### **All Purpose Wheat Flour**



Unit Price **\$0.05/oz.** 

Retail Price

\$4.39

#### **Almonds**



Unit Price **\$0.58/oz.** 

Retail Price \$5.49

### **Balsamic Vinegar**



Unit Price **\$0.27/oz.** 

Retail Price \$4.49

### **All Purpose White Flour**



Unit Price

\$0.03/oz.

Retail Price

\$2.39

### **Apple Sauce**



Unit Price

\$0.08/oz.

Retail Price

\$1.99

### **Barley**



Unit Price

\$0.04/oz.

Retail Price

#### **Black Beans**



Unit Price \$0.06/oz.

Retail Price

\$0.89

#### **Brown Rice**



Unit Price

\$0.07/oz.

Retail Price

\$2.29

#### **Canned Salmon**



Unit Price

\$0.44/oz.

Retail Price

\$2.19

#### **Canned Tuna Fish**



Unit Price

\$0.25/oz.

Retail Price

\$1.25

### Canola Oil



Unit Price

\$0.12/oz.

Retail Price **\$2.79** 

#### **Carrots**



Unit Price

\$0.06/oz.

Retail Price

#### **Chick Peas**



Unit Price

\$0.05/oz.

Retail Price

\$0.79

#### Corn



Unit Price

\$0.05/oz.

Retail Price

\$0.75

#### **Craisins**



Unit Price

\$0.58/oz.

Retail Price \$3.49

#### **Chicken Broth**



Unit Price

\$0.06/oz.

Retail Price

\$2.00

#### **Corn Meal**



Unit Price

\$0.08/oz.

Retail Price

\$1.89

#### **Diced Tomatoes**



Unit Price

\$0.09/oz.

Retail Price

\$1.35

### **Dijon Mustard**



Unit Price **\$0.16/oz.** 

Retail Price

\$1.89

#### **Dried Lentils**



Unit Price

\$0.04/oz.

Retail Price

\$0.65

#### **Whole Wheat Tortillas**



Unit Price

\$0.14/oz.

Retail Price

\$2.19

#### **Green Beans**



Unit Price

\$0.06/oz.

Retail Price **\$0.89** 

### Honey



Unit Price

\$0.40/oz.

Retail Price **\$4.79** 

### **Kidney Beans**



Unit Price

\$0.06/oz.

Retail Price

# Light Brown Sugar



Unit Price

Retail Price

\$1.00

# \$0.06/oz.

### Mayonnaise



Unit Price \$0.22/oz. Retail Price \$3.29

#### **Mixed Fruit Cocktail**



Unit Price \$0.07/oz. Retail Price \$1.99

#### **Cheddar Cheese**



Unit Price

\$4.69/lb.

Retail Price

\$4.69

### Yogurt



Unit Price

\$0.06/oz.

Retail Price \$2.09

#### **Old Fashioned Oats**



Unit Price

\$0.07/oz.

Retail Price

\$2.99

#### **Peaches**



Unit Price

\$0.11/oz.

Retail Price

\$1.59

### **Peanut Butter**



Unit Price

\$0.11/oz.

Retail Price

\$2.00

#### **Pears**



Unit Price \$0.11/oz. Retail Price \$1.59

### **Pineapples**



Unit Price

\$0.08/oz.

Retail Price \$1.49

#### **Popcorn**



Unit Price

\$0.13/oz.

Retail Price \$4.00

#### Whole Wheat Pita Bread



Unit Price

\$0.32/oz.

Retail Price \$2.59

### Quinoa



Unit Price **\$0.50/oz.** 

Retail Price

\$5.99

### Soy Sauce



Unit Price \$0.30/oz.

Retail Price

\$2.99

#### **Sunflower Seeds**



Unit Price \$0.23/oz.

Retail Price \$3.49

#### **Raisins**



Unit Price

\$0.17/oz.

Retail Price

\$3.49

### **Spaghetti Noodles**



Unit Price

\$0.12/oz.

Retail Price

\$0.99

#### Tomato Sauce



Unit Price

\$0.12/oz.

Retail Price

#### **Triscuit Crackers**



Unit Price

\$0.22/oz.

Retail Price

\$1.99

#### **Walnuts**



Unit Price **\$0.97/oz.** 

Retail Price

\$2.19

### Apple Cider Vinegar



Unit Price

\$0.05/oz.

Retail Price

\$1.59

#### **Whole Grain Penne**



Unit Price

\$0.13/oz.

Retail Price

\$1.69

#### **Whole Wheat Bread**



Unit Price

\$0.08/oz.

Retail Price \$1.49

## **Apple**



Unit Price **\$1.50/lb** 

Retail Price **\$0.79** 

#### Banana



Unit Price **\$0.49/lb** 

Retail Price **\$0.39** 

#### **Black Beans**



Unit Price **\$0.71/lb** 

Retail Price **\$0.69** 

#### **Green Beans**



Unit Price \$1.99/lb

Retail Price \$1.99

#### **Broccoli**



Unit Price \$1.69/lb

Retail Price \$0.99

### **Carrots**



Unit Price \$2.49/bunch

Retail Price \$2.49













### **Iceberg Lettuce**



Unit Price **\$1.79/ea**.

