A CONSUMER ITEM

# Just look at what you're throwing away

World concern about lack of food resources is paramount, but less attention is given wastage of available foods.

If you are looking for ways to save money on your food bill check the food that is wasted — that is, over and above what you feed household pets, use in compost piles, or even grind up in the garbage disposal.

The total amount of mixed refuse collected and hauled by Baltimore City forces for fiscal year 73-74 was 365,920 tons.

This averages approximately 888 lbs. per resident per year.

* * *

A two-year study of household waste was conducted by University of Arizona archaeology researchers.

After sampling garbage can contents of randomly selected families in Tucson they found that the average waste was about ten per cent of a family's total food resource.

"Straight" waste — significant quantities of food items such as whole, uncooked portions of meat or partial loaves of bread — made up 60 per cent of the findings.

Scrapings from plates — unidentifiable remains of cooked dishes — made up the remainder of the findings.

*Projecting the data from sample families to the 450,000 residents in Tucson, Arizona,* the researchers estimated that Tucson households discarded about 9,500 tons of edible food yearly valued at about $10 million.

This would feed about 4,000 persons for a year.

Nearly 25 per cent of the sampled households had garbage disposals. Liquid foods — milk, fruit juices, sauces that are poured down a drain rather than put in a garbage can cannot be evaluated.

So, it is with the food waste from disposals and drains — it cannot be figured.

But, just imagine the waste.

AGES 7-14

# Girls Scouts sponsor Zoo Safari

Zoo Safari, a special summer event sponsored by Girl Scouts of Central Maryland, in cooperation with the Baltimore Zoo, still has space for a limited number of Baltimore-area girls ages 7 to 14.

To be held at the Baltimore City Zoo, Zoo Safari will offer music, art, dancing, drama, puppetry, games, hikes and gymnastics along with opportunities to learn about the zoo and its animals.

Other activities will include nature study, ecology projects and chances to develop camping skills.

Zoo Safari will take place in two 8-day sessions. Session I will run from July 28 to August 1 and August 4 to 8; dates for the second session are August 11 to 14 and 18 to 21.

Activities are scheduled from 9 a.m. to 3 p.m. daily.

Non-Scouts as well as Girl Scouts are welcome at Zoo Safari. A fee of $10.0 (within city) covers bus transportation to the Zoo, program supplies, and lunch-time milk for the eight-day session. Girls will bring lunch.

For information on how to register, interested persons may call 889-2061, weekdays between 8:30 a.m. and 4:30 p.m.

Girls Scouts of Central Maryland offers year-round programs of fun and learning to girls 6 to 18 in Baltimore City and Anne Arundel, Baltimore, Carroll, Frederick, Harford and Howard counties. It receives partial support from the United Fund of Central Maryland and the United Way of Frederick County.

AUG. 6

Lt. General Edward S. Fris, USMC, will serve as Honorary Colonel for the Fort McHenry Tattoo Ceremony on Wednesday, Aug. 6, at 7 p.m. at Fort McHenry National Monument and Historic Shrine. No charge for parking or admission.


Come on in and Save at...

BIG VALU FOOD CENTERS

- GLEN BURNIE 100 BLOCK GOV. RITCHIE HIGHWAY
- MONDAWMIN MONDAWMIN SHOPPING CENTER SUNDAY
- YALE YALE & BEECHFIELD AVES.
- ERDMAN SUNDAYS 9 A.M.-4 P.M. ERDMAN AVE. & SINCLAIR LANE
- MERRITT MERRIT BLVD. & WISE AVE.
- HIGHLANDTOWN SUNDAYS 9 A.M.-4 P.M. 3501 EASTERN AVE.

OUR OWN FINE GAYLORD BRAND
1-lb. Solid Margarine 3 for $1 1-POUND PACKAGES

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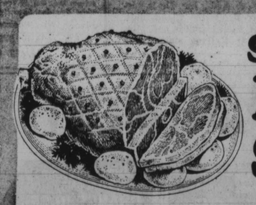


Smoked Ham Sale!
Blue Bird Smoked Shank Portion lb. 89¢
SMOKED WHOLE OR Butt Portion lb. 99¢
SMOKED Slices Center Cut lb. 1.59

"MASTER BUTCHER" (5-lbs. or more) Ground (Plastic Bag) Chuck 99¢ lb. Ground Fresh Several Times Daily (LESSER QUANTITIES $1.09 lb.)

