

MAKE A SHOPPING PLAN

How Betty Shops for Food

Betty spends a little more than two hours a week with planning and shopping for food. The major food stores place ad inserts in the daily newspaper each Monday morning. Betty scans the ads as she makes out menus for the week beginning Wednesday morning. She also notes what she will need for packing school lunches. Betty also checks the coupons she has been collecting for items she needs. She prepares a grocery list from her menus and her master list of staples. Since stores will be less crowded early in the morning at the first of the week, she plans to shop on Tuesday morning as soon as she drops her children off at school.

When Betty enters the large chain supermarket, she picks up an in-store flyer to check for daily specials that may have not been in the newspaper ad. She does not begin shopping at the front of the store where the biggest, prettiest displays are. Instead she heads directly to the back of the store and works her way to the front. She keeps a small calculator in her handbag to check prices on competing brands. Betty finishes at the front of the store in the fresh produce section. This ensures that produce that could bruise easily will be on top of her cart. Because she has chosen a good time to shop and because she knows the store well, Betty spends about one hour including the time in the checkout lane. This is possible because she buys very little meat, cleaning supplies, paper goods, and not all the food staples at this store.

About once a month, Betty shops at a large discount warehouse-type store. She has found this store to have the best prices on certain food staples if she buys in larger volume. She also buys most of her cleaning supplies and paper products there.

Betty stops at a local bulk food store periodically, usually when running other errands and not as a special food shopping trip. She

likes the prices on spices, gelatins, some cereals, and snack foods at this store.

When Betty gets home, she takes care of the perishable foods first. Then she stocks the food storage shelves in her kitchen with the things she wants near at hand for food preparation. Larger items and things she has purchased in greater volume go to a basement food storage room where she also keeps her home-canned foods and her freezer.

How Kate Shops

It is Friday morning and Kate realizes she has little in the house for her children's school lunches. While they eat breakfast, she runs to the convenience store, grabs a pack of lunch meat, some sandwich buns, a couple of snack size bags of pizza combos, and small cartons of chocolate milk. When she gets home, the children scramble to assemble the items in their lunch kits before the school van arrives. Kate adds a container of home-canned peaches to each lunch as they run out the door.

Kate begins thinking about the evening meal while she eats lunch. Deciding on a casserole, she realizes she doesn't have all the ingredients. She will need to stop at the grocery after she runs some business errands for her husband this afternoon. She searches for the grocery ads, but they have long since been tossed into the trash. While she drives around town for her husband, she tries to think of groceries she needs and jots a few things down on the back of an envelope.

The errands take longer than expected and Kate decides to shop at an upscale market because it is right on the way home. Inside she jostles with a crowd of other shoppers who are also scrambling for "something for dinner" on their way home from work. She grabs the things she will need for Friday's supper as well as some convenience things for Saturday and a dessert from the deli-bakery for Sunday. She picks up a

number of things that catch her eye in the various displays. She also buys some staples “just in case” because she isn’t sure about her supply at home. At last she reaches the checkout, only to stand in line for 20 minutes as her blood pressure rises. It rises even more when she sees her total.

Guiltily she pulls out a credit card to pay it, since she doesn’t have enough cash and forgot the checkbook.

When Kate gets home, she needs to do too many things at once. She needs to assemble the casserole and get it into the oven; she needs to get the groceries put away; she has lunch dishes to clean up before she can set the table for supper. While the casserole bakes, she stacks the lunch dishes and hurriedly puts the perishable groceries away. She stacks the dry groceries at various places in her kitchen and in a cupboard in her utility room since she has never really organized her food supplies. At last her famished family sits down to a late supper amid

half empty bags of groceries strewn around the kitchen.

By Tuesday morning Kate will face the same predicament as she did Friday. It will be necessary to stop by the supermarket for the second time in less than a week. Since she doesn’t have an organized shopping list, she will need to walk every aisle and then she will probably forget some things. She will also pick up quite a number of convenience foods since she often waits until the last minute to decide what she is cooking for a meal. On this trip she will buy quite a bit of meat since she has never learned to buy it in bulk to save money.

