

Item #	Item Name	Quantity/Month	Unit	
1	White potatoes/ fresh	20.50	lb	
2	Cabbage	4.22	lb	
3	Carrots (fresh)	3.64	lb	
4	Celery	2.00	lb	
5	Cucumbers	1.85	lb	
6	Lettuce	6.18	lb	
7	Onions	3.06	lb	
8	Tomatoes (fresh)	4.79	lb	
9	Apples/ fresh	11.76	lb	
10	Bananas/ fresh	6.66	lb	
11	Cantaloup/ fresh	2.91	lb	
12	Grapefruit/ fresh	3.05	lb	
13	Oranges/ fresh	9.20	lb	
14	Corn/ canned whole kernel	4.66	lb	
15	Green beans/ canned	4.15	lb	
16	Leafy dark greens/ canned	1.99	lb	
17	Peas/ canned	2.31	lb	
18	Tomatoes/ canned	2.94	lb	
19	Beets/ canned	2.63	lb	
20	Applesauce/ canned	1.23	lb	
21	Fruit cocktail/ canned	0.95	lb	
22	Peaches/ canned	3.66	lb	
23	Pears/ canned	2.09	lb	
24	Apple/ 100% juice/ canned	1.98	lb	
25	Orange juice/ canned	5.18	lb	
26	Grape/ 100% juice/ canned	0.75	lb	
27	Grapefruit juice/ canned	1.39	lb	
28	Tomato juice	1.92	lb	
29	Drink mixes (Tang)	0.15	lb	
30	Coke/ 7-Up/ Pepsi	12.32	qt	
31	Ready-to-eat (cornflakes)	7.51	lb	
32	Oatmeal/ old fashioned	1.64	lb	
33	Rice	3.14	lb	
34	Spaghetti/ dry/ plain	4.30	lb	
35	Macaroni and Cheese mix	2.31	lb	
36	Instant Mashed Potatoes	0.20	lb	
37	Potato chips	0.90	lb	

47	Hamburger buns	4.97	lb	
48	Butter	0.73	lb	
49	Margarine	2.95	lb	
50	Shortening	1.33	lb	
51	Vegetable oil	1.17	lb	
52	All purpose flour/ enriched	7.75	lb	
53	Whole wheat flour	0.47	lb	
54	Cornmeal	2.62	lb	
55	Biscuit mix	1.30	lb	
56	Cake mix/ yellow	2.04	lb	
57	Dry milk (List wt. of pkg)	0.60	lb	
58	Sugar/ granulated	5.43	lb	
59	Sugar/ brown/ powdered	0.41	lb	
60	Cake/ frozen/ ready-to-eat	1.50	lb	
61	Pie/ frozen/ ready-to-bake	1.04	lb	
62	Pastry/ frozen	1.55	lb	
63	Strawberries/ frozen	0.93	lb	
64	Grape juice/ frozen concentrate	0.60	lb	
65	Orange juice/ frzn concentrate	3.01	lb	
66	French fried potatoes/ frozen	0.94	lb	
67	Ice cream	7.12	qt	
68	Whole milk	34.07	qt	
69	Low fat milk/ 2%	17.39	qt	
70	Yogurt/ plain	1.13	lb	
71	Cottage cheese	1.35	lb	
72	Natural cheese/ cheddar/ mild	1.81	lb	
73	American processed cheese/ sliced	1.56	lb	
74	Eggs/ large	4.71	doz	
75	Chuck steak/ bone in	1.57	lb	
76	Round steak/ bone in	2.35	lb	
77	Sirloin steak/ boneless	0.96	lb	
78	T-bone steak/ bone in	1.30	lb	
79	Chuck roast/ bone in	4.26	lb	
80	Rump roast/ boneless	1.72	lb	
81	Ground beef/ regular	12.95	lb	
82	Pork chops/ bone in	2.06	lb	
83	Pork roast/ bone in	2.02	lb	
84	Pork spareribs	0.47	lb	
85	Ham/cured/boneless/ready-to-eat	2.45	lb	

95	Mature beans/ canned/ kidney	4.15	lb	
96	Peas/ dry/ split	0.32	lb	
97	Nuts/ shelled/ peanuts	0.87	lb	
98	Peanut butter	1.86	lb	
99	Mayonnaise	2.18	lb	
100	Catsup	1.20	lb	
101	Pickles/ dill/ whole	1.54	lb	
102	Coffee/ ground/100%	0.48	lb	
103	Coffee/ instant/ 100%	0.14	lb	
104	Tea/ bulk or bags (not instant)	0.12	lb	
105	Sales tax on food			
106	Electricity (first 1000 kwh)	1000	Kwh	
107	Heating oil (one gallon of #1 oil delivered at price of minimum delivery volume)	1	gallon	
108	Gasoline (regular, unleaded, at the pump)	1	gallon	
109	Lumber 2" x 4" x 8 foot board	1	board	
110	Propane (one gallon)	1	gallon	

