



SAVING MONEY WHEN BUYING FOOD FOR BABY

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MILK. Do you breast-feed your baby? Do you buy formula for your baby or do you prepare your own? Do you feel that it costs too much? When you get your doctor's recommendation of what your baby needs, do some comparative shopping. Then decide which one is best for you and your baby.

ORANGE JUICE. Which form of orange juice or other fruit juice do you provide? Do you use fresh, canned or frozen? What is the difference in the cost of these forms? Which is best for you and your food budget?

NUTRIENTS. How much are you paying for the protein, iron and calcium you are buying? The size of the package or container may make a difference. Is it on sale?

ENERGY. Do you have the energy to prepare foods from "scratch"? Sometimes this saves money. You can't always save energy, time and money.

YOU are the key person in saving money. Do these things: check prices at different stores; compare prices of different forms of foods; know the food value of different food items; watch for sales; store food properly to prevent waste.

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