

Fast-food vs. Fresh food cost

Many people prefer to eat fast-food, while others prefer to eat at home and make their own food. Besides the obvious health related concerns of consuming fast-food, the price of food must also be examined. Although many people believe that it is much cheaper to buy a quick, ready-made meal at a fast food restaurant, this is not true. In fact, fast-food has additional cost which is the consumption of additional calories which leads to obesity and many diseases. The choice of eating at home saves money, and it provides people with nutritional and healthy food.



If you go to a fast food chain, you can get a meal anywhere from five to ten dollars for one person. With cooking, you are able to feed multiple people for the same cost that it would take to normally feed one person at a fast food restaurant. Also, there would be ingredients left over for future usage, such as: oil and other long-lasting ingredients.

Another factor to consider when choosing between eating out and fast food is the time of preparation and your health. Fast food is much quicker, but in the end much worse for your health. By cooking your own meals, you only need to spent about an hour per day. In return, you can greatly improve and benefit your health.

Not only does your healthy choices affect you, but it affects the people around you. This is called an external cost. By your decision to eat healthy, you also encourage the people around you to eat healthy. When the general public is healthier, we can decrease health care cost.

In an experiment, one Oakton student purchased all 3 meals through various fast-food restaurants, including Oakton's cafeteria, during a week. **The cost of meals during this week was \$87.00 per person.**

By buying whole ingredients to prepare all 3 meals at home during a week, we estimated the cost of food to be about \$42.93 per person. The content and price of food in this basket is illustrated in the chart provided.

As you can see, the money you spent on home cook meals are significantly lower than eating out. **You would be saving as much as \$45 per week.** Also, don't forget the health benefits that come with healthy home cooking.

With all the obvious reasons provided, doesn't it



Ingredients	Price	Qty/	Cost-Week/person
1. Ground beef	\$2.29	1 lb	\$2.29
2. Tomatoes	\$.75	2	\$1.50
3. Tortillas	\$0.70	8	\$5.60
4. Taco seasoning	\$1.19	0.25	\$1.19
5. Onions	\$.37	2	\$0.75
6. Cheese	\$8.00	32oz	\$4.00
7. Burger buns	\$1.19	2	\$2.38
8. Ketchup	\$1.99	0.25	\$0.50
9. Mustard	\$1.39	0.25	\$0.35
10. Tomato sauce	\$1.00	2	\$2.00
11. Pizza crust	\$3.99	1	\$3.99
12. Lasagna noodles	\$1.99	1	\$1.99
13. Spaghetti noodles	\$1.69	1	\$1.69
14. Tomato Basil Sauce (can)	\$2.49	1	\$2.49
15. Feta cheese	\$3.99	0.25	\$1.00
16. Eggs	\$1.99	1 carton	\$1.99
17. Pancake mix	\$3.19	0.25	\$0.80
18. Oil	\$3.99	0.25	\$1.00
19. Syrup	\$2.99	0.25	\$0.75
20. Rice	\$2.99	0.5	\$1.50
21. Canned Beans	\$.94	1	\$0.94
22. Cucumber	\$0.99	1	\$0.99
23. Lettuce	\$1.99	1	\$1.99
24. Biscuits	\$2.49	0.5	\$1.25
Total Cost per Week per person			\$42.93

Healthy Recipes

Chicken Quesadillas with Avocado-Tomato Salsa

Ingredients

- 2 teaspoon(s) canola oil
 - 1 green onion, thinly sliced
 - 1 lime
 - 1 pound(s) skinless, boneless thin- sliced chicken breasts, cut into 1-inch-wide strips
 - 4 burrito-size low-fat flour tortillas
 - 1 cup(s) reduced-fat (2%) shredded Mexican cheese blend
 - 1/2 avocado, peeled, seeded, and cut into 1/2-inch pieces
- 3/4 cup(s) salsa

Directions

1. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add green onion and cook about 6 minutes or until tender, stirring occasionally.
2. Meanwhile, from lime, grate 1 teaspoon peel and squeeze 2 tablespoons juice. Evenly season chicken on both sides with lime peel, 1/4 teaspoon salt, and 1/8 teaspoon ground black pepper.

3. Add chicken to green onion in skillet; cook 10 minutes or until chicken is no longer pink inside. Transfer to bowl; stir in lime juice.

4. Evenly divide chicken mixture and cheese on half of each tortilla; fold over to make 4 quesadillas.

In same skillet, cook quesadillas on medium, in 2 batches, 8 minutes per batch or until browned on both sides and heated through. Cut each quesadilla into thirds. Stir avocado into salsa; serve with quesadillas.



Nutritional Information (per serving)

Calories	400
Total Fat	14g
Saturated Fat	5g
Cholesterol	86mg
Sodium	970mg
Total Carbohydrate	31g
Dietary Fiber	8g
Sugars	--
Protein	38g
Calcium	--

"Healthy Cooking, Meals, and Recipes." *Good Housekeeping*.
<http://www.goodhousekeeping.com/food/healthy>

HEALTHY EATING

FAST-FOOD VS. FRESH FOOD



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