Retail Price \$1.79

#### **Mushrooms**



Unit Price \$3.32/lb

Retail Price \$1.66

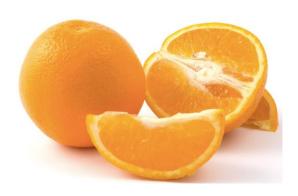
### Onion



Unit Price **\$1.49/lb** 

Retail Price \$1.19

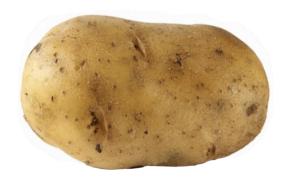
### Orange



Unit Price \$1.00/ea.

Retail Price \$1.00

#### **Potato**



Unit Price \$1.49/lb

Retail Price **\$0.79** 

#### **Tomato**



Unit Price **\$2.49/lb** 

Retail Price **\$0.69** 

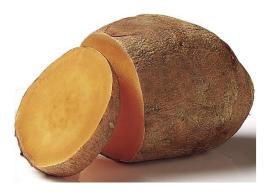
#### Cucumber



Unit Price **\$0.75/ea**.

Retail Price **\$0.75** 

#### **Sweet Potato**



Unit Price \$0.69/lb

Retail Price **\$0.69** 

## Spinach



Unit Price **\$3.98/lb** 

Retail Price \$1.99

#### Peas



Unit Price \$6.98/lb

Retail Price \$3.49

# **Bell Pepper**



Unit Price \$1.50/ea.

Retail Price \$1.50

### **Asparagus**



Unit Price \$3.49/bunch

\$3.49

### Cauliflower



Unit Price \$2.99/bunch

Retail Price **\$2.99** 

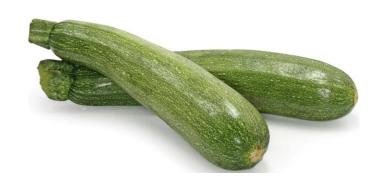
### Yellow Squash



Unit Price \$1.79/lb

Retail Price **\$0.99** 

### **Zucchini**



Unit Price **\$1.79/lb** 

Retail Price **\$0.99** 

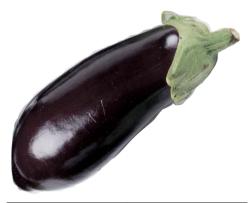
#### **Avocado**



Unit Price \$1.65/lb

Retail Price \$1.67

# **Eggplant**



Unit Price **\$1.79/ea**.

Retail Price \$1.79

### **Turnip**



Unit Price \$1.49/lb

Retail Price **\$0.34** 





Unit Price **\$1.49/lb** 

Retail Price \$1.49

### **Leafy Greens**



Unit Price \$0.99/lb

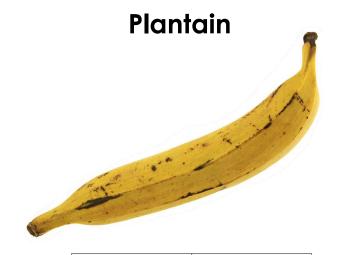
Retail Price \$1.49

#### Yucca Root



Unit Price \$0.99/lb

Retail Price \$1.49



Unit Price \$0.40/ea.

Retail Price **\$0.40** 

# **Bok Choy**



Unit Price **\$1.99/lb** 

Retail Price **\$2.49** 

### **Daikon Radish**



Unit Price **\$0.99/lb** 

Retail Price \$1.49

#### **Blueberries**



Unit Price \$0.66/oz

Retail Price \$3.99

#### **Beets**



Unit Price \$3.49/bunch

Retail Price \$3.49

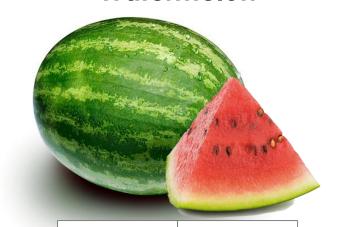
### **Strawberries**



Unit Price \$4.50/lb

Retail Price **\$4.50** 

### Watermelon



Unit Price \$3.99/ea.

Retail Price \$3.99

### Mango



Unit Price \$1.00/ea.

Retail Price \$1.00

### **Butternut Squash**



Unit Price **\$1.99/lb** 

Retail Price \$1.79

### Eggs



Unit Price \$2.79/doz Retail Price \$2.79

#### **Frozen Berries**



Unit Price \$0.29/oz. Retail Price \$3.49

#### Mozzarella-Part Skim



**Unit Price** \$4.58/lb Retail Price \$2.29

### **Frozen Mixed Vegetables**



**Unit Price** 

Retail Price \$0.06/oz. \$0.99

#### Frozen Edamame



Unit Price \$0.12/oz. Retail Price \$1.49

#### Salad



Unit Price

\$0.12/oz.

Retail Price

\$1.85