

Bakery

	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Bagel, plain	\$0.130	\$0.005	1 bagel	\$0.120
Biscuits (Pillsbury)	\$0.090	\$0.003	1 biscuit (2.3 oz)	\$0.203
Blueberry Muffin Mix	\$0.140	\$0.005	1 small (2 oz)	\$0.270
Bread, rye	\$0.180	\$0.006	1 slice	\$0.183
Bread, wheat	\$0.100	\$0.003	1 slice	\$0.090
Bread, white	\$0.110	\$0.004	1 slice	\$0.100
Brownie Mix			1 (2 1/2 inch brownie) 2 oz	\$0.230
Buns, hamburger	\$0.120	\$0.004	1 bun	\$0.110
Buns, hotdog	\$0.120	\$0.004	1 bun	\$0.110
Cinnamon Rolls	\$0.140	\$0.005	1 small (2 oz)	\$0.270
Cookies, Animal Cracker	\$0.160	\$0.006	1 oz (11 pieces)	\$0.160
Cookies, Oreo	\$0.140	\$0.005	2 cookies	\$0.170
Corn Muffin Mix	\$0.080	\$0.003	1 small	\$0.153

Crackers, ritz	\$0.170	\$0.006	5 crackers	\$0.100
Crackers, saltine	\$0.120	\$0.004	5 crackers	\$0.050
Donuts	\$0.120	\$0.004	1 donut (1.6 oz)	\$0.184
English Muffin	\$0.130	\$0.005	1 muffin	\$0.110
Flour, white	\$0.030	\$0.001	1 cup	\$0.130
Gluten-free Bread	\$0.240	\$0.008	1 slice (1.5 oz)	\$0.353
Pie Crust	\$0.130	\$0.005	1 oz (1/8 of pie crust)	\$0.134
Pita	\$0.230	\$0.008	1 pita (2 oz)	\$0.453
Sugar, white	\$0.040	\$0.001	1 Tablespoon	\$0.011
Sugar, Brown	\$0.050	\$0.002	1 Tablespoon (.32 oz)	\$0.015
Waffles, regular frozen	\$0.118	\$0.004	1 waffle	\$0.130
Waffles, wheat, frozen	\$0.239	\$0.008	1 waffle	\$0.260
Wrap, wheat	\$0.210	\$0.007	1 wrap (8 inches)	\$0.340
Wrap, white	\$0.150	\$0.005	1 wrap (8 inches)	\$0.250
Yeast	\$1.510	\$0.053	.25 oz	\$0.370

Fats/Oils

	Price per Cup	Price per Teaspoon	Price per Tablespoon	
Canola Oil	\$1.888	\$0.040	\$0.120	
Vegetable Oil	\$1.455	\$0.030	\$0.090	
Olive Oil	\$4.595	\$0.096	\$0.288	
Mayonnaise	\$0.970	\$0.020	\$0.060	
Ranch Dressing	\$1.245	\$0.030	\$0.090	
Italian Dressing	\$1.055	\$0.020	\$0.060	
Light Vinaigrette	\$1.198	\$0.020	\$0.060	
Grains				
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Cereal, Cherrios	\$0.190	\$0.007	1 cup	\$0.200
Cereal, granola	\$0.150	\$0.005	1/2 cup	\$0.260
Cereal, Lucky Charms	\$0.230	\$0.008	1 cup	\$0.240
Cereal, oatmeal traditional	\$0.090	\$0.003	1/2 cup dry	\$0.130
Cereal, oatmeal instant	\$0.230	\$0.008	1 packet	\$0.350
Cereal, Raisin-Bran	\$0.140	\$0.005	3/4 cup	\$0.270
Cereal, Rice Crispies	\$0.200	\$0.007	1 1/4 cup	\$0.230

