|  |
| --- |
| Cost of Staples |
| DAIRY PRODUCTS | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Milk:  |  |  |  |  |  |
| whole | $2.30 | 1 gal | $0.14 | cup | gal = 16 cups |
| 2% | $2.30 | 1 gal | $0.14 | cup | gal = 16 cups |
| skim  | $2.30 | 1 gal | $0.14 | cup | gal = 16 cups |
| buttermilk | $1.72 | 1 qt | $0.43 | cup | qt = 4 cups |
| powdered | $15.98 | 64 oz/4 lbs | $2.00 | cup | 1 lb = 2 cups |
| evaporated | $0.88 | 12 fl oz | $0.88 | can | can = 2 cups |
| Sweetened Cond. Milk | $1.56 | 14 oz | $1.56 | can | 1 lb = 1.5 cups |
| yogurt | $2.34 | 32oz/2 lbs | $0.59 | cup | 1 lb = 2 cups |
| yogurt | $0.49 | 6 oz | $0.49 | 6 oz | 1 lb = 2 cups |
|  |  |  |  |  |  |
| Cream: |  |  |  |  |  |
| sour | $1.68 | 16 oz | $0.84 | cup | 1 lb = 2 cups |
| whipping | $4.14 | 1 qt | $1.04 | cup | 1 pt = 1 qt whipped |
| half & half | $2.16 | 1 qt | $0.54 | cup |   |
|   |   |   |   |   |   |
| Cheese: |   |   |   |   |   |
| cottage | $1.98 | 16 oz | $0.99 | cup | 1 lb = 2 cups |
| cheddar, mild | $4.72 | 1 lb | $0.30 | oz | 1 lb = 2 cups |
| sharp | $4.72 | 1 lb | $0.30 | oz | 1 lb = 2 cups |
| mozzarella | $4.72 | 1 lb | $0.30 | oz | 1 lb = 2 cups |
| swiss | $2.48 | 8 oz | $0.31 | oz | 1 lb = 2 cups |
| ricotta | $3.98 | 32 oz | $0.12 | oz | 1 lb = 2 cups |
| processed (sliced) | $3.33 | 16 oz | $0.21 | 1 oz | 1 lb = 16-20 slices |
| parmesan -- fresh  | $2.44 | 5 oz | $0.49 | 1 oz | 1 lb = 2 cups |
| parmesan -- canned | $5.42 | 16 oz | $0.34 | 1 oz | 1 lb = 2 cups |
| cream cheese |   $1.50 | 8 oz | $0.19 | 1 oz | 1 lb = 2 cups |
|   |   |   |   |   |   |
| Eggs:  |  |  |  |  |  |
| medium | $2.09 | 1 doz | $0.17 | each | 1 lb = 8-10 eggs |
| large | $2.67 | 1 doz | $0.22 | each | 1 lb = 8-10 eggs |
|  |  |  |  |  |  |
| LIPIDS (FATS) | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Margarine: |  |  |  |  |  |
| stick | $0.98 | 1 lb | $0.03 | tbsp | 1 lb = 2 cups |
| tub | $1.50 | 15 oz | $0.10 | tbsp | 1 lb = 2 cups |
| butter | $2.97 | 1 lb | $0.09 | tbsp | 1 lb = 2 cups |
|  |  |  |  |  |  |
| shortening | $4.12 | 48 oz/ 3 lbs | $0.61 | cup | 1 lb = 2.25 cups |
| canola oil  | $2.00 | 48 oz | $0.33 | cup | 8 oz = 1 cup  |
| vegetable oil | $1.98 | 48 oz | $0.33 | cup | 1 lb = 2 cups |
| olive oil |  $5.46 |  25.5 oz | $1.71 | cup | 8 oz = 1 cup  |
|  |  |  |  |  |  |
| CEREALS & FLOUR | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Flour:  |  |  |  |  |  |
| white | $1.56 | 5 lbs | $0.08 | cup | 1 lb = 4 cups |
| whole wheat | $3.64 | 5 lbs | $0.18 | cup | 1 lb = 3.75-4 cups |
| bread | $2.72 | 5 lbs | $0.14 | cup | 1 lb = 4 cups |
| cake | $3.83 | 48 oz | $0.34 | cup | 1 lb = 3.75 cups |
| bisquick | $6.72 | 6 lbs/96 oz | $0.28 | cup |   |
|   |   |   |   |   |   |
