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## Unit Pricing: What it is

With different stores to shop for food at and different prices, it can be hard to tell what is the best deal. Looking at the unit price, you can see if it would save money to buy the bigger container or the smaller. Unit pricing refers to the price of a specific unit of measure (often in ounces) that is the same among products. It will tell you how much each ounce costs in a box and how much each ounce costs in a bag so you can buy the one that will cost you less.



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://whatscooking.fns.usda.gov/>

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# Unit Pricing: How To Do It

Unit pricing is sometimes done for you when you visit your local grocery store. When you look closely at the price sticker next to the item on the shelf it will list the price per unit of the item. However, unit pricing is not always available.



The best way to know the unit pricing of an item (if it is not displayed) is to do some quick easy math. Here is an example using two boxes of cereal:

- Name brand:  $\$3.00/18\text{oz} = \$0.16$  per ounce
- Store brand:  $\$2.75/14\text{oz} = \$0.20$  per ounce

At a glance the 14oz box appears to cost less (only \$2.75 instead of \$3); but when you do the math, the 18oz. box actually costs less.

If you are buying products that have Nutrition Facts labels, you can use the label to help you make your choice. For example, cereal often comes in different sized boxes. How do you know which box is the better price? The Nutrition Facts Label will tell you how many servings are in each box. Then divide the price by the number of servings in each box to determine which has a lower cost per serving.



The recipes provided in this month's issue provide a great opportunity to practice unit pricing. Compare chicken to canned chicken, purchasing premade orange juice or using an actual orange, and different yogurt flavors.



## Light Fried Okra

Makes 4 Servings

### Ingredients:

2 cup okra (fresh, sliced)  
3/4 teaspoon vegetable oil  
1/8 teaspoon salt  
1/8 teaspoon pepper  
cooking spray (nonstick, as needed)

### Directions:

Wash hands with warm water and soap. In a bowl, mix sliced okra, oil, salt and pepper. Coat a large fry pan with cooking spray. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula. Cook until okra is browned, about 10 minutes. Serve with hot sauce or favorite relish.

Nutritional Information per serving:  
Total Calories 24; Total Fat 1 g; Protein 1 g; Carbohydrates 4 g; Dietary Fiber 2 g; Saturated Fat 0 g;  
Sodium 76 mg



## Crunchy Chicken Salad

Makes 5 Servings

### Ingredients:

2 cups cooked chicken cut into chunks (can use canned chicken)  
1/2 cup celery  
1/4 cup green pepper  
1/4 onion  
1/2 cucumber  
1/2 cup grapes  
1 apple  
1/4 cup plain yogurt

### Directions:

Cook chicken and cut, or use canned chicken. Chop celery, green pepper, onion, cucumber, grapes into small pieces. It's okay to leave the apple peel on and simply cut the grapes in half. Mix all of the ingredients in a large bowl. Refrigerate leftovers.

Enjoy this recipe on a bun, lettuce, bread or crackers. Add your favorite seasonings or spices to add flavor as needed.

Nutritional Information per serving:  
Total Calories 140; Total Fat 4.5 g; Protein 17 g; Carbohydrates 8 g; Dietary Fiber 1 g; Saturated Fat 1 g;  
Sodium 65 mg



## Honey Mustard Pork Chops

Makes 4 Servings

### Ingredients:

4 loin pork chops  
1/3 cup orange juice  
1 tablespoon soy sauce  
2 tablespoons honey mustard

### Instructions:

Put the pork chops in a large non-stick skillet and cook over medium-high heat to brown one side of the pork chops. Use spatula to turn the chops. Add the rest of the ingredients and stir. Cover the pan and lower heat. Simmer for 6 to 8 minutes until temperature reaches 145 degrees Fahrenheit.

Change up this recipe however you like. Experiment with different sauces, an actual orange versus orange juice, or using honey and regular mustard.

Nutritional Information per serving:  
Total Calories 300; Total Fat 12 g; Protein 40 g; Carbohydrates 6 g; Dietary Fiber 0 g; Saturated Fat 4.5 g; Sodium 400 mg



## Chocolate Chip Yogurt Cookies

Makes 36 servings

### Ingredients:

1/2 cup sugar  
1/2 cup packed brown sugar  
1/2 cup margarine (or butter)  
1/2 cup non-fat plain yogurt  
1 & 1/2 teaspoons baking soda  
1/2 cup chocolate chips or other baking chips

### Instructions:

Heat oven to 375 degrees F. Combine sugar, brown sugar and margarine in a bowl until light and fluffy. Add yogurt and vanilla and blend well. Stir in flour and baking soda, mix well. Stir in chocolate chips. Drop by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375 degrees F for 8 to 12 minutes or until light and golden brown. Cool for one minute then remove from cookie sheets.

Enjoy this simple, moist cookie recipe with friends and family.

Nutritional Information per serving:  
Total Calories 80; Total Fat 3.5 g; Protein 1 g; Carbohydrates 12 g; Dietary Fiber 1 g; Saturated Fat 1 g; Sodium 50 mg