What can you get for $6 when buying fruits and vegetables???

We at the SpendSmart website (www.extension.iastate.edu/foodsavings) decided to see what $6 would buy. We were in luck because lots of fruits and vegetables were on sale.

The first two pictures show different ways to spend $6. We tried to get the most food we could, but also tried to get a variety of colors, and both fresh and frozen foods. Some of the foods were priced by the item, such as celery, carrots, grapefruit, cucumbers, bell peppers and the frozen vegetables. A few of the items you have to weigh (there is always a scale in the produce department). To find the price you have to take the weight times the price per pound. If you have your cell phone, use the calculator on it to do the math for you.

The last four pictures show how the price of fruits and vegetables goes up when you choose specialty products, or the grocery store does some of the food preparation work for you.

**Picture #1**
3# bananas .87  
1 celery stalk .69  
2 bell peppers/1 cucumber 3 for $1  
2# yellow onions .58  
1# bag baby carrots .79  
3 grapefruit 3 for $1  
16 oz bag frozen veggies .98  

**TOTAL $5.90**

**Picture #2**
2# large Braeburn apples 1.38  
2 bell peppers/1 cucumber 3 for $1  
2# bananas .58  
1# bag baby carrots .79  
16 oz bag frozen veggies .98  
Dole spinach .99  

**TOTAL $5.72**
Each 12 ounce package of vegetables costs $2.50. So these two packages together cost $5. Since the Green Giant vegetables have a butter sauce, they can’t be bought with WIC coupons.

The Green Giant vegetables at the left cost $2.50. The Birds Eye Vegetables were on special for $1.00. Both are 12 ounces. Neither has a sauce.

If you want someone else to chop up your vegetables, you pay dearly for that service.

Same goes for cantaloupe. You get 2 whole cantaloupes for $6. The cut up bowl would cost $8.22.

For more information on getting the best price/value on food, tips for eating and entertaining at home, info on taking lunch to work, and how to stretch your food dollar visit Spend Smart. Eat Smart. Sign up for the blog for weekly topics.

For more information contact: Peggy Martin, MS, RD, Iowa State University, peggym@iastate.edu

Posted 11/11/2009