| Crackers: |   |   |   |   |   |
| saltines | $1.78 | 16 oz | $0.01 | each | 1 lb = 150-160 ckr |
| graham | $1.94 | 14.4 oz | $0.03 | each | 1 lb = 60-65 ckr |
| graham crust | $1.50 | each | $1.50 | each |   |
|   |   |   |   |   |   |
| Bread:  |   |   |   |   |   |
| white | $0.94 | 1 loaf | $0.06 | slice | 1 loaf = 18 slices |
| whole wheat | $1.58 | 1 loaf | $0.09 | slice | 1 loaf = 18 slices |
| tortillas | $1.00 | 12 ct. | $0.08 | each |   |
| croutons | $1.00 | 5 oz | $0.03 | Tbsp | 40 per bag  |
| bread crumbs | $1.32 | 15 oz | $0.39 | cup | 14- ¼ cups per |
|  |  |  |  |  |  |
| Pasta: |  |  |  |  |  |
| spaghetti (uncooked) | $1.00 | 16 oz | $0.25 | 4 oz |   |
| noodles (uncooked) | $1.00 | 16 oz | $0.25 | 4 oz |   |
| macaroni (uncooked) | $1.00 | 16 oz | $0.25 | 4 oz | 1 lb = 4 cups |
| lasagna noodles | $1.28 | 16 oz | $0.05 | Each | 24 per box  |
| manicotti noodles | $1.28 | 8 oz | $0.11 | Each |  12 per box |
| rotini noodles | $1.00 | 16 oz | $0.25 | 4 oz |   |
|   |   |   |   |   |   |
| Rice:   |   |   |   |   |   |
| regular | $2.98 | 5 lbs | $0.26 | Cup | 1 lb = 2.33 cups |
| quick | $2.44 | 28 oz | $0.60 | Cup | 1 lb = 2.33 cups |
| brown | $0.84 | 16 oz | $0.36 | cup | 1 lb = 2.33 cups |
|  |  |  |  |  |  |
| Oatmeal | $3.18 | 42 oz | $0.21 | cup | 15 cups per |
| cornmeal | $2.36 | 5 lbs | $0.16 | cup | 1 lb = 3 cups |
| Corn Flakes | $1.98 | 18 oz | $0.11 | cup | 1 lb = 4 qts |
| Rice Krispies | $2.74 | 18 oz | $0.15 | cup | 1 lb = 4 qts |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| FRUITS & JUICES | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Fresh:  |  |  |  |  |  |
| apples | $0.99 | 1 lb | $0.33 | each | 1 lb = 3-4 med. |
| avocado | $0.78 | each | $0.98 | each | 1 lb = 2 medium |
| banana | $0.52 | 1 lb | $0.17 | each | 1 lb = 3 medium |
| grapes | $1.99 | 1 lb | $1.98 | lb | 1 lb = 1 qt |
| grapefruit | $0.98 | each | $0.98 | each | 1 lb = 1 grapefruit |
| kiwi | $0.48 | each | $0.48 | each |   |
| lemons | $0.38 | each | $0.38 | each | 1 lb = 4-5 lemons |
| limes | $0.33 | each | $0.33 | each |   |
| nectarine | $3.99 | 1 lb | $ | each |   |
| peaches | $3.99 | 1 lb | $1.00 | each | 1 lb = 4 medium |
| pears | $0.97 | 1 lb | $0.28 | each | 1 lb = 3-4 medium |
| oranges | $0.78 | each | $0.78 | each | 1 lb = 3-4 medium |
| strawberries | $3.99 | 1 lb | $ |   |   |
| blueberries | $4.99 | 4 oz | $ |   |   |
| raspberries | $2.48 | 6 oz | $ |   |   |
|   |   |   |   |   |   |
| Canned: |   |   |   |   |   |
| applesauce | $1.98 | 48 oz | $0.33 | cup | 1 lb = 2 cups |
| fruit cocktail | $1.08 | 15 oz | $0.54 | cup |   |
| grapefruit | $1.38 | 15 oz | $0.69 | cup | 1 lb = 2 cups |
| peaches | $1.08 | 15 oz | $0.54 | cup | 1 lb = 2 cups |
