

Cost of Staples

MILK	Whole	\$0.20	per cup	RICE	Long Grain	\$0.20	per cup	
	2%	\$0.17	per cup		Minute	\$0.40	per cup	2
	1%	\$0.17	per cup	MEAT				
	Skim	\$0.17	per cup		Ground Beef			
	Buttermilk	\$0.49	per cup		Lean	\$2.49	per lb.	
	Evaporated	\$0.69	12 oz. Can		Extra Lean	\$2.79	per lb.	
	Sweetened Condensed	\$1.39	14 oz. Can		Chicken			
	Powdered (dry)	\$0.15	per 1/3 cup		Legs	\$1.19	per lb.	
CREAM					Breasts	\$3.99	per lb.	
	Sour	\$0.65	per cup		Wings	\$0.89	per lb.	
	Whipping	\$0.99	per cup		Whole Fryer	\$1.09	per lb.	
CHEESE					Pork Chops	\$2.99	per lb.	
	Cottage	\$1.10	per cup		Luncheon Meats			
	Cheddar				Turkey	\$4.99	per lb.	
	mild	\$0.27	per ounce		Ham	\$3.99	per lb.	
	medium	\$0.27	per ounce	SUGARS and SWEETS				
	sharp	\$0.30	per ounce		Sugar			
	shredded	\$0.40	1/4 cup		Granulated	\$0.05	per 1/4 cup	\$0.01/T
	Mozzarella	\$0.27	per ounce		Brown	\$0.07	per 1/4 cup	\$0.01/T
	shredded	\$0.40	1/3 cup		Powdered	\$0.05	per 1/4 cup	\$0.01/T
	Cream Cheese	\$0.17	per ounce		Molasses	\$0.08	per tablespoon	
	Colby	\$0.27	per ounce		Karo Syrup	\$0.06	per tablespoon	
	Monterey Jack	\$0.27	per ounce		Honey	\$0.10	per tablespoon	
	Parmesan (can)	\$0.60	per tablespoon		Strawberry Jam	\$0.09	per tablespoon	
EGGS					Grape Jelly	\$0.05	per tablespoon	
	Medium	\$0.09	each	CANNED				
	Large	\$0.09	each		Tuna	\$0.69	6 oz can	
FATS					Kidney Beans	\$0.79	15.5 oz. Can	
	Margarine	\$0.03	per tablespoon		Pinto Beans	\$0.79	15.5 oz. Can	
	Butter	\$0.06	per tablespoon		Refried Beans	\$0.99	16 oz. Can	
	Shortening	\$0.03	per tablespoon		Enchilada Sauce	\$0.99	10 oz can	
	Salad Oil	\$0.03	per tablespoon		Sliced/Chopped Olives	\$0.69	small can	
.OUR				MISCELLANEOUS				
	White	\$0.06	per cup		Salad Dressing	\$0.03	per tablespoon	
BREAD					Ranch Dressing	\$0.06	per tablespoon	
	Wheat	\$0.14	per cup		Thousand Island	\$0.09	per tablespoon	
	White	\$0.03	per slice		Italian Dressing	\$0.06	per tablespoon	
	Wheat	\$0.03	per slice		Mayonnaise	\$0.03	per tablespoon	
	Crumbs	\$0.47	per cup		Worcestershire Sauce	\$0.07	per tablespoon	
CRACKERS					Soy Sauce	\$0.08	per tablespoon	
	Saltine	\$0.01	per cracker		Bouillon Cubes	\$0.08	per cube	
	Graham	\$0.07	per cracker		Chocolate Chips	\$2.19	per 11.5 oz. Bag	
	Ritz	\$0.01	per cracker		Coconut	\$0.03	per tablespoon	
Tortillas					Almonds	\$0.40	per tablespoon	
	Corn tortilla chips	\$0.11	per ounce		Walnuts	\$0.21	per tablespoon	
	8" flour tortillas	\$0.10	each		Catsup	\$0.04	per tablespoon	
	10" flour tortillas	\$0.11	each		Gelatin	\$0.37	per packet	
	8" homestyle flour tortillas	\$0.16	each		Tapioca	\$0.12	per tablespoon	
	corn tortillas	\$0.50	each		Cornstarch	\$0.02	per tablespoon	
PASTA					Baking Powder	\$0.01	per teaspoon	
	Spaghetti	\$0.06	per ounce		Baking Soda	\$0.01	per teaspoon	
	Elbow Macaroni	\$0.04	per ounce		Vinegar			
	Rolfini	\$0.08	per ounce		White	\$0.02	per tablespoon	
	Small Shells	\$0.07	per ounce		Cider	\$0.03	per tablespoon	
	Egg noodles	\$0.11	per ounce		Yeast (dry)	\$0.04	per tablespoon	
	Lasagna	\$0.10	per ounce		Jello			
	Manicotti	\$0.23	per ounce		Large	\$0.99	per box	
	Fettuccine	\$0.12	per ounce		Small	\$0.69	per box	
	Rigatoni	\$0.11	per ounce		dill chips pickles	\$0.03	each	
	Bow ties	\$0.15	per ounce		baby dill pickles	\$0.14	each	
	Angel hair	\$0.10	per ounce		BBQ sauce	\$0.06	per tablespoon	
Soup					Mustard	\$0.01	per tablespoon	
	Cream of Mushroom	\$0.89	per 10 3/4 oz can		Peanut Butter	\$0.06	per tablespoon	
	Cream of Chicken	\$0.89	per 10 3/4 oz can					
	Tomato	\$0.69	per 10 3/4 oz can					

