



REPORT ON LOW-COST INGREDIENTS SURVEY

AIM:

To identify the cost of various food products & evaluate low-cost food ingredients.

OBJECTIVE:

- To educate the students on the cost price of various food products.
- To teach them about variations in the pricing of food products at different sellers.

OUTCOME:

- The students got to know the current rates of various food products.
- The survey enlightened them on the variation in prices from one seller to another

REPORT:

The Department of PG Studies in Food Science & Nutrition organized a survey on low-cost ingredients for students of 2nd MSc FSN on 21st December 2023, who were made into teams of 2 assigning a grocery as well as a vegetable store for evaluation of rates of both dry & fresh ingredients at different localities of Mangalore. The students were assigned to evaluate at places like supermarkets (*Spar hypermarket-Hampankatta, Reliance Smart-Chillimbi, More-Alake & Nilgiris-Kodialbail*), online stores (Big basket), wholesale & retailers (*Fathima stores-Hampankatta, Hopcoms-Mannagudda, Kodialbazaar- Kodialbail*), street side vendors (*Central market*) so that the rates can be compared & the students can understand the difference in rates of a wholesaler & a retailer which will help them chose low-cost quality ingredients. The students were given data sheets in which different food ingredients were listed & they were asked to note the rate per liter/ kilogram. After the survey, the cost of each ingredient was discussed & compared to see which ingredients were affordable daily & which seller was providing it for low cost. The students at the end of the survey understood that all the pulses & dhals, oils, and nuts are of high rates followed by the cereals among which the processed cereals like vermicelli, and puffed rice were costly while others were affordable. In the case of vegetables, all the leafy vegetables were affordable whereas the roots & other vegetables had

moderate rates. The fruits were also in the moderate range but the milk & milk products were pricy. They also came to know that on the days of offer, it is best to opt for supermarkets whereas on regular or bulk purchases for monthly ration, we can opt for wholesalers. So, on the whole, the survey gave a wide knowledge of how often different food groups can be incorporated into the diet to stabilize the cost of the meal & keep it nutritious.