Once in a while Kate stops at a discount store or a bulk food store. She tends to overbuy at these places because many things seem so much cheaper and she tends to buy on impulse, and she isn’t sure what is in her food supply at home so she buys more “just in case.”



Make a shopping plan.

- 1. By now you should be familiar with the food stores in your area. Using what you know, develop a plan for shopping. Include things such as how often you would go to each store, and what types of things you would buy there. Be thorough. Include household items besides groceries in your planning. Discuss your plan with your mother and teacher.

LOOKING BACK . . .



Write true or false.

2. _____ Don’t clutter your shopping trip by taking a calculator along.
3. _____ You may save money by not buying all your groceries and supplies at the same store.
4. _____ Use the convenience store often—that’s what it’s there for.
5. _____ Bulk food stores usually offer a complete selection of groceries in bulk.
6. _____ Selections usually are not as complete at discount and scratch-and-dent stores as they are at regular grocery stores.
7. _____ Food companies use package colors to try to influence you to buy their products.

Lessons 10, 11

- 8. _____ Coupons always provide you with a good buy.
- 9. _____ Processed foods usually will cost more than fresh ones.
- 10. _____ When you comparison shop, you will likely find one store that has lower prices on everything you need.
- 11. _____ You should check in-store advertising for specials not advertised in newspaper ads or inserts.



Complete this sentence.

- 12. Two disadvantages of scratch-and-dent or discount stores are _____
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Lesson 11

Review and Quiz 2



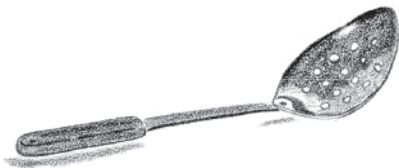
REVIEW

REVIEW AND QUIZ 2

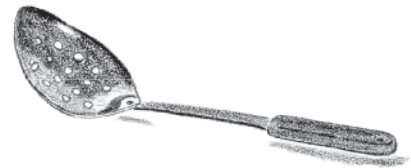
It's time to see how well you remember what you have learned. Prepare for Quiz 2 by reviewing the work you have done in this LightUnit.



Tell your teacher when you are ready for Quiz 2.



SECTION 3



Efficient Kitchen Organization

A homemaker spends a significant portion of her waking hours in her kitchen. A godly woman approaches the preparation and serving of food as a delightful way to express her creativity and to share her blessings with others. She will enjoy it so much more if the kitchen is a cheery, clean, organized room

that seems to say, "Come, make something delicious in me."

As you have already learned, Betty has learned how to enjoy her kitchen, but Kate considers her time there as drudgery. Because of personality differences, some women naturally enjoy kitchen work more

than others. Perhaps you have already discovered that there are some things Kate could learn from Betty to make her kitchen work a happier experience, although she

may never consider kitchen work her favorite part of homemaking.

In this section, we will consider ways to make a kitchen an efficient, organized area.

Section 2 Objectives

- ★ **Read these objectives.** When you have completed this section, you should be able to –
 - organize a kitchen for efficient baking.
 - organize a kitchen for efficient meal preparation.
 - organize a kitchen for meal serving.
 - plan for efficient cleanup.

Lessons 12, 13

Organizing the Kitchen

ORGANIZING THE KITCHEN

Food Storage

The wise homemaker keeps a certain amount of food staples in storage according to her family's needs. Obviously, the mother of ten children will need to keep a larger stock of food supplies than a mother of two children. An efficient homemaker learns to store food items so that she does not waste time and steps as she prepares to cook or bake. If she organizes storage areas well, she will not walk back and forth across her kitchen to find supplies and equipment for mixing, cooking, and baking.

Kitchen activities fall into several general categories. A homemaker should organize her kitchen according to these activities to save time and energy.

The Baking Center

Think for a moment of the supplies required for baking brownies or gingerbread.

