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|  |
| **Cost of Staples** |
| **DAIRY PRODUCTS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| **Milk:** whole | $3.56 | 1 gal |   | cup | gal = 16 cups |
| 2% | $3.39 | 1 gal |   | cup | gal = 16 cups |
| skim  | $3.29 | 1 gal |   | cup | gal = 16 cups |
| buttermilk | $1.62 | 1 qt |   | cup | qt = 4 cups |
| powdered | $16.59 | 64 oz |   | cup | 1 lb = 2 cups |
| evaporated | $0.79 | 12 fl oz |   | can | can = 2 cups |
| Sweetened Cond. Milk | $1.59 | 14 oz |   | cup | 1 lb = 1.5 cups |
| powdered reconstituted | $1.98 | 1 gal |   | cup | 1 lb = 2 cups |
| yogurt | $1.99 | 2 lbs |   | cup | 1 lb = 2 cups |
| yogurt | $0.60 | 6 oz |   | 6 oz | 1 lb = 2 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **Cream:**  sour | $1.89 | 1lb |   | cup | 1 lb = 2 cups |
| whipping | $1.79 | 1 pint |   | cup | 1 pt = 1 qt whipped |
| half & half | $3.29 | 1 qt |   | cup |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **Cheese:** cottage | $1.89 | 1.5 lb |   | cup | 1 lb = 2 cups |
| cheddar, mild | $3.49 | 1 lb |   | oz | 1 lb = 2 cups |
| sharp | $4.29 | 1 lb |   | oz | 1 lb = 2 cups |
| mozzarella | $3.59 | 1 lb |   | oz | 1 lb = 2 cups |
| swiss | $4.79 | 1 lb |   | oz | 1 lb = 2 cups |
| ricotta | $5.39 | 30 oz |   | oz | 1 lb = 2 cups |
| processed (sliced) | $2.99 | 8 oz |   | 1 oz | 1 lb = 16-20 slices |
| shredded cheddar | $2.99 | 8 oz |   | oz | 1 lb = 2 cups |
| spread | $1.49 | 8 oz |   | 1 oz | 1 lb = 2 cups |
| parmesan -- fresh  | $2.49 | 5 oz | 0.5 | 1 oz | 1 lb = 2 cups |
| parmesan -- canned | $4.79 | 7 oz | 0.5 | 1 oz | 1 lb = 2 cups |
| cream cheese |   $1.59 | 8 oz |   | 1 oz | 1 lb = 2 cups |
|   |   |   |   |   |   |
| **Eggs:** medium | $2.09 | 1 doz |   | each | 1 lb = 8-10 eggs |
| large | $2.19 | 1 doz |   | each | 1 lb = 8-10 eggs |
|   |   |   |   |   |   |
| **FATS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Margarine: stick | $1.09 | 1 lb |   | tbsp | 1 lb = 2 cups |
| tub | $3.29 | 3 lbs |   | tbsp | 1 lb = 2 cups |
| butter | $2.49 | 1 lb |   | tbsp | 1 lb = 2 cups |
| shortening | $3.49 | 48 oz |   | cup | 1 lb = 2.25 cups |
| canola oil  | $2.69 | 48 oz |   | cup |   |
| vegetable oil | $8.69 | 1 gal |   | cup | 1 lb = 2 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **CEREALS & FLOUR** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Flour: white | $2.49 | 5 lbs |   | cup | 1 lb = 4 cups |
| whole wheat | $2.79 | 5 lbs |   | cup | 1 lb = 3.75-4 cups |
| bread | $3.49 | 10 lbs |   | cup | 1 lb = 4 cups |
| cake | $2.99 | 32 oz |   | cup | 1 lb = 3.75 cups |
| bisquick | $2.99 | 2 lbs |   | cup |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Crackers: saltines | $2.99 | 1 lb |   | each | 1 lb = 150-160 ckr |
| graham | $3.99 | 1 lb |   | each | 1 lb = 60-65 ckr |
| graham crust | $1.79 | each |   | each |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Bread: white | $2.89 | 1 loaf |   | slice | 1 loaf = 16-18 slices |
| whole wheat | $2.89 | 1 loaf |   | slice | l loaf = 16-18 slices |
| tortillas | $3.79 | 10 ct. |   | each |   |
| croutons | $1.69 | 6 oz |   |   |   |
| bread crumbs | $1.39 | 15 oz |   | cup | 1 lb = 4 cups |
| Pasta: spaghetti (uncooked) | $2.79 | 3 lbs |   | 4 oz |   |
| noodles (uncooked) | $1.09 | 12 oz |   | 4 oz |   |
| macaroni (uncooked) | $3.79 | 48 oz |   | 4 oz | 1 lb = 4 cups |