Cous Cous, cooked	\$0.320	\$0.011	1 cup	\$0.980
Pasta (1/2 cup dry= 1 cup cooked)				
Pasta	\$0.090	\$0.003	1/2 cup dry	\$0.170
Pasta, large Rigatoni/Ziti	\$0.090	\$0.003	1/2 cup dry	\$0.160
Pasta, large Shells	\$0.140	\$0.005	1/2 cup dry	\$0.260
Pasta, macaroni	\$0.070	\$0.003	1/2 cup dry	\$0.210
Pasta, manicotti	\$0.200	\$0.007	1/2 cup dry	\$0.366
Pasta, rice (gluten-free)	\$0.360	\$0.013	1/2 cup dry	\$0.714
Pasta, wheat	\$0.110	\$0.004	1/2 cup dry	\$0.210
Rice, brown	\$0.114	\$0.004	1/4 cup dry	\$0.198
Rice, white	\$0.109	\$0.004	1/4 cup dry	\$0.186
Dairy				
Eggs	\$2.08/dozen	\$0.17/egg		
	Price per Half Gallon	Serving Size	Price per Serving Size	
Whole Milk	\$1.340	8 oz	\$0.170	
2% Milk	\$1.310	8 oz	\$0.160	
1% Milk	\$1.290	8 oz	\$0.160	
Skim	\$1.260	8 oz	\$0.160	

Lactaid	\$2.330	8 oz	\$0.290	
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
American Cheese	\$0.253	\$0.009	1 oz	\$0.263
Cheddar	\$0.289	\$0.010	1 oz	\$0.290
Mozzarella	\$0.314	\$0.011	1/4 cup	\$0.314
Mexican Blend	\$0.322	\$0.011	1/4 cup	\$0.322
Parmesan	\$0.420	\$0.015	1 Tablespoon	\$0.074
Provolone	\$0.383	\$0.013	1 oz	\$0.383
Soy cheese	\$0.429	\$0.015	1 oz	\$0.429
Ricotta Cheese	\$0.119	\$0.004	1 oz	\$0.119
Swiss Cheese	\$0.404	\$0.014	1 oz	\$0.404
Yogurt, plain	\$0.073	\$0.003	6 oz	\$0.435
Yogurt, fruit added	\$0.084	\$0.003	6 oz	\$0.506
Sour cream	\$0.085	\$0.003	1 Tablespoon	\$0.037
Cream Cheese	\$0.219	\$0.008	1 Tablespoon	\$0.119
Butter	\$0.191	\$0.007	1 Tablespoon	\$0.104
Margarine	\$0.101	\$0.004	1 Tablespoon	\$0.055

Produce				
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Apple, red	\$0.068	\$0.002	1.0	\$0.470
Apple, green	\$0.065	\$0.002	1.0	\$0.537
Banana	\$0.039	\$0.001	1.0	\$0.265
Blueberries, frozen	\$0.229	\$0.008	4.71 oz (1/2 cup)	\$1.080
Grapefruit	\$0.058	\$0.002	0.5	\$0.776
Grapes	\$0.118	\$0.004	1.64 oz (1/2 cup)	\$0.193
Lemon	\$0.084	\$0.003	1.72 oz (1/4 of a whole)	\$0.145
Mixed Berries, frozen	\$0.221	\$0.008	4.71 oz (1/2 cup)	\$1.039
Orange, navel	\$0.067	\$0.002	1.0	\$0.508
Orange, mandarin, canned	\$0.120	\$0.004	4.46 oz (1/2 cup)	\$0.535
Pear	\$0.086	\$0.003	1.0	\$0.577
Pineapple chunks, canned	\$0.085	\$0.003	4.46 oz (1/2 cup)	\$0.381
Pineapple whole	\$0.456	\$0.016	3 oz 9 1/2 cup)	\$1.368
Strawberries	\$0.221	\$0.008	2.6 oz (1/2 cup)	\$0.574
Strawberries, frozen	\$0.147	\$0.005	4.5 oz (1/2 cup)	\$0.661
Asparagus	\$0.406	\$0.014	2.4 oz (1/2 cup)	\$0.974

