



Family & Consumer Sciences

*Cent\$ible Nutrition Program*

*Helping Families Eat Better for Less*

UNIVERSITY  
OF WYOMING  
Cooperative Extension Service

## Cent\$ible Nutrition Master Mixes

### Cost Comparison

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#### MASTER MIX

\_\_\_\_\_ cents per serving

6 grams fat per serving

25% calcium per serving

#### STORE MIX

\_\_\_\_\_ cents per serving

\_\_\_\_\_ grams fat per serving

\_\_\_\_\_ percent calcium per serving

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#### MAGIC MIX CREAM SOUP

\_\_\_\_\_ cents per 1 1/2 cups

40% calcium per serving

170 mg sodium per serving

#### STORE MIX or CAN

\_\_\_\_\_ cents per 1 1/2 cups

\_\_\_\_\_ percent calcium per serving (without milk)

\_\_\_\_\_ mg sodium per serving

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#### CHOCOLATE MAGIC MIX

\_\_\_\_\_ cents per serving

0 percent fat per serving

6 percent calcium per serving

#### STORE MIX

\_\_\_\_\_ cents per serving

\_\_\_\_\_ cents per serving in individual packets

\_\_\_\_\_ grams of fat per serving

\_\_\_\_\_ percent calcium per serving

### Homemade Mixes Contain:

Fresh ingredients

No additives or preservatives

Mono-unsaturated canola oil

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.

# Mixes Comparison Key

FOR EDUCATOR USE ONLY

## Master Mix (1/3 cup serving)

10 cents per serving  
6 grams of fat per serving  
25% calcium per serving

## Store Mix (1/3 cup serving)

14 1/2 cents per serving  
6 grams of fat per serving  
4% calcium per serving

## Magic Mix Cream Soup

18 cents per 1 1/2 cups  
40% calcium per serving  
170 mg. sodium

## Store Can

60 cents per 1 1/2 cups  
0% calcium per serving (without milk)  
1305 mg. sodium per serving

## Chocolate Magic Mix

9 cents per serving  
0% fat per serving  
6% calcium per serving

## Store Mix

15 cents per serving  
0% fat per serving  
4% calcium per serving