| lasagna noodles | $1.29 | 8 oz |   |   |   |
| manicotti noodles | $1.99 | 8 oz |   |   |   |
| rotini noodles | $1.59 | 12 oz |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Rice: regular | $2.49 | 32 oz |   | 4 oz | 1 lb = 2.33 cups |
| quick | $4.49 | 42 oz |   | 4 oz | 1 lb = 2.33 cups |
| brown | $2.89 | 32 oz |   | 4 oz | 1 lb = 2.33 cups |
| Oatmeal | $2.59 | 48 oz |   | cup | 1 lb = 5.33 cups |
| cornmeal | $4.79 | 1.5 lbs |   | cup | 1 lb = 3 cups |
| corn flakes | $2.39 | 18 oz |   | cup | 1 lb = 4 qts |
| Rice Krispies | $3.89 | 13.5 oz |   | cup | 1 lb = 4 qts |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **FRUITS & JUICES** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Fresh: apples | $1.29 | 1 lb |   | each | 1 lb = 3-4 med. |
| avocado | $1.99 | each |   | each | 1 lb = 2 medium |
| banana | $0.59 | 1 lb |   | each | 1 lb = 3 medium |
| grapes | $3.99 | 1 lb |   | lb | 1 lb = 1 qt |
| grapefruit | $1.59 | 1 lb |   | each | 1 lb = 1 grapefruit |
| kiwi | $0.50 | each |   | each |   |
| lemons | $0.69 | each |   | each | 1 lb = 4-5 lemons |
| limes | $0.33 | each |   | each |   |
| nectarine | $3.99 | 1 lb |   | each |   |
| peaches | $3.99 | 1 lb |   | each | 1 lb = 4 medium |
| pears | $1.49 | 1 lb |   | each | 1 lb = 3-4 medium |
| oranges | $1.49 | 1 lb  |   | each | 1 lb = 3-4 medium |
| strawberries | $3.99 | 1 lb |   |   |   |
| blueberries | $4.99 | 4 oz |   |   |   |
| raspberries | $4.99 | 6 oz |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Canned: applesauce | $0.69 | 16 oz |   | cup | 1 lb = 2 cups |
| fruit cocktail | $0.99 | 15.25 oz |   | cup |   |
| grapefruit | $1.59 | 15 oz |   | cup | 1 lb = 2 cups |
| peaches | $1.19 | 15 oz |   | cup | 1 lb = 2 cups |
| pears | $0.99 | 15 oz |   | cup | 1 lb = 2.5 cups |
| pineapple chunks | $1.29 | 20 oz |   | cup | 1 lb = 2 cups |
| pineapple crushed | $1.29 | 20 oz |   | cup | 1 lb = 2 cups |
| mandarin oranges | $0.69 | 15 oz |   | cup |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Frozen: strawberries | $2.29 | 16 oz |   |   |   |
| blueberries | $4.59 | 16 oz |   |   |   |
| raspberries | $3.29 | 16 oz |   |   |   |
| peaches | $3.19 | 16 oz |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Juice: apple | $2.59 | 64 oz |   | cup |   |
| cranberry | $2.79 | 64 oz |   | cup |   |
| orange (frz. Concentrate) | $1.49 | 12 fl oz |   | 6 oz | 6 oz = 3 cups (reconstituted) |
| tomato | $2.59 | 1 qt |   | cup |   |
| grapefruit | $4.19 | 64 oz |   | cup |   |
| pineapple | $3.69 | 46 oz |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **SUGARS & SWEETS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Granulated | $4.39 | 10 lb |   | cup |  1 lb = 2.25 cups |
| Brown | $1.49 | 2 lb |   | cup | 1 lb = 3 cups |
| Powdered | $1.39 | 32 oz |   | cup | 1 lb = 3.25 cups |
| Molasses | $2.79 | 12 oz |   | cup | 1 lb = 1.33 cups |
| Honey | $4.19 | 24 oz |   | cup | 1 lb = 1.33 cups |
| Karo | $2.79 | 16 oz |   | cup | 1 lb = 1.5 cups |
| Jam & Jelly | $2.99 | 32 oz |   | cup | 1 lb = 1.33-1.5 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **MISCELLANEOUS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Miracle Whip | $3.79 | 32 oz |   | cup |   |
| Mayonnaise | $2.89 | 32 oz |   | cup | 1 lb = 2 cups |
| Salad dressing (ranch, etc.) | $2.39 | 16 oz |   | cup | 1 lb = 2 cups |