Broccoli	\$0.114	\$0.004	1.6 oz (1/2 cup)	\$0.183
Broccoli, frozen	\$0.113	\$0.004	3.3 oz (1/2 cup)	\$0.371
Brussell Sprouts	\$0.173	\$0.006	1.6 oz (1/2 cup)	\$0.277
Cabbage, green	\$0.033	\$0.001	1.6 oz (1/2 cup)	\$0.052
Carrots	\$0.079	\$0.003	2.3 oz (1/2 cup)	\$0.182
Carrots, frozen	\$0.070	\$0.002	2.6 oz (1/2 cup)	\$0.181
Carrots, canned	\$0.093	\$0.003	4.4 oz (1/2 cup)	\$0.408
Carrots, baby	\$0.101	\$0.004	2.9 oz (1/2 cup)	\$0.292
Carrots baby, frozen	\$0.090	\$0.003	2.9 oz (1/2 cup)	\$0.261
Celery	\$0.161	\$0.006	1.4 oz (1/2 cup)	\$0.226
Collard Greens	\$0.190	\$0.007	1.1 oz(1 cup)	\$0.210
Corn, with husk	\$0.246	\$0.009	1.0	\$1.424
Corn, frozen	\$0.082	\$0.003	2.9 oz (1/2 cup)	\$0.237
Corn, canned	\$0.076	\$0.003	2.9 oz (1/2 cup)	\$0.221
Cucumber	\$0.038	\$0.001	2.7 oz (1/2 cup)	\$0.101
Green beans, fresh	\$0.095	\$0.003	2 oz (1/2 cup)	\$0.190
Green beans, frozen	\$0.071	\$0.003	2.4 oz (1/2 cup)	\$0.171

Green beans, canned	\$0.092	\$0.003	2.4 oz (1/2 cup)	\$0.220
Kale	\$0.260	\$0.009	1.1 oz (1 cup)	\$0.280
Lettuce, iceberg	\$0.084	\$0.003	1 oz (1/2 cup)	\$0.084
Lettuce, romaine	\$0.116	\$0.004	1 oz (1/2 cup)	\$0.116
Mixed veggies, frozen	\$0.074	\$0.003	3.3 oz (1/2 cup)	\$0.243
Mixed veggies, canned	\$0.053	\$0.002	2.9 oz (1/2 cup)	\$0.152
Onions, red	\$0.071	\$0.003	1.4 oz (1/4 cup)	\$0.160
Onions, white	\$0.062	\$0.002	1.4 oz (1/4 cup)	\$0.120
Peas, frozen	\$0.070	\$0.002	2.9 oz (1/2 cup)	\$0.203
Peas, canned	\$0.071	\$0.003	2.9 oz (1/2 cup)	\$0.206
Peppers, green	\$0.129	\$0.005	2.13 oz (1/2 medium pepper)	\$0.270
Peppers, red	\$0.230	\$0.008	2.13 oz (1/2 medium pepper)	\$0.490
Portobello Mushrooms	\$0.545	\$0.019	1 medium	\$1.744
Potatoes, baking	\$0.074	\$0.003	1 medium	\$0.450
Potatoes, red	\$0.059	\$0.002	1 medium	\$0.290
Potatoes, sweet	\$0.043	\$0.002	1 medium	\$0.170
Radishes	\$0.131	\$0.005	2 1/2 radishes	\$0.050
Spinach	\$0.416	\$0.015	1.07 oz (1 cup)	\$0.439

Spinach, frozen	\$0.214	\$0.008	3.39 oz (1/2 cup)	\$0.720
Spinach, canned	\$0.105	\$0.004	3.8 oz (1/2 cup)	\$0.212
Summer Squash	\$0.089	\$0.003	2.02 oz (1/2 cup)	\$0.787
Spaghetti Squash	\$0.133	\$0.005	2.76 oz (1/2 cup)	\$0.308
Tomato	\$0.107	\$0.004	1 medium	\$0.557
Zucchini	\$0.089	\$0.003	2.02 oz (1/2 cup)	\$0.562
Protein/Protein Substitutes				
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Almonds, slivered, bag	\$0.370	\$0.013	1 oz	\$0.370
Black Beans, canned	\$0.080	\$0.003	2 oz	\$0.160
Black Beans, dried	\$0.120	\$0.004	2 oz	\$0.220
Chickpeas, canned	\$0.100	\$0.003	2 oz	\$0.200
Chickpeas, dried	\$0.120	\$0.004	2 oz	\$0.220
Kidney Beans, canned	\$0.080	\$0.003	2 oz	\$0.160
Kidney Beans, dried	\$0.130	\$0.005	2 oz	\$0.250
Lentils, dried	\$0.090	\$0.003	2 oz	\$0.170
Refried Beans	\$0.060	\$0.002	4.28 oz (1/2 cup)	\$0.268

