

Ganges Nirvana Community Foods List



The following list can be customized depending on the community members desires.

The general philosophy on **shared items** is: buy items in season, at reasonable market price.

The general philosophy on **individual items** is: spend your own money as you wish, but as you may not find private space to eat your own items here, we advise you plan to share or eat these elsewhere. We want to be inclusive, and if you choose to buy something like cheese, or dry fruits and nuts, or other expensive items we recommend not eating them within community unless you are sharing.

The general philosophy on **meal expectations** is: all meals are provided by the community. A domestic helper may be available, but should not be expected.

Hindi name	English or alternate name	Market price	Neighbourhood Price Or * Varanasi Mahmoorganj
Fruits and Raw items			
Santara	Oranges		
kela	Banana	12 for 35 Rs.	
Sip	Apple	40 Rs. per kilo	*89 Rs. per kilo
anaar	Pomegranate	60 Rs. per kilo	
Keera	Cucumber	16 Rs. per kilo	40 Rs. per kilo *18 Rs. per kilo
nimbu	Lemon/lime	10 Rs. per per piece	*89 Rs. per kilo
gaajar	carrots		*40 Rs. per kilo
Items to be cooked			
Aloo	Potatoe	8 Rs. per kilo	
tamataar	Tomatoes	40 Rs. per kilo	*44 Rs. per kilo
	Chili peppers (red, dried)		
	Chili peppers (green, fresh)		
Bodi	Beans	40 Rs. per kilo	
pyaaj	Onion	30 Rs. per kilo	*32 Rs. per kilo
Brinjal	Eggplant		*29 Rs. per kilo

lahasun	Garlic	80 Rs. per kilo	*79 Rs. per kilo
bhindee	Ladies finger (Okra)		*20 Rs. per kilo
Palak	Spinach	30-70 Rs. per kilo depending depending on type	*40 Rs. per kilo
Nenua		10 Rs. per kilo	
Loki		10 Rs. per kilo	
Dry Ingredients			
	Corn Flakes		
	Choco flakes		
	Rice (white)		
Dahl	Lentils (yellow)		
gehoon	Wheat (flour)		*350 Rs. per 10 kg (Atta)
Teas and Spices and Condiments			
Adi	Ginger	120 Rs. per kilo	*64 per kilo
Shahad	Honey		*199 Rs. per 500 g (Dabur)
	Sugar (white)		
amla	Salt (iodised)		*15 per 100g
Gud	Jaggery (unrefined sugar)		50 Rs. per kilo (1 handful was 6 or 8 Rs.)
Chai	Tea leaves		
Haldi	Turmeric		
Jeera			
	Pepper (ground)		*75 Rs. per 50g pack
	Soya sauce		54 Rs. per 350g
Chat Masala	Mixed spices (powder)		*29 Rs. per 50g
Duhd	Milk (bag)		Rs. per 500 mL