| Bouillon Cube | $1.49 | 3.38 oz |   | each |   |
| Shredded coconut | $2.19 | 14 oz |   | cup | 1 lb = 4.75 cups |
| Raisins | $3.99 | 2 lbs |   | cup | 1 lb = 3 cups |
| Walnuts | $6.79 | 16 oz |   | cup | 1 lb = 4 cups |
| Ketchup | $1.79 | 24 oz |   | cup | 1 lb = 2 cups |
| Mustard | $1.29 | 1 lb |   | cup | 1 oz = 2 Tbsp |
| Salt | $0.59 | 26 oz |   | tsp | 1 lb = 1.5 cups |
| Tapioca | $2.89 | 7 oz |   | tbsp | 1 lb = 3 cups |
| Cornstarch | $1.79 | 16 oz |   | tbsp | 1 lb = 3.5 cups |
| Baking Powder | $1.09 | 10 oz |   | tsp | 1 oz = 2.33 tbsp |
| Soda | $1.19 | 16 oz |   | tsp | 1 oz = 2.33 tbsp |
| Vinegar  | $1.69 | 32 oz |   | tbsp | 1 lb = 2 cups |
| Vinegar (cider) | $1.99 | 32 oz |   | tbsp | 1 lb = 2 cups |
| Vanilla (imitation) | $1.19 | 8 oz |   | tsp | 1 oz = 2 Tbsp |
| Vanilla (real) | $7.99 | 2 oz |   | tsp | 1 oz = 2 Tbsp |
| Italian Seasoning | $1.29 | .75 oz |   |   |   |
| Garlic Powder | $3.19 | 3 oz |   |   |   |
| Onion Powder | $4.59 | 3 oz |   |   |   |
| Cinnamon | $3.19 | 3.37 oz |   | tsp | 1 oz = 4 tbsp |
| Basil (dry) | $5.45 | .62 oz |   |   |   |
| Basil (fresh) | $2.99 | 1 oz |   |   |   |
| Parsley (fresh) | $0.99 | bunch |   | bunch |   |
| Parsley (dry) | $2.59 |   |   | oz |   |
| Rosemary | $4.99 | .35 oz |   | oz |   |
| Sun dried tomatoes | $5.69 |   |   | oz |   |
| Yeast (dry) | $3.69 | 4 oz |   | tbsp | 1 oz = 3 T+1 tsp |
| Worcestershire sauce | $1.39 | 10 fl oz |   | tbsp |   |
| Soy sauce | $2.69 | 10 oz |   | tbsp |   |
| Barbeque sauce | $2.49 | 18 oz |   |   |   |
| Teriyaki sauce | $3.99 | 17 oz |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **MISCELLANEOUS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Cocoa | $2.69 | 8 oz |   | cup | 1 lb = 4.5 cups |
| Unsweetened Chocolate | $2.65 | 8 oz |   | 1 sq | 1 lb = 16 sq |
| Chocolate Chips (milk) | $1.99 | 11.5 oz |   | cup | 1 lb = 2.66 cups |
| Peanut Butter Chips | $1.99 | 10 oz |   | cup | 1 lb = 2.66 cups |
| Jello (powdered) | $0.89 | 6 oz |   | 3 oz | 1 lb = 2.25 cups |
| Salsa | $2.99 | 24 oz |   | cup |   |
| Ice Cream | $2.79 | 1/2 gal. |   | cup | 1 gal = 4.5-6 lbs |
| Frozen Yogurt | $4.98 | 1/2 gal. |   | cup |   |
| Sherbet | $2.99 | 1/2 gal. |   | cup | 1 gal = 6 lb |
| Cool Whip | $1.39 | 16 oz |   | 8 oz |   |
| Marshmallows | $1.59 | 1 lb |   | cup | 1 lb = 8 cups |
| Peanut Butter | $1.79 | 18 oz |   | cup | 1 lb = 2 cups |
| Soda Pop | $1.49 | 12 oz |   | 12 oz |   |
| Soda Pop | $1.99 | 2 liter |   | 2 liter |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **SOUP** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Cheese  | $1.50 | 8 oz |   | can |   |
| Cream of Chicken | $.99 | 10.75 oz |   | can |   |
| Cream of Mushroom | $0.99 | 10.75 oz |   | can |   |
| Broth, beef | $.89 | 10.5 oz |   | can |   |
| Broth, chicken | $.89 | 10.5 oz |   | can |   |
| Dry Onion | $1.49 | 1.04 oz |   | 1 envelope | 1 oz = 2.5 tbsp |
| Tomato | $0.88 | 10.75 oz |   | can |   |
| Vegetable  | $.69 | 10.5 oz |   | can |   |
| Vegetable Beef | $.99 | 10.5 oz |   | can |   |
| Ramen | $0.10 | 1 pkg |   | each |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **VEGETABLES** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Fresh: broccoli | $1.99 | 1 lb |   | lb | 1 lb = 1 med. Head |
| cabbage | $0.69 | 1 lb |   | head |   |
| carrots | $0.79 | 1 lb |   | lb | 1 lb = 4-5 medium |