Peanut butter	\$0.120	\$0.004	1.29 oz (2 Tablespoons)	\$0.160
Peanuts, dry roasted bag	\$0.100	\$0.004	1 oz	\$0.100
Peanuts, dry roasted jar	\$0.170	\$0.006	1 oz	\$0.170
Cashews	\$0.510	\$0.018	1/4 cup	\$0.310
Walnuts	\$0.390	\$0.014	1/4 cup	\$0.160
Chicken				
Skinless breast	\$0.283	\$0.010	3 oz	\$0.849
Whole	\$0.339	\$0.012	3 oz	\$1.020
Wing	\$0.384	\$0.014	3 oz	\$1.152
Frozen nuggets	\$0.349	\$0.012	3.17 oz (7 nuggets)	\$1.110
Fried Chicken Patty	\$0.210	\$0.007	3 oz (1 patty)	\$0.621
Pork				
Center cut chops	\$0.279	\$0.010	3 oz	\$0.837
Bacon	\$0.242	\$0.009	2.43 oz (3 slices)	\$0.580
Pork Loin	\$0.210	\$0.007	3 oz	\$0.632
Frozen sausage links	\$0.240	\$0.009	1.71 oz (2 links)	\$0.410
Beef				
Ground	\$0.269	\$0.009	3 oz	\$0.807
Patties (hamburger)	\$0.264	\$0.009	4 oz (1 patty)	\$1.056

Steak	\$0.477	\$0.017	3 oz	\$1.430
Corned Beef	\$0.330	\$0.012	3 oz	\$0.975
Turkey				
Ground	\$0.224	\$0.008	3 oz	\$0.672
Whole	\$0.130	\$0.005	3 oz	\$0.390
Deli meat				
Ham	\$0.321	\$0.011	3 oz (2 slices)	\$0.963
Turkey	\$0.373	\$0.013	3 oz (2 slices)	\$1.119
Roast Beef	\$0.462	\$0.016	3 oz (2 slices)	\$1.380
Chicken	\$0.381	\$0.013	3 oz (2 slices)	\$1.140
Hot Dog				
Beef based	\$0.186	\$0.007	1.50 oz (1 hot dog)	\$0.279
Chicken/turkey based	\$0.096	\$0.003	1.60 oz (1 hot dog)	\$0.154
Italian Sausage	\$0.170	\$0.006	3 oz	\$0.503
Ribs	\$0.200	\$0.007	3 oz	\$0.608
Pepperoni	\$0.320	\$0.011	1 oz	\$0.317
Catfish	\$0.310	\$0.011	3 oz	\$0.936
Clam Strips	\$0.390	\$0.014	3 oz	\$1.163
Cod, fresh	\$0.704	\$0.025	3 oz	\$1.480

Cod, frozen	\$0.446	\$0.016	3 oz	\$0.930
Salmon, fresh	\$0.557	\$0.020	3 oz	\$1.170
Salmon, frozen	\$0.696	\$0.025	3 oz	\$1.460
Salmon, canned	\$0.213	\$0.008	3 oz	\$0.520
Scallops	\$0.550	\$0.019	3 oz	\$1.641
Shrimp	\$0.440	\$0.015	3 oz (15 large steamed, 11 fried)	\$1.314
Shrimp, popcorn	\$0.310	\$0.011	3 oz (30 regular)	\$0.921
Tuna, fresh	\$0.499	\$0.018	3 oz	\$1.500
Tuna, frozen	\$0.581	\$0.020	3 oz	\$1.740
Tuna, canned	\$0.294	\$0.010	3 oz	\$0.882
Fish Sticks, frozen	\$0.343	\$0.012	4 oz (4 sticks)	\$1.370
Seafood Salad (deli)	\$0.284	\$0.010	1/3 cup	\$0.692
Veggie Burgers	\$0.340	\$0.012	1 burger (3 oz)	\$1.010
Vegan Chicken Patty	\$0.460	\$0.016	3 oz (1 patty)	\$1.384
Vegan Nuggets	\$0.450	\$0.016	3 oz (6 nuggets)	\$1.341
Tofu	\$0.240	\$0.008	1.7 oz (1/5 of a block)	\$0.400
Sauces/Condiments				