| pears | $1.08 | 15 oz | $0.43 | cup | 1 lb = 2.5 cups |
| pineapple chunks | $1.16 | 20 oz | $0.46 | cup | 1 lb = 2 cups |
| pineapple crushed | $1.16 | 20 oz | $0.46 | cup | 1 lb = 2 cups |
| mandarin oranges | $0.98 | 15 oz | $0.49 | cup |   |
|   |   |   |   |   |   |
| Frozen:  |   |   |   |   |   |
| strawberries | $2.54 | 16 oz | $ | Cup |   |
| blueberries | $2.98 | 12 oz | $1.15 |  Cup |   |
| raspberries | $3.86 | 12 oz | $ |  Cup |   |
| peaches | $2.68 | 16 oz | $ |  cup |   |
|   |   |   |   |   |   |
| Juice:  |   |   |   |   |   |
| apple | $2.48 | 96 oz | $ | cup |   |
| cranberry | $2.78 | 64 oz | $ | cup |   |
| orange (frozen concentrate) | $1.53 | 12 fl oz | $ | 6 oz | 6 oz = 3 cups (reconstituted) |
| tomato | $2.00 | 46 oz | $ | cup |   |
| grapefruit | $2.68 | 64 oz | $ | cup |   |
| pineapple | $3.34 | 64 oz | $ |   |   |
|   |   |   |   |   |   |
| SUGARS & SWEETS | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Granulated | $11.98 | 25 lb | $0.20 | cup |  1 lb = 2.25 cups |
| Brown | $1.62 | 2 lb | $0.27 | cup | 1 lb = 3 cups |
| Powdered | $1.62 | 2 lb | $0.25 | cup | 1 lb = 3.25 cups |
| Molasses | $2.86 | 12 oz | $1.91 | cup | 1 lb = 1.33 cups |
| Honey | $7.84 | 32 oz | $2.94 | cup | 1 lb = 1.33 cups |
| Corn Syrup | $6.88 | 16 oz | $3.44 | cup | 1 lb = 1.5 cups |
| Jam & Jelly | $2.00 | 32 oz | $0.66 | cup | 1 lb = 1.33-1.5 cups |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| MISCELLANEOUS | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Miracle Whip | $3.48 | 30 oz | $ | cup |   |
| Mayonnaise | $2.36 | 15 oz | $1.18 | cup | 1 lb = 2 cups |
| Salad dressing (ranch, etc.) | $2.00 | 16 oz | $1.00 | cup | 1 lb = 2 cups |
| Bouillon Cube | $2.00 | 3.25 oz | $ | each |   |
| Shredded coconut | $2.66 | 14 oz | $0.49 | cup | 1 lb = 4.75 cups |
| Raisins | $2.98 | 20 oz | $0.79 | cup | 1 lb = 3 cups |
| Walnuts | $7.98 | 16 oz | $0.74 | cup | 1 lb = 4 cups |
| Ketchup | $2.58 | 64 oz | $0.32 | cup | 1 lb = 2 cups |
| Mustard | $1.38 | 20 oz | $0.55 | cup | 1 oz = 2 Tbsp |
|  |  |  |  |  |  |
| Salt | $0.54 | 26 oz | $0.01 | tsp | 1 lb = 72 tsp |
| Tapioca | $3.38 | 8 oz | $0.42 | tbsp | 1 lb = 3 cups |
| Cornstarch | $0.50 | 12 oz | $0.01 | tbsp | 1 lb = 3.5 cups |
| Baking Powder | $1.24 | 8 oz | $0.05 | Tbsp. | 1 oz = 2.33 tbsp |
| Baking Soda | $0.54 | 16 oz | $0.01 | Tbsp. | 1 oz = 2.33 tbsp |
| Vinegar  | $0.82 | 16 oz | $0.05 | Oz | 1 lb = 2 cups |
| Vinegar (cider) | $1.00 | 16 oz | $0.06 | oz | 1 lb = 2 cups |
|  |  |  |  |  |  |
| Vanilla (imitation) | $0.98 | 8 oz | $0.02 | tsp | 1 oz = 2 Tbsp |
| Vanilla (real) | $3.68 | 2 oz | $0.31 | tsp | 1 oz = 2 Tbsp |
| Italian Seasoning | $0.94 | 0.95 oz | $ |   |   |
| Garlic Powder | $0.94 | 3.62 oz | $ |   |   |