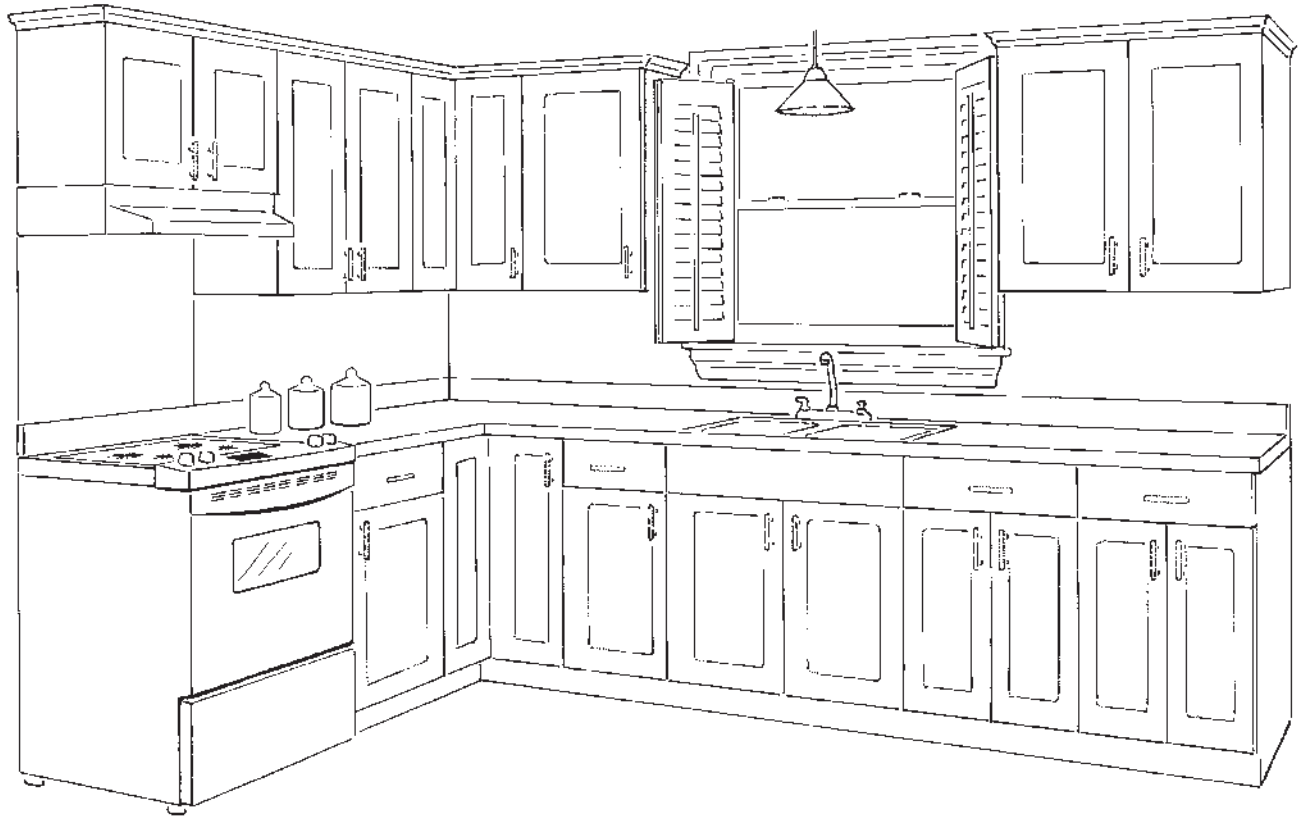
You would need flour, sugar, spices, cocoa, eggs, salt, baking powder, salt, oil or shortening, a mixer, some measuring cups and spoons, a mixing bowl, and pans for baking.

It is logical to keep baking supplies in one area to speed up the preparation process. But you might be surprised if you peeked inside the cupboards of many kitchens.

