

Class: j s 2

Subject: Home Economics

Topic: FOOD PURCHASING AND BULK BUYING

Introduction: food is very important for good health. It is therefore important that family members feed well. Proper food processing and purchasing method should be followed when selecting food to prevent the food from being harmful and injurious to health. Food for consumption should be purchased from good source, clean environment and managed well to avoid dangers and risk factors.

Meaning of food purchasing

Food purchasing is the act of buying food wisely for use.

Wise food buying is very important because it helps to reduce food spoilage and wastage.

Risk factors in Buying food

It is important for the people to be aware of the causes, dangers and consequences of making wrong choice of food. They risk factors include:

1. Poor handling practices.
2. Buying food from unsafe sources.
3. Hoarding of products by sellers.
4. Poor employee's health and hygiene.
5. Improper cooking temperature of food.
6. Selling in unhygienic environment causes food borne illness outbreak.
7. Giving wrong measures for correct price.
8. Temperature variation during food storage.
9. Changing wrong labels for good ones.
10. Wrong manufacturing and expiry date.

Factors to consider when purchasing food

- i. **Money available:** this determines the quality and quantity of food to be purchased.
- ii. **Size of the family:** number of family members determines the quantity of food to be purchased.
- iii. **Food in season:** buy fresh food in season; for example, mango, apple, pineapple, onion, tomatoes, pepper, etc
- iv. **Buying in bulk:** non-perishable foods should be bought in bulk.
- v. Choice of food depends on the knowledge of different food sources and nutritional needs of the family members.
- vi. Share bulk food with neighbours or friends whenever possible.

- vii. Food preservation and storage facilities available to the family.
- viii. **Quality of food:** it is important to buy good quality foodstuff.
- ix. **Like and dislikes of family members**
- x. **Advertisement:** a great influence on food choice is advertisement. Adverts have a way of persuading people to make choices.

Wise buying practices

Wise buying is the act of buying intelligently in order to get value for your money and achieve one's want.

Wise buying practices involves:

- i. Make a shopping list.
- ii. Keep to the shopping list.
- iii. Avoid impulse buying.
- iv. Do not be afraid to stand up for your rights.
- v. Ensure that there are adequate storage facilities for the foodstuffs to be purchased.
- vi. Buy foods that are in season.
- vii. Judge the quality of food before buying.
- viii. Check the manufacturer instructions and expiring dates.
- ix. Read labels or information on packages of food to ensure nutritional facts.
- x. Practice market survey.
- xi. Make bulk purchases when necessary.

BULK PURCHASING

Bulk purchasing is the process of buying foodstuffs in large quantities.

Advantages bulk purchasing

1. It ensures that food is always in the house.
2. It is economical and saves money.
3. It saves time and energy. The home maker does not need to go to the market daily.
4. It enables the homemaker to buy food in season.
5. It is useful for food management in large families and institutions such as schools, hotels, etc

Disadvantages of bulk purchasing

1. It can take much of the family income and prevent the purchase of other needed commodities.
2. One kind of food purchased in bulk can become monotonous to the family diet.
3. Lack of proper storage and management of food can lead to wastage.
4. Poor quality foodstuffs purchased in bulk will spoil in storage.

HOME WORK

1. State any 3 reasons for preserving food.
2. Who is a consumer?
3. What is food processing?