| Onion Powder | $0.94 | 4 oz | $ |   |   |
| Cinnamon | $2.12 | 2.37 oz | $0.07 | tsp | 1 oz = 4 tbsp |
| Basil (dry) | $4.97 | 2.82 oz | $ |   |   |
| Basil (fresh) | $1.98 | 0.75 oz | $ |   |   |
| Parsley (fresh) | $0.99 | bunch | $ | bunch |   |
| Parsley (dry) | $0.94 | 0.4 oz | $ | oz |   |
| Rosemary | $3.97 | 0.7 oz | $ | oz |   |
|  |  |  |  |  |  |
| Sun dried tomatoes | $3.48 | 8.5 oz | $0.41 | oz |   |
| Yeast (dry) | $3.37 | 16 oz | $0.05 | tbsp | 1 oz = 3 T+1 tsp |
| Worcestershire sauce | $1.00 | 10 fl oz | $ | tbsp |   |
| Soy sauce | $1.88 | 15 oz | $ | tbsp |   |
| Barbeque sauce | $3.48 | 40 oz | $ |   |   |
| Teriyaki sauce | $2.28 | 15 oz | $ |   |   |
|   |   |   |   |   |   |
| Cocoa | $2.48 | 8 oz | $1.10 | cup | 1 lb = 4.5 cups |
| Unsweetened Chocolate | $2.00 | 4 oz | $0.50 | 1 sq | 1 lb = 16 sq |
| Chocolate Chips | $1.98 | 11.5 oz | $ | cup | 1 lb = 2.66 cups |
| Peanut Butter Chips | $2.38 | 10 oz | $1.43 | cup | 1 lb = 2.66 cups |
| Jello (powdered) | $1.08 | 6 oz | $0.54 | 3 oz | 1 lb = 2.25 cups |
| Salsa | $1.98 | 24 oz | $ | cup |   |
| Ice Cream | $2.97 | 48 fl oz | $ | cup | 1 gal = 4.5-6 lbs |
| Frozen Yogurt | $3.97 | 1.75 qt | $ | cup |   |
| Sherbet | $2.97 | 48 fl oz. | $ | cup | 1 gal = 6 lb |
| Whipped Topping | $0.94 | 8 oz | $0.94 | 8 oz |   |
| Marshmallows | $0.96 | 10 oz | $ | cup | 1 lb = 8 cups |
| Peanut Butter | $2.18 | 18 oz | $ | cup | 1 lb = 2 cups |
| Soda Pop | $4.68 | 12 pk | $0.39 | 12 oz |   |
| Soda Pop | $1.00 | 2 liter | $1.00 | 2 liter |   |
|   |   |   |   |   |   |
| SOUP | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Cheese  | $1.34 | 10.75 | $1.34 | can |   |
| Cream of Chicken | $0.98 | 10.75 oz | $0.98 | can |   |
| Cream of Mushroom | $0.98 | 10.75 oz | $0.98 | can |   |
| Broth, beef | $0.78 | 14.5 oz | $0.39 | Cup |   |
| Broth, chicken | $0.78 | 14.5 oz | $0.39 | cup |   |
| Dry Onion | $0.92 | 2.5 oz | $0.46 | 1 envelope | 1 oz = 2.5 tbsp |
| Tomato | $0.98 | 10.75 oz | $0.98 | can |   |
| Vegetable  | $1.25 | 10.5 oz | $1.25 | can |   |
| Vegetable Beef | $1.25 | 10.5 oz | $1.25 | can |   |
| Ramen | $2.27 | 12 ct. | $0.19 | each |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| VEGETABLES | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Fresh:  |  |  |  |  |  |
| broccoli | $1.74 | 1 lb | $1.74 | lb | 1 lb = 1 med. Head |
| cabbage | $0.68 | 1 lb | $0.68 | head |   |
| carrots | $0.78 | 1 lb | $0.78 | lb | 1 lb = 4-5 medium |
| asparagus | $3.37 |  1 lb | $3.37 |   |   |
| cauliflower | $1.99 | 1 lb | $1.99 | lb | 1 lb = 1 medium head |
| celery | $1.48 | 1 lb | $ | stalk |   |
| cucumbers | $0.68 | each | $0.68 | each | 1 lb = 2-3 large |
| lettuce (iceberg) | $1.48 | 1 head | $1.48 | 1 head | 1 head = 2 lbs |
