserole
- Chicken Fried Rice
- Chicken tacos with beans, corn, salsa, etc.

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.