



# Compare the Cost per Serving<sup>1</sup>

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Sometimes the cost per pound or ounce isn't the best way to find the lowest-price food. For some foods, like meat or poultry, it's best to compare the **cost per serving**. Some cuts of meat and poultry have more bone and fat loss than others. For example, boneless cuts have more edible meat (servings per pound) than cuts with bones. To find the best buy for various cuts of beef and poultry, use the table below to find the number of servings per pound. Then divide the *price* per pound by the number of servings per pound.

(Remember that a serving of meat is about three ounces.)

SERVINGS PER POUND for various cuts of beef and poultry			
 Beef		 Chicken	
Beef for stew	4	Whole chicken	2
Bottom round roast	3	Breast	2½
Brisket	3	Breast (boneless)	4
Chuck roast	2	Thigh	2½
Chuck roast (boneless)	2½	Drumsticks	2
Ground beef	4	Leg quarter	2
Short ribs	2	Wings	1½

Source: Burson, DE. *Buying Meat by the Serving*. University of Nebraska-Lincoln Extension Fact Sheet. Publication G89-947.

Do you know how to find the best buy in the meat department? Let's try it!

To find the cost per serving, divide the price per pound (from the food label) by the number of servings (from the table above):

$$\frac{\text{PRICE PER POUND}}{\text{NUMBER OF SERVINGS PER POUND}} = \text{COST PER SERVING}$$

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**Example**

- Bottom round roast is on sale for **\$3.29** per pound.
- Chuck roast (with bone) is **\$3.19** per pound.

Which is the better buy? \_\_\_\_\_

**Answer**

- Bottom round roast has **3** servings per pound.  
 $\$3.29$  divided by **3** equals **\$1.10** per serving.
- Chuck roast with bone has **2** servings per pound.  
 $\$3.19$  divided by **2** equals **\$1.60** per serving.

Even though the bottom round costs more per pound, it is the better buy because it costs less per serving. You get more meat for your money!

**Now it's your turn!**

Chicken wings are <b>\$1.99</b> per pound	Chicken breast (with bone) is <b>\$2.99</b> per pound
<ul style="list-style-type: none"> <li>◦ How many servings per pound are in the wings? _____</li> <li>◦ What is the cost per serving of the wings? _____</li> </ul>	<ul style="list-style-type: none"> <li>◦ How many servings per pound are in the breast? _____</li> <li>◦ What is the cost per serving of the breast? _____</li> </ul>
Which, then, is the better buy per serving? _____	

Congratulations! You are on your way to becoming a smarter shopper!

Answers: 1 1/2, \$ 1.33, 2 1/2, \$1.20, breast