| asparagus | $7.99 |  1 lb |   |   |   |
| cauliflower | $1.99 | 1 lb |   | lb | 1 lb = 1 medium head |
| celery | $1.50 | 1 lb |   | stalk |   |
| cucumbers | $1.50 | each |   | each | 1 lb = 2-3 large |
| lettuce (iceberg) | $1.69 | 1 head |   | 1 head | 1 head = 2 lbs |
| lettuce (green leaf) | $1.79 | 1 bunch |   | bunch | 1 bunch = 2 lbs |
| sliced mushrooms | $2.49 | 8 oz |   | lb | 1 lb = 5 cups |
| onions | $0.99 | 1 lb |   | each | 1 lb = 4-5 medium |
| peppers, red | $2.00 | each |   | lb | 1 lb = 2-3 medium |
| peppers, green | $1.50 | each |   | lb | 1 lb = 2-3 medium |
| potatoes | $3.69 | 10 lbs |   | each | 1 lb = 3 medium |
| spinach | $2.24 | 1 bunch |   | bunch | 1 bunch = 2 lbs |
| tomatoes | $1.99 | 4 pack |   | each | 1 lb = 3-4 medium |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Canned: corn | $0.69 | 15.25 oz |   | cup | 1 lb = 3 cups |
| green beans | $0.59 | 14.5 oz |   | cup |   |
| peas | $0.69 | 15 oz |   | cup |   |
| stewed tomatoes | $1.59 | 28 oz |   | cup | 1 lb = 2 cups |
| diced tomatoes | $1.59 | 28 oz |   | cup | 1 lb = 2 cups |
| whole tomatoes | $1.59 | 28 oz |   | cup | 1 lb = 2 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Frozen: broccoli | $1.69 | 1 lb |   | cup | 1 lb = 4 cups |
| cauliflower | $1.99 | 1 lb |   | cup | 1 lb = 4 cups |
| corn | $2.89 | 2 lb |   | cup | 1 lb = 3 cups |
| green beans | $1.79 | 1 lb |   | cup | 1 lb = 3 cups |
| peas | $2.29 | 2 lb |   | cup |   |
| mixed vegetables | $1.29 | 1 lb |   | cup |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **MEATS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Bacon | $3.69 | 1 lb |   | lb | 1 lb = 14-25 slices |
| cooked bacon | $6.29 | 12 oz |   | lb | 1 lb = 14-25 slices |
| Chicken (whole) | $4.99 | 3.5 lb |   | lb |   |
| Chicken (breast) | $3.49 | 2.38 lb |   | lb |   |
| Chicken (canned) | $2.99 | 10 oz |   | can |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Beef: ground, regular | $10.99 | 5 lbs |   | lb |   |
| ground, lean | $2.39 | 1 lb |   | lb |   |
| ground, extra lean | $2.69 | 1 lb |   | lb |   |
| roast sirloin tip | $3.69 | 1 lb |   | lb |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Fish: halibut | $11.99 | 1 lb |   | lb |   |
| salmon | $5.79 | 1 lb |   | lb |   |
| tuna | $1.49 | 6 oz |   | can | 1 lb = 2 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Liver | $1.49 | 1 lb |   | lb |   |
| Pork chops | $2.30 | 1 lb |   | lb |   |
| Sausage | $1.39 | 12 oz |   | lb | 1 lb = 16-17 links |
| Turkey: whole | $1.39 | 1 lb |   | lb |   |
| ground | $2.49 | 1 lb |   | lb |   |
| Pepperoni | $1.69 | 3 oz |   | oz |   |
| Lunch Meats | $4.69 | 1 lb |   | lb |   |
| Turkey breast | $5.39 | 1 lb |   | lb |   |
| Hot Dogs | $1.59 | 1 lb |   | 1 lb | 1 lb = 8 hot dogs |
| Turkey bacon | $2.49 | 12 oz |   | slice | 1 lb = 14-25 slices |
| Bologna | $1.89 | 16 oz |   | slice | 1 lb = 14-25 slices |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **PREPARED FOODS** | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Frozen Rolls | $3.59 | 3 lbs |  0.05 | each | 36 rolls per pkg. |
| Ready Pie Crust | $1.99 | 15 oz |  1.20 |  each | 2 per package |
| Pudding/Pie Filling | $.69 | 1 box |  .69 | 3 oz |   |
| Pudding/Pie Filling | $.69 | 1 box |  .69 | 6 oz |   |
| Pie Filling: Pumpkin | $3.30 | 29oz |   | ½ c. | 7 servings per can |
|   |   |   |   |   |   |