| lettuce (green leaf) | $1.78 | 1 bunch | $1.78 | bunch | 1 bunch = 2 lbs |
| sliced mushrooms | $1.98 | 8 oz | $ | lb | 1 lb = 5 cups |
| onions | $0.88 | 1 lb | $0.22 | each | 1 lb = 4-5 medium |
| peppers, red | $1.47 | each | $1.47 | lb | 1 lb = 2-3 medium |
| peppers, green | $0.88 | each | $0.88 | lb | 1 lb = 2-3 medium |
| potatoes | $1.84 | 10 lbs | $0.06 | each | 1 lb = 3 medium |
| spinach | $1.47 | 1 bunch | $1.47 | bunch | 1 bunch = 2 lbs |
| tomatoes | $1.48 | 1 lb | $0.49 | 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 | $0.98 | 12 oz | $0.33 | cup | 1 lb = 4 cups |
| cauliflower | $1.44 | 16 oz | $0.36 | cup | 1 lb = 4 cups |
| corn | $0.98 | 12 oz | $0.42 | cup | 1 lb = 3 cups |
| green beans | $0.98 | 12 oz | $0.42 | cup | 1 lb = 3 cups |
| peas | $0.98 | 12 oz | $ | cup |   |
| mixed vegetables | $0.98 | 12 oz | $ | cup |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| MEATS | **Unit Cost** | **Unit Size** | **Cost Per Serving** | **Serving Size** | **Conversion Factor** |
| Bacon | $4.48 | 1 lb | $4.48 | lb | 1 lb = 14-25 slices |
| cooked bacon | $3.73 | 10 slices | $0.37 | lb | 1 lb = 14-25 slices |
| Chicken (whole) | $1.06 | 1 lb | $1.06 | lb |   |
| Chicken (breast) | $1.99 | 1 lb | $1.99 | lb |   |
| Chicken (canned) | $2.38 | 12.5 oz | $2.38 | can |   |
|   |   |   |  |   |   |
| Beef:  |   |   |  |   |   |
| ground, regular | $10.99 | 5 lbs | $2.20 | lb |   |
| ground, lean | $2.39 | 1 lb | $2.39 | lb |   |
| ground, extra lean | $2.69 | 1 lb | $2.69 | lb |   |
| roast sirloin tip | $3.69 | 1 lb | $3.69 | lb |   |
|   |   |   |   |   |   |
| Fish:  |   |   |   |   |   |
| halibut | $11.99 | 1 lb | $11.99 | lb |   |
| salmon | $5.79 | 1 lb | $5.79 | lb |   |
| tuna | $1.49 | 6 oz | $1.49 | can | 1 lb = 2 cups |
|   |   |   |   |   |   |
| Pork chops | $2.30 | 1 lb | $2.30 | lb |   |
| Sausage | $2.74 | 1 lb | $2.74 | lb | 1 lb = 16-17 links |
|  |  |  |  |  |  |
| Turkey:  |  |  |  |  |  |
| whole | $1.39 | 1 lb | $1.39 | lb |   |
| ground | $2.41 | 1 lb | $2.41 | lb |   |
|  |  |  |  |  |  |
| Pepperoni | $2.00 | 5 oz | $0.40 | oz |   |
| Lunch Meats | $2.98 | 7 oz | $0.66 | 5 slices | 4.5 per box  |
| Turkey breast | $5.39 | 1 lb | $5.39 | lb |   |
| Hot Dogs | $1.34 | 12 oz | $0.17 | 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 | $3.94 | 3 lbs | $0.11 | each | 36 rolls per pkg. |
| Ready Pie Crust | $2.36 | 15 oz | $1.18 | each | 2 per package |
| Pudding | $0.94 | 1 box | $0.94 | 3 oz |   |
| Pie Filling: Cherry | $2.28 | 20 oz | $0.33 | 1/3 c. | 7 servings per can  |
| Pie Filling: Pumpkin | $3.30 | 29oz | $0.47 | ½ c. | 7 servings per can |
|  |   |   |   |   |   |

Compiled by Ashley Braswell (Oak Canyon Jr., Alpine School District)