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poppy seeds . \$0.32 per teaspoon

SPICES

Allspice	\$0.24	per teaspoon
Alum	\$0.21	per teaspoon
Anise seed	\$0.46	per teaspoon
Basil leaves	\$0.11	per teaspoon
Caraway seed	\$0.31	per teaspoon
Celery leaves	\$0.10	per teaspoon
Celery salt	\$0.13	per teaspoon
Chili Powder	\$0.18	per teaspoon
Chives	\$0.17	per teaspoon
Cinnamon	\$0.20	per teaspoon
Cloves (ground)	\$0.56	per teaspoon
Cloves (whole)	\$0.37	per teaspoon
Cream of Tartar	\$0.25	per teaspoon
Cumin (ground)	\$0.30	per teaspoon
Cumin (seed)	\$0.26	per teaspoon
Curry Powder	\$0.30	per teaspoon
Dill Seed	\$0.29	per teaspoon
Garlic Powder	\$0.15	per teaspoon
Garlic salt	\$0.15	per teaspoon
Ginger (ground)	\$0.06	per teaspoon
Italian Seasoning	\$0.27	per teaspoon
Mace (ground)	\$0.10	per teaspoon
Marjoram	\$0.40	per teaspoon
Minced Garlic	\$0.29	per teaspoon
Mixed Pickling Spice	\$0.18	per teaspoon
Dry Mustard	\$0.13	per teaspoon
Mustard Seed	\$0.18	per teaspoon
Nutmeg	\$0.25	per teaspoon
Onion Powder	\$0.33	per teaspoon
	\$0.15	per teaspoon

Onion Salt	\$0.10	per teaspoon
Oregano (leaves)	\$0.09	per teaspoon
Oregano (ground)	\$0.33	per teaspoon
Paprika	\$0.25	per teaspoon
Parsley Flakes	\$0.07	per teaspoon
Pepper	\$0.07	per teaspoon
Poultry seasoning	\$0.25	per teaspoon
Pumpkin Pie Spice	\$0.31	per teaspoon
Red Pepper	\$0.21	per teaspoon
Rosemary Leaves	\$0.26	per teaspoon
Sage (ground)	\$0.26	per teaspoon
Sage (leaves)	\$0.33	per teaspoon
Salt	\$0.01	per teaspoon
Sesame Seed	\$0.29	per teaspoon
Steak Seasoning	\$0.12	per teaspoon
Thyme (ground)	\$0.31	per teaspoon
Thyme (leaves)	\$0.24	per teaspoon
Turmeric (ground)	\$0.32	per teaspoon

EXTRACTS

Almond	\$0.46	per teaspoon
Butter	\$0.46	per teaspoon
Cherry	\$0.46	per teaspoon
Coconut	\$0.46	per teaspoon
Lemon	\$0.56	per teaspoon
Maple	\$0.46	per teaspoon
Mint	\$0.46	per teaspoon
Orange	\$0.46	per teaspoon
Peppermint	\$0.46	per teaspoon
Strawberry	\$0.46	per teaspoon
Vanilla	\$0.04	per teaspoon

FRUITS

	FRESH	FROZEN
Apples		
granny smith	\$0.99	lb.
Lg. Red delicious	\$0.99	lb.
Golden Delicious	\$0.99	lb.
Lg. Golden Delic	\$1.29	lb.
Jonagold	\$0.99	lb.
Roma	\$1.32	lb.
Lg. Fuji	\$1.19	lb.
Gala	\$0.99	lb.
Banana	\$0.69	lb.
Blackberry	\$2.49	
Blueberry	\$2.49	
Cantaloupe	\$0.89	lb.
Fruit Cocktail	\$0.99	15 oz. Can
Grapefruit	\$0.79	lb.
Grapes	\$2.39	lb.
Honeydew Melon	\$0.89	lb.
Kiwi	\$0.44	ea.
Lemon	\$0.50	ea.
Lime	\$0.50	ea.
Mango	\$1.29	ea.
Nectarine		
Orange		
Lg. Naval orange	\$0.89	lb.
Naval orange	\$0.69	lb.
Mandarin	\$0.99	11 oz can
Peach	\$0.99	15 oz. Can
Pear	\$0.99	15 oz. Can
Bartlett Pear	\$1.29	lb.
D'anjou Pear	\$0.99	lb.
Pineapple	\$0.99	lb.
	\$1.19	15 oz. Can
Raspberry	\$3.00	lb.
Strawberry	\$2.99	lb.
Tangerine	\$1.29	lb.
Watermelon	\$0.69	lb.