U.S. GOV'T. INSPECTED FRYING CHICKENS ¼-Breasts WITH WINGS ON BACK ATTACHED, OR ¼-Legs WITH FULL BACK ATTACHED YOUR CHOICE 69¢ lb.

HYGRADE ALL MEAT 1-LB. PKG. Skinless Franks 89¢

FOOD CLUB SLICED 1-LB. PKG. Bologna MEAT, BEEF OR GARLIC $1.19

"MASTER BUTCHER" U.S.D.A. CHOICE Round Steak $1.69 lb.

Appetizer FRESH SLICED TO ORDER PRESSED & Chopped HORMEL Ham ½-lb. 79¢

FRESH SLICED TO ORDER Pickle OR OLIVE Loaf ESSKAY 75¢

FRESH SEAFOOD FRESH REG. CRAB MEAT lb. $4.19 FRESH SLICED STEAK FISH lb. 79¢

HOME GROWN-"FIRST-DAY" YELLOW Corn 10 Selected ears for 79¢

SOUTHERN FREESTONE Large Peaches (2¼ inch) 39¢ lb.
SALAD FAVORITE-CRISP SELECTED Cucumbers 3 FOR 29¢
HOME GROWN Cabbage Solid Heads lb. 10¢
HOME GROWN Fresh Beets bunch 29¢

REAL Mayonnaise Filberts 1-QUART JAR 95¢

Crinkle-Cut GAYLORD 2-LB. POLY BAG Potatoes FROZEN 39¢

FOOD CLUB Homestyle OR BUTTERMILK Biscuits FOUR PACK 8-OUNCE CAN 55¢

Cadillac Dog Food "FIVE-IN-ONE" 6 14½-oz. cans in pkg. 1.29

ALL FLAVORS GAYLORD ICE CREAM ½ Gal 69¢

Crest 7-OZ. TUBE TOOTHPASTE OR Secret 1½-oz. Roll-on 89¢ ea.

JUBILEE ENRICHED White Bread 3 1-LB., 4-OZ. LOAF loaves for $1

OLD VIRGINIA 45-OZ. JAR Apple-Sauce 79¢

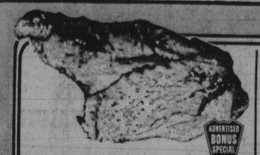
BORDEN'S-INSTANT MASHED POTATOES Country Store 1-LB. BOX 49¢





GIANT — THE QUALITY FOOD PEOPLE

For Your Summer Shopping Convenience We are Open 8 am 'til 11 pm MONDAY through SATURDAY 9 am 'til 6 pm on SUNDAY



USDA GRADE A FRESH CHICKEN BREAST WITH RIB lb. 99¢

USDA CHOICE BEEF CHUCK BLADE ROAST Bone In lb. 1.19

USDA CHOICE BEEF CHUCK POT ROAST Boneless lb. 1.39

USDA CHOICE WHOLE BEEF BRISKET lb. 1.19

USDA CHOICE BEEF CHUCK BLADE STEAK Boneless lb. 1.49

USDA Choice - Bone In Beef Chuck Blade Steak lb. 1.29

SELECTED BEEF LIVER SLICED lb. 69¢

FROZEN FOOD DEPARTMENT

MORTON DINNERS Meat Loaf, Chicken, Salisbury Steak, Turkey or Spaghetti and Meat Balls 11-oz. pkg. 49¢

GIANT FOOD SALAD DRESSING 1000 Island, French, Italian or Russian 8-oz. bot. 39¢

GIANT FOOD MAYONNAISE 100% PURE qt. jar 89¢

GIANT FOOD APPLE JUICE 1-qt., 14-oz. can 59¢

GIANT FOOD SOFT DRINKS Cola, Orange, Root Beer or Ginger Ale ½-gal. NR bot. 59¢

CHEF'S CHOICE SHOESTRING POTATOES 1-lb., 4-oz. pkg. 25¢

BONUS SPECIAL - Green Giant, in Butter Sauce Niblets Corn 2 10-oz. pkgs. 79¢
BONUS SPECIAL - Rich's Coffee Whitener 3 pint conts. 79¢

MORTON BEEF DINNER 10-oz. pkg. 49¢

SEAFOOD DEPARTMENT
North Atlantic Fresh Hake Steakfish lb. 59¢
Flavos Heat and Serve Shrimp Rolls lb. 99¢
Fully Cooked Chilean Langostina Lobster Meat 12-oz. pkg. 1.99
Golden Fresh Croakers lb. 49¢
Seafood features available thru 9pm, Fri., Aug. 1, 1975

