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Shop to save on holiday foods

Supermarket flyers advertise bargain prices on holiday foods, yet reduced items are rarely enough to complete the menu. Low-cost items are typically called "loss leaders," meaning that store management is willing to sell some items at a reduced price with the hope that shoppers will buy other items at regular (and, sometimes, inflated) prices, said Mary Meck Higgins, Kansas State University Research and Extension nutrition specialist and state leader for Extension nutrition programs. "Shoppers are encouraged to check sale prices and take advantage of sales that will be beneficial to them," she said. And, while stocking up on non-perishable items can yield a savings, Higgins recommends buying only what you need and can use.

Planning a potluck, rather than offering to be responsible for a full meal, also can help to hold down costs, she said. Re-thinking the menu – serving two, rather than four or five vegetables, or one type of pie, rather than several – will allow holiday hosts to save by eliminating some items from the menu, and by buying a larger quantity of the foods that will be served at a reduced unit price. Clipping coupons and, if Internet access is available, clicking on manufacturers' Web sites for additional coupons, can help to hold down costs for shoppers who prefer brand-name foods. Higgins recommends comparing prices of brand name products against store brands to verify that using a national-brand coupon actually saves money.

American Profile HOMETOWN RECIPES FOR THE Holidays

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COLBY KANSAS MEETING SCHEDULE

Alcoholics Anonymous:
 Colby 6th Street
 8:30 p.m. ~ Wednesday and Saturday
 8:30 a.m. - Sunday Morning meeting

Downtown:
 Basement of City Hall
 8:30 p.m. ~ Monday and Thursday

Sisters in Sobriety:
 Basement of City Hall
 5:00 p.m. ~ Sunday

Narcotics Anonymus:
 Basement of City Hall
 8:00 p.m. ~ Tuesday, Friday and Sunday

Alanon:
 Colby 6th Street
 8:30 p.m. ~ Wednesday

ACOA:
 Basement of City Hall
 7:00 p.m. ~ Monday

Open November 21

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