You might find cinnamon and baking powder in one cupboard; flour, salt, and sugar in canisters on a countertop across the kitchen; and ginger and cocoa in a third area. A cook wastes time gathering supplies in such a kitchen.

Another problem in such a kitchen is the difficulty of keeping track of supplies and knowing when it is time to buy more. The ginger gets lost behind the cereal bowls, so the homemaker buys more. Now she is wasting money for something she doesn't need. In an efficient kitchen, the baking supplies are stored together along with the equipment needed.

When Betty wants to make her husband's favorite chocolate cake, she walks to a corner of her kitchen where her electric mixer and canisters holding flour, sugar, and salt sit on the countertop. In the cupboard above and just to the right is a rotating shelf



where she keeps flavorings, spices, dried herbs, and other seasonings. Just to the left above the mixer Betty stores a flour sifter and measuring cups. Rubber scrapers, spatulas, and mixing spoons are in a pretty ceramic jar close to the mixer. She stores other small kitchen tools in drawers in this area.

In the cupboard below Betty keeps mixing bowls and baking pans. She also stores baking supplies which come in larger containers (oils, shortening, cocoa, oatmeal, powdered sugar, and cornstarch) in this area. She has found that placing these food supplies on large trays makes it easier to get to them when she needs an item, since she can pull the tray out to find what she needs rather than reach back into a dark cupboard and grope for it. Betty's refrigerator is just a few steps away so that milk, butter, and eggs are within easy reach when she needs them.

Betty's organization not only makes the mixing process quicker and easier; it also enables her to put each food item away as she uses it with a minimum of effort. When the cake goes into the oven, all she needs to

do is place the dirty mixing and measuring equipment in hot soapy water in the sink (or in the dishwasher), wipe the mixer and the cupboard top, and her kitchen is clean and ready for the next project.

When Kate decides to bake a cake, the experience is quite different. Her small kitchen tools are in drawers across the kitchen from the mixer. She sticks spices, seasonings, and flavorings in a cupboard where she stores mugs and water glasses. Since she doesn't have an organized way of