FROM OUR PASTRY SHOPPE
NAPOLEONS Reg. 59¢ SPECIAL 4-oz. 49¢

GIANT LABEL ENRICHED BREAD Made with Vegetable Shortening Only 3 1-lb., 6-oz. loaves $1.00

Fresh Baked Spice Bar Cake 1-lb., 4-oz. 89¢
Cracked Wheat or Wheat Bread 3 1-lb. loaves $1.00
Reg. 89¢ Pound Cake Loaf 1-lb. 79¢

German Chocolate Cake 1-lb., 2-oz. 99¢
Lattice Top Lemon Pie 1-lb., 8-oz. 79¢
Coconut Glazed or Old Fashioned Donuts each 6 for 59¢

HOT DOG OR HAMBURGER ROLLS 3 10-oz. pkgs. of 8 $1.00

DELICATESSEN DEPARTMENT
GIANT FOOD SLICED MEAT BOLOGNA 1-lb. pkg. 99¢

GIANT FOOD REFRIGERATED FRUIT DRINKS All Flavors ½-gal. ctn. 49¢ Lemonade gal. ctn. 89¢

BONUS SPECIAL - Golden Crest Vac Pac Sliced Bacon 12-oz. pkg. 1.39
BONUS SPECIAL - Blue Bonnet Soft Margarine 1-lb. pkg. 75¢
BONUS SPECIAL - Meat or Beef Oscar Mayer Franks 1-lb. pkg. 1.25

MRS. FILBERT'S REGULAR MARGARINE 1-lb. pkg. 59¢

GROCERY DEPARTMENT

STAR KIST LIGHT MEAT CHUNK TUNA 2 6½-oz. cans $1.00

GIANT BRAND ALL FABRIC DRY BLEACH 3-lb., 13-oz. box 99¢

GIANT FOOD COOKING AND SALAD OIL 1½-pt. bot. 89¢

BONUS SPECIAL - Controlled Suds Giant Brand Detergent 20-lb. box 5.39
BONUS SPECIAL - Giant Food Plain & Frosted Toaster Tarts 2 10-oz. boxes 89¢
Everyday Price - Aunt Nellie's Pineapple Juice 1-qt., 14-oz. can 63¢

FRESH PEACHES 3 lbs. $1.00

Crisp Green Pascal Celery 3 large stalks $1.00
Fresh Eggplants lb. 33¢
California Sweet Plums lb. 49¢
California Nectarines lb. 49¢
Crisp Red Radishes 2 6-oz. cello pkgs. 39¢
U.S. #1 White Potatoes 10-lb. bag 1.69

from our FLOWER SHOP MUMS in 6" pot ea. 3.99

Prices effective through Sat., Aug. 2, 1975. This merchandise is not offered for sale or available to retailers, restaurants or other commercial enterprises.

GIANT FOOD KOSHER DILL PICKLE SPEARS qt. jar 69¢

BONUS SPECIAL - Giant Food Regular or With Raisins Natural Cereal 1-lb. box 69¢
BONUS SPECIAL - Giant Food Quartered Artichoke Hearts 12½-oz. jar 69¢
BONUS SPECIAL - Giant Food Graham Crackers 1-lb. box 65¢

POLANER PRESERVES Apricot, Peach or Strawberry 12-oz. jar 59¢

WITH THIS COUPON SAVE 30¢ Save 30¢ on ONE (1) 9-lb., 13-oz. box ALL DETERGENT Void after Aug. 2, 1975 One coupon per purchase. Coupon redeemable only at GIANT FOOD inc.

WITH THIS COUPON SAVE 20¢ Save 20¢ on ONE (1) 1-lb. can SANKA COFFEE REGULAR OR Decaffeinated Void after Aug. 2, 1975 One coupon per purchase. Coupon redeemable only at GIANT FOOD inc.

WITH THIS COUPON SAVE 15¢ Save 15¢ on ONE (1) 7-oz. tube 15¢ OFF package COLGATE DENTAL CREAM Void after Aug. 2, 1975 One coupon per purchase. Coupon redeemable only at GIANT FOOD inc.

GIANT BRAND SPRAY STARCH 1-lb., 3-oz. can 49¢

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RANDALLSTOWN PLAZA Offut Rd. at Liberty Rd.


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