

# Item Best Price

Grains		
Hard White Wheat	\$0.62	pound
Long Grain Brown Rice	\$1.11	pound
White Calrose	\$0.52	pound
White (plain)	\$0.38	pound
Jasmine	\$0.70	pound
Basmati	\$0.97	pound
Rice Pilaf	\$2.46	pound
Wild Rice	\$3.89	pound
Sweet brown rice	\$1.39	pound
Oats	\$1.09	pound
Popcorn	\$0.08	oz

Nuts/ Beans/ Seeds		
Raw Almonds	\$3.49	per lb
Pine Nuts	\$0.67	per oz
Walnuts	\$4.86	per lb
Pecans	\$4.40	per lb
Pistachios	\$3.99	per lb
Shelled pistachios	\$4.99	per lb
Cashews	\$3.99	per lb
Peanuts	\$1.50	per lb
Black eyed peas (dried)	\$1.49	per lb
Pinto beans (dried)	\$1.99	per lb
Black beans (dried)	\$1.59	per lb
Sunflower seeds (raw)	\$1.09	per lb

Dried Fruit		
Organic Raisins	\$0.11	per oz
Dried Apricots	\$0.17	per oz
Cherries dried	\$0.42	per oz
Dried Plums	\$0.12	per oz
Stretch Island Fruit Leather	\$0.22	each
Dried Mangoes (no sugar)	\$0.72	per oz
dried mangoes with sugar	\$0.25	per oz

Frozen Fruit		
Strawberries	\$1.49	pound
Blueberries	\$2.11	pound

Frozen veggies		
Peas	\$0.95	oz
Corn	\$0.95	oz

Broccoli	\$1.32	pound
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## Canned Food

Olives	\$0.13	per oz
Chicken Broth	\$0.05	per oz
Pumkin puree (Libby's)	\$0.07	per oz
Peaches canned	\$0.05	per oz
Pears canned	\$0.04	per oz
Mandarin Oranges	\$0.04	per oz
Tomato Paste	\$0.08	per oz
Applesauce	\$0.04	per oz
Pineapple	\$0.04	per oz
Black beans	\$0.04	per oz
Natural Peanut Butter	\$1.65	per lb
Almond butter	\$4.39	per lb

## Dairy

Milk	\$1.95	Gallon
Soy Milk	\$0.04	oz
Mozarella	\$2.33	pound
String cheese	\$0.18	oz
Yoplait Yogurt	\$0.08	oz
Eggs	\$0.11	egg

## Juice

OJ Concentrate	\$0.09	oz
Capri Sun 100% fruit juice	\$0.25	Pouch
Pomegranate/ blueberry blend	\$0.07	per oz

## Baking/ Cooking

Extra Virgin Olive Oil	\$0.40	per oz
Pure Olive oil	\$0.31	per oz
Canola Oil	\$0.06	per oz
PAM cooking spray	\$0.25	per oz

## Fresh Produce

Mini Carrots	\$0.99	per lb
Broccoli florets	\$1.43	per lb