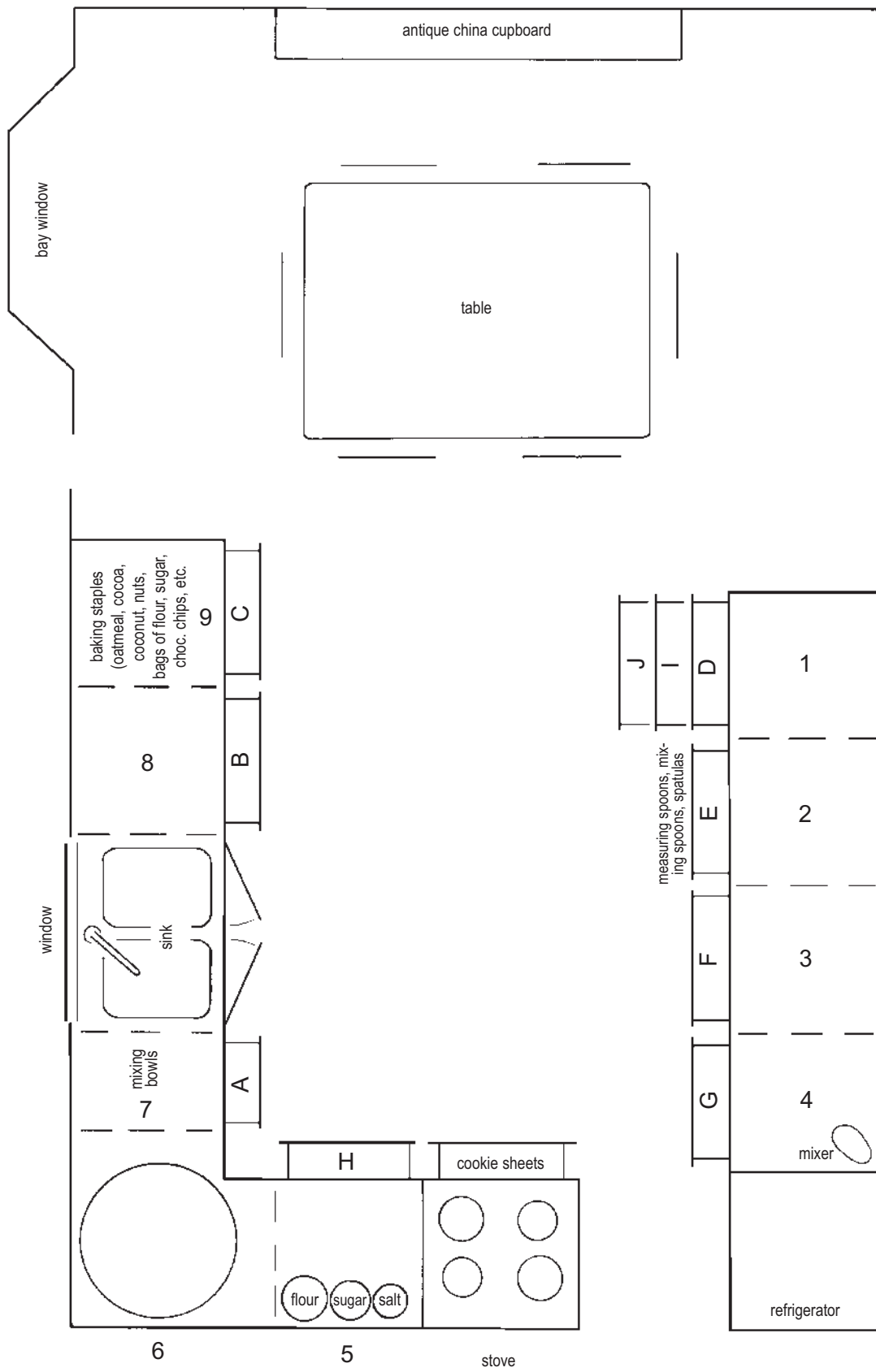
checking supplies before she shops, her flour and sugar canisters sometimes disappoint her with too little in them for her project. Baking pans and mixing bowls are in another area along with various pots and

pans; they often get shoved to the back of the cupboard because the cooking pots get more use. Is it any wonder that Kate usually resorts to using a cake mix because making a cake from scratch is so much trouble?



Do these activities.

1. Think about your kitchen at home. How is it organized? Perhaps your mother has a baking center. Draw a sketch of your kitchen in the space below. Show how the baking center is situated and what supplies and equipment it includes. Perhaps you could also indicate where your mother stores recipes and cookbooks. (Look at the sketches that follow this page for an idea of how to sketch the layout of your kitchen.)



LOOKING BACK . . .



Follow the instructions.

3. List four things to consider before planting a garden.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
4. Explain how the *first in, first out* rule saves money. _____

Match the descriptions with the correct type of food store.

- | | |
|--|-------------------------|
| 5. ____ Most variety of brands and sizes | a. National chain |
| 6. ____ Best price on bulk spices | b. Local regional chain |
| 7. ____ Quick stop for milk, bread, snacks | c. Bulk food store |
| 8. ____ Best prices on meat in quantity | d. Convenience store |
| 9. ____ Good prices on off-brand products | e. Discount store |
| 10. ____ Owned by local family or company | |
| 11. ____ Dry foods repackaged in plastic bags and containers for customers | |
| 12. ____ Most likely to carry locally grown produce. | |

Lesson 14

Preparing, Serving, Cleaning

PREPARING

General Food Preparation

How can I make my kitchen more user-friendly? A homemaker should ask herself that question from time to time. Food preparation should be a pleasure. It may become a dreaded task because the homemaker has gotten into a rut of doing things in a way

that costs her time and energy.

General food preparation includes much more than what we think of as baking. It includes all the work necessary to provide meals for the family. It includes the supplies and equipment needed for preparing nutritious meals. Daily menus include prepara-