



# the SPINAL COLUMN

## clinic news

The clinic will be closed for Easter on **Friday, April 7, through Monday, April 10**. We will re-open for regular hours on Tuesday, April 11. Have an amazing Easter weekend! Dr. Bajor will also be away on Friday, April 14th.

## shop smart and save money: know how to choose best pricing



With the price of groceries these days we all have to be smart shoppers. But don't be fooled. The above are two price labels for a box of Cheerios that are different sizes. Looking at the prices themselves does not give you the best deal. "3 for \$10" sounds great compared to "1 for \$4.97". If you're not savvy with a calculator that's okay. Many grocery stores like Superstore and Walmart will provide you with the 'unit price' below the actual price. This is what you need to look at to get the best deal. The lowest unit cost will be the best deal. If the price label does not give you a unit cost and you're not good at math, don't worry! Simply divide the price by the number of grams (or L, or mL, etc.) and that will give you the price per unit which you can then compare and make the best selection! In this instance you can see it is better value for your money to buy the 'family size box' of Cheerios that is 570 grams (\$0.00872/gram) versus the '3 for \$10' 350 gram boxes (\$0.0133/gram). Happy shopping and saving money!

## greek salad dressing



This is another staple in our house. Dressings and marinades are so easy to make and cost very little compared to packaged dressings. If you don't make your own yet, now is the time to start! No preservatives either!

½ cup olive oil, red wine vinegar (each)  
 3 Tbsps lemon juice  
 4 cloves garlic minced  
 1 Tbsp dried oregano  
 1 salt, sugar (each)  
 ½ tsp black pepper

The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see it nor feel it. What is it?