	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Alfredo Sauce (bottle and m	\$0.149	\$0.005	1/2 cup	\$0.320
BBQ Sauce	\$0.157	\$0.006	2 Tablespoons	\$0.173
Buffalo Sauce	\$0.186	\$0.007	1 Tablespoon	\$0.120
Chocolate Chips	\$0.200	\$0.007	1/4 cup	\$0.304
Chocolate Syrup	\$0.070	\$0.002	2 Tablespoons	\$0.090
Cocktail Sauce	\$0.241	\$0.009	1/4 cup	\$0.510
Gravy Mix, prepared	\$0.510	\$0.018	2 Tablespoons	\$0.101
Honey	\$0.250	\$0.009	1 Tablespoon	\$0.180
Jelly, grape	\$0.090	\$0.003	2 Tablespoons	\$0.120
Jelly, strawberry	\$0.140	\$0.005	2 Tablespoons	\$0.190
Ketchup	\$0.060	\$0.002	1 Tablespoon	\$0.030
Mustard	\$0.110	\$0.004	1 Tablespoon	\$0.090
Pesto Sauce	\$0.298	\$0.010	2 Tablespoons	\$0.327
Sauerkraut	\$0.060	\$0.002	1/4 cup	\$0.144
Teriyaki Sauce	\$0.196	\$0.007	1 Tablespoon	\$0.130
Tomato sauce	\$0.070	\$0.003	1/2 cup	\$0.330

Tomatoes, canned	\$0.090	\$0.003	1/2 cup	\$0.270
	Price per Quart	Serving Size	Cost per Serving Size	
Ice Cream	\$1.770	1/2 cup	\$0.220	
Maple Syrup	\$3.380	1 Tablespoon	\$0.050	
Maple Syrup, real	\$19.040	1 Tablespoon	\$0.300	
Relish	\$3.100	1 Tablespoon	\$0.050	
Salsa	\$4.900	1 Tablespoon	\$0.080	
Prepared Items				
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Chips	\$0.180	\$0.006	1 oz (10 chips)	\$0.180
Tortilla Chips	\$0.180	\$0.006	1 oz (9 chips)	\$0.178
French Fries	\$0.070	\$0.003	4 oz (14 fries)	\$0.290
Hash Brown, potato	\$0.070	\$0.002	1/2 cup (2.8 oz)	\$0.190
Macaroni and cheese, instar	\$0.090	\$0.003	1 packet (2.20 oz)	\$0.200
Pizza, frozen cheese	\$0.180	\$0.006	1 slice	\$0.290
Pizza, frozen pepperoni	\$0.210	\$0.008	1 slice	\$0.400
Pretzels	\$0.190	\$0.007	1 oz (17 pretzels)	\$0.190
Raisins	\$0.140	\$0.005	1/4 cup	\$0.174

	Price per Quart	Serving Size	Cost per Serving Size	
Soup, Chicken Noodle	\$1.310	6 oz	\$0.246	
Soup, Cream of Spinach Sou	\$1.880	6 oz	\$0.353	
Soup, Beef Chili	\$1.600	6 oz	\$0.300	
Soup, Beef Noodle Soup	\$1.810	6 oz	\$0.339	
Soup, Tomato	\$1.150	6 oz	\$0.216	
Soup, Veggie Noodle	\$1.510	6 oz	\$0.283	
Beverages				
	Price Per Quart	Serving Size	Cost per Serving Size	
Apple Juice	\$0.970	8 oz	\$0.240	
Bottle Water	\$0.250	8 oz	\$0.060	
Coke	\$0.480	8 oz	\$0.120	
Juice Box	\$1.480	4 oz	\$0.370	
Orange juice	\$1.300	8 oz	\$0.330	
Sprite	\$0.480	8 oz	\$0.120	
Tea		1 bag	\$0.030	
	Price per Oz	Price per Gram	Serving Size	Price per Serving Size
Coffee, bag	\$0.500	\$0.018	Tablespoon ground (1 cup brewed)	\$0.060

Coffee, can	\$0.280	\$0.010	Tablespoon ground (1 cup brewed)	\$0.040
Coffee, instant	\$0.800	\$0.028	Tablespoon ground (1 cup brewed)	\$0.060