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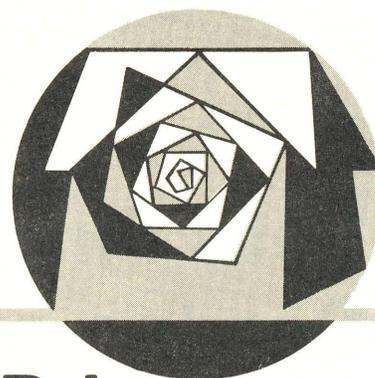
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Vegetables Compare Prices Handout- Expanded Nutrition & Family Programs  
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Cooperative Extension Service  
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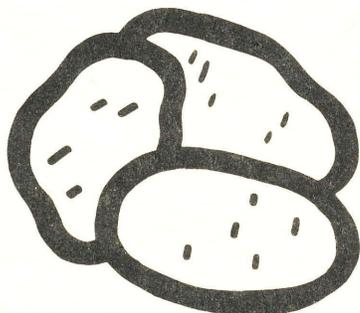
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# Expanded Nutrition & Family Programs



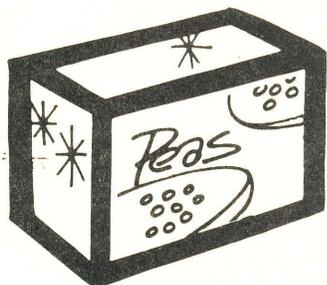
## Vegetables — Compare Prices (H)



How Many Servings?

**Fresh potatoes**

1 pound = 4 servings



**Frozen peas**

10 ounces = 3 servings



**Canned peas**

16-ounce can = 4 servings



**Dried peas or beans**

1-pound package = 10 servings



**EXPANDED NUTRITION & FAMILY PROGRAMS**

# Let's Find the Cost of a Serving of Carrots:

	Price	Cost per Serving
Fresh, one pound .....	_____	_____
Frozen, sliced (10-oz package) .....	_____	_____
Canned, sliced, plain (16 oz) .....	_____	_____
Canned, sliced, fancy cut (16 oz) .....	_____	_____
Canned, whole (16 oz) .....	_____	_____

What did you find out by comparing prices?

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How many servings of vegetables does your family need each day? \_\_\_\_

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**Do Your Figuring Here:**



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