

Store Bought or Home Canned?

Do you prepare your own canned or frozen foods?

It may cost you more to home can or freeze foods. However, like most things in life, you must weigh the extra cost against the benefits as you see them. For instance, do you like the taste more of home canned or knowing exactly what went into each jar?

Based on the current price (8/5/24) of Meijer brand, tomato juice of a store-bought quart is \$1.825. So, what is the price of a home canned quart of juice? It depends on a few factors.

If you bought tomatoes from an area farm, the price was approximately \$24.00 a bushel. A bushel of tomatoes can be made into 15-18 quarts of juice. This means a quart of juice may have cost you \$1.33 just for the tomatoes themselves.

Did you plant a garden yourself? If yes, then to find the cost you need to add:

- Gas for your rototiller
- Pesticides or fertilizer
- Seeds/seedlings
- Cost of your time tending to the garden

Home canning also has the cost of jars, lids, and any spices/additives. This may cause the price to rise above the store-bought price.

Choosing store-bought or home canned/frozen is up to each household. As inflation and the economy fluctuates, the cost of both types may change. To help you be Amazing People Creating Financial Freedom, make sure to weigh the cost and benefits every year, season, and/or harvest.

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