

Food Co-op Shopping List October 2008

| | Size of Bulk Pkg. | Price per lb/pkg | No. of Units | Price per unit |
|----------------------|-------------------|------------------|--------------|----------------|
| MEAT: | | | | |
| Pork Chop | 40 count box | 39.99 | 40 | 1.00 |
| Hamburger per lb | | 1.99 | 2.6 | 0.77 |
| Chicken | 62 | 62.00 | 50 | 1.24 |
| Ham | | 21.00 | 25 | 0.84 |
| Bacon | | 32.99 | 40 | 0.82 |
| Steakettes | 20 count box | 8.99 | 20 | 0.45 |
| Stewing Beef | | 25.00 | 25 | 1.00 |
| Bologna | | 11.99 | 26 | 0.46 |
| Hot Dogs. | 4 pkg | 7.96 | 12 | 0.66 |
| FRESH: | | | | |
| Potatoes (Russett) | 50 lbs. | 19.99 | 150 | 0.13 |
| Carrots | 50 lbs. | 17.38 | 200 | 0.09 |
| Onion | 50 lbs. | 12.00 | 100 | 0.12 |
| Broccoli | 1 bag | 6.99 | 10 | 0.70 |
| Bananas | 1 box | 19.58 | 80 | 0.24 |
| Apples | 1 box | 26.00 | 80 | 0.33 |
| Oranges | 1 box | 25.00 | 130 | 0.19 |
| Eggs | 5 doz | 10.85 | 10 | 1.09 |
| Milk 1 L | 1 | 1.45 | 1 | 1.45 |
| Milk 4 L | 4 | 14.76 | 4 | 3.69 |
| Juice 1 L | 12 | 11.18 | 12 | 0.93 |
| Margarine | 4 | 10.72 | 48 | 0.22 |
| FROZEN: | | | | |
| Perogies | 3 bags | 10.17 | 24 | 0.42 |
| Hash Browns | 2 bags | 5.96 | 22 | 0.27 |
| French Fries | 3 bags (2.25 kg) | 7.98 | 30 | 0.27 |
| Tatertots | 1 bag | 4.58 | 20 | 0.23 |
| Peas & Carrots | 3 bags | 11.97 | 24 | 0.50 |
| Corn | 3 bags | 11.97 | 24 | 0.50 |
| Peas | 3 bags | 11.97 | 24 | 0.50 |
| California Mix | 3 bags | 14.94 | 33 | 0.45 |
| Beans (Costco) | 2 bag | 11.18 | 22 | 0.51 |
| CANNED GOODS: | | | | |
| Chicken Noodle Soup | 12 cans | 6.98 | 12 | 0.58 |
| Mushroom Soup | 12 cans | 6.98 | 12 | 0.58 |
| Chili | 6 cans | 8.39 | 6 | 1.40 |
| Stew | 6 cans | 8.28 | 6 | 1.38 |
| Baked Beans | 24 cans | 11.96 | 24 | 0.50 |
| Spaghetti | 6 cans | 3.72 | 6 | 0.62 |

| | | | | |
|---------------|--------|------|---|------|
| Ravioli | 1 | 1.28 | 1 | 1.28 |
| Canned Corn | | 0.68 | 1 | 0.68 |
| Luncheon Meat | 3 cans | 4.17 | 3 | 1.39 |
| Tuna | 6 cans | 5.48 | 6 | 0.91 |
| Pasta Sauce | 1 | 1.18 | 1 | 1.18 |

DRY GOODS:

| | | | | |
|-----------------|-----------|-------|-----|------|
| Spaghetti | 1 box | 15.99 | 37 | 0.43 |
| Macaroni | 1 Box | 15.99 | 37 | 0.43 |
| Kraft Dinner | 12 boxes | 5.49 | 12 | 0.46 |
| Instant Noodles | 1 | 4.44 | 24 | 0.19 |
| Cornflakes | 1 box | 5.69 | 17 | 0.33 |
| Rice Crispies | 1 box | 6.48 | 25 | 0.26 |
| Toastie Os | 4 boxes | 22.76 | 80 | 0.28 |
| Wheaties | 1 bag | 6.29 | 15 | 0.42 |
| Hot Cereal | 1 box | 9.48 | 40 | 0.24 |
| Quick Oats | 1 kg | 9.48 | 10 | 0.95 |
| Sugar | 20 kg bag | 19.00 | 51 | 0.37 |
| Rice | 20 kg bag | 25.00 | 100 | 0.25 |
| Juice Crystals | 6 pkg | 5.49 | 6 | 0.92 |
| Bread | 1 | 0.59 | 1 | 0.59 |
| Granola Bars | 6 | 1.75 | 6 | 0.29 |
| Trail Mix | 1 kg | 8.00 | 8 | 1.00 |

PACKAGING:

| | | | | |
|--------------------|---|-------|------|------|
| Zip Lock Bags | 3 | 4.98 | 300 | 0.02 |
| White Plastic Bags | 3 | 53.97 | 3000 | 0.02 |