

# CHAPTER SUMMARY

## Section 28.1

### **Cost Effective Meal Management Practices**

Many factors affect the price of food, including shipping, processing, marketing, and supply and demand. Families can use money-saving strategies to stay within their food budget. A well-planned shopping list helps ensure that you get all the items you need. Where and how often you shop will depend on your priorities.

## Section 28.2

### **Food Choices that Promote Good Health**

Food labels provide information to help you judge the nutritional value and freshness of food products. Much of the information on food labels is regulated by the government. Learning how to select quality foods will help ensure that you get the most value for your money. There are different checkout lanes available to help save you time.