

# What does a sack lunch cost?



Prepackaged **Lunchables**® seem to be the gold standard for kids who watch lots of commercials on TV. Amanda set out to compare costs of the name brand packaged lunches compared to similar foods you could send from home.

What is the verdict? Both the home packed cheese and cracker meal and the turkey and cheese sandwich meal cost less and provide more food than **Lunchables**® - about 2.5 to 3 times more food (comparing the weights) than the store bought lunch.

The nutrition of the cheese, turkey and cracker meals is comparable, but the cost is less for the home packed lunch. The cost of the deli sandwich meal is even lower, provides 100 more calories, and a higher percent of the main nutrients in almost every category.

Want to know how much your sack lunch costs? Here's a start: one cheese stick- \$0.21; braeburn apple-\$.45; 1 cup cantaloupe-\$0.80; 1 banana- \$0.12; 1 cookie made from a mix- \$.07.

## Lunchables® - cheese, crackers and turkey:

Total with juice and fun size candy bar or Skittles®: \$2.49

Total with no drink or dessert: \$1.89

## Home packed cheese and cracker meal:

Crackers: low sodium Triscuits® - \$0.30 per serving (6 crackers)

Store brand cheese - \$0.22 per serving (1 oz)

Deli Turkey (from counter) - \$0.50 per 2 oz

Total: \$1.02

Total with string cheese, apple, and cookie: \$1.75

## Home packed deli turkey and cheese sandwich:

Store brand whole wheat 100% stone ground bread - \$0.19 for 2 slices

Store brand deli turkey (from counter) - \$0.50 per 2 oz

Store brand American cheese slices - \$0.10 per slice

Total: \$0.79

Total with apple and cookie: \$1.31

Nutrition Facts			
Serving Size		1.00 container (108g)	
Amount Per Serving			
<b>Calories</b>	420	<b>Calories from Fat</b>	120
% Daily Value			
<b>Total Fat</b>	13g		20 %
Saturated Fat	7g		35 %
Trans Fat	0.5g		0 %
<b>Cholesterol</b>	45mg		15 %
<b>Sodium</b>	750mg		31 %
<b>Total Carbohydrate</b>	63g		21 %
Dietary Fiber	1g		2 %
Sugars	45g		
<b>Protein</b>	13g		
Vitamin A	4 %	Calcium	20 %
Vitamin C	25 %	Iron	10 %

Nutrition Facts			
Serving Size		1.00 serving(s) (261g)	
Amount Per Serving			
<b>Calories</b>	422	<b>Calories from Fat</b>	163
% Daily Value			
<b>Total Fat</b>	18.1g		28 %
Saturated Fat	7.4g		37 %
Trans Fat	0.0g		
<b>Cholesterol</b>	57.5mg		19 %
<b>Sodium</b>	857.4mg		36 %
<b>Total Carbohydrate</b>	46.5g		15 %
Dietary Fiber	6.3g		25 %
Sugars	20.0g		
<b>Protein</b>	20.4g		
Vitamin A	10 %	Calcium	23 %
Vitamin C	16 %	Iron	15 %

Nutrition Facts			
Serving Size		1.00 serving(s) (316g)	
Amount Per Serving			
<b>Calories</b>	526	<b>Calories from Fat</b>	137
% Daily Value			
<b>Total Fat</b>	15.3g		23 %
Saturated Fat	4.9g		25 %
Trans Fat			
<b>Cholesterol</b>	58.6mg		20 %
<b>Sodium</b>	946.0mg		39 %
<b>Total Carbohydrate</b>	72.0g		24 %
Dietary Fiber	9.6g		38 %
Sugars	25.7g		
<b>Protein</b>	29.5g		
Vitamin A	9 %	Calcium	27 %
Vitamin C	11 %	Iron	20 %

Prices gathered August, 2009 in central Iowa

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