

## Cost of Staples

<b>DAIRY PRODUCTS</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
<b>Milk:</b>					
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
<b>Cream:</b>					
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	
<b>Cheese:</b>					
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
<b>Eggs:</b>					
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
<b>LIPIDS (FATS)</b>					
<b>Margarine:</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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
<b>CEREALS &amp; FLOUR</b>					
<b>Flour:</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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	
<b>Crackers:</b>					
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	
<b>Bread:</b>					
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
<b>Pasta:</b>					
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	
<b>Rice:</b>					
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
<b>FRUITS &amp; JUICES</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
<b>Fresh:</b>					
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	\$		
<b>Canned:</b>					
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	
<b>Frozen:</b>					
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	
<b>Juice:</b>					
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)
lemon	\$2.48	32 fl oz	\$0.16	Tbsp	1 fl oz = 2 Tbsp
lime	\$1.98	15 fl oz	\$0.26	Tbsp	1 fl oz = 2 Tbsp
tomato	\$2.00	46 oz	\$	cup	
grapefruit	\$2.68	64 oz	\$	cup	
pineapple	\$3.34	64 oz	\$		
<b>SUGARS &amp; SWEETS</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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
<b>MISCELLANEOUS</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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
Black pepper, ground	\$3.18	3 oz	\$0.09	tsp	
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	\$		
Cilantro (dry)	\$3.94	0.5 oz			1 oz = 50 tsp
Cilantro (fresh)	\$0.60	bunch	\$0.20	cup	bunch = 3 cups
Parsley (fresh)	\$0.99	bunch	\$	cup	
Parsley (dry)	\$0.94	0.4 oz	\$	oz	
Rosemary	\$3.97	0.7 oz	\$	oz	
Cumin	\$2.44	2 oz	\$0.09	tsp	
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	
<b>SOUP</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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	
<b>VEGETABLES</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>

<b>Fresh:</b>					
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, jalapeno	\$0.13	each			
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
<b>Canned:</b>					
corn	\$0.69	15.25 oz	\$	cup	1 lb = 3 cups
green beans	\$0.59	14.5 oz	\$	cup	
jalapeno peppers	\$0.68	4 oz	\$0.82	cup	1 lb = 3 1/3 cup
peas	\$0.69	15 oz	\$	cup	
stewed tomatoes	\$1.59	28 oz	\$0.45	cup	1 lb = 2 cups
diced tomatoes	\$1.59	28 oz	\$0.45	cup	1 lb = 2 cups
whole tomatoes	\$1.59	28 oz	\$0.45	cup	1 lb = 2 cups
<b>Frozen:</b>					
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	
onion	\$1.28	10 oz	\$0.63	cup	1 lb = 3 cups
peppers, green	\$1.28	12 oz	\$0.75	cup	1 lb = 3 cups
<b>MEATS</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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	
<b>Beef:</b>					
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	
<b>Fish:</b>					

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
<b>Turkey:</b>					
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
<b>PREPARED FOODS</b>	<b>Unit Cost</b>	<b>Unit Size</b>	<b>Cost Per Serving</b>	<b>Serving Size</b>	<b>Conversion Factor</b>
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	1/2 c.	7 servings per can

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

More Info: <https://www.ams.usda.gov/mnreports/fvwretail.pdf>

<http://www.aqua-calc.com/calculate/food-volume-to-weight>