

GROCERIES

This list compares the lower cost of whole foods relative to processed goods. I have compared prices at Whole Foods, Acme, Giant, ShopRite, Trader Joe's and have taken the best prices. If they are not stocked, you can place a request at customer services. Demand for these items will influence the cost.

Whole unprocessed foods:

almonds raw	\$7.19 / lb or \$8.00 /3 cups
bananas	99¢ / lb
Bartlett pears	\$1.29 / lb
oranges	1 large = 99¢
limes	1 = 59¢
red grapes	\$3.49 / lb
bok choy	\$1.99 / lb or \$2.75/ 1 head
Napa cabbage	\$1.99 / lb or \$3.75/ 1 head
romaine lettuce	\$3.49 / 3 hearts or \$1.99/ 1 head
Brussels sprouts	5 sprouts = 50¢ or 1 bag of 20 ~ \$2.99
carrots organic	\$1.19/ lb
cilantro organic	\$1.49 for 1 bunch
collard greens	\$1.99 for 1 bunch
cucumbers	1 = 45¢
garlic	\$5.99 / lb or one bulb = 84¢
onions red	\$1.99 / lb = 2 large onions
ginger root	\$6.99 / lb or 4 inches = 91¢
rice - short brown	89¢ / lb
steel cut oats	79¢ / lb in bulk or \$3.95/ 5 lb
quinoa organic	\$1.99 / lb or 1/4 cup = 25¢
wheat berries raw	59¢ / lb or 2 cups = 78¢
dry beans	79¢ / lb

Processed foods:

bread	\$2 - \$3 / lb
millet bread	\$3 - \$4 / lb
beans 12 oz can	\$1 to \$1.50
olive oil	\$3.99 for 2 c ~1 pint ~ 1/2 L
rice milk	\$1.19 for 1L ~ 1 Qt ~ 32 oz \$4.75 for 4L ~ 1 Gal
cow's milk	\$3.50 for 1 Gal
cereal dry boxed Kashi GoLean	\$2.85/ lb
instant oatmeal	\$4.25 for 8 packets
pasta	\$2 / lb
pizza	\$8 -10 / pie
soy meats	\$2 to \$3 for 1 lb
ground beef	\$4.49 / lb
tofu	1 lb / 99¢
vegan burgers	4 patties for \$3.50
noodle soup cup	\$1.99 for 1 can
tomatoes in a can	\$1- \$3 depends on processing