

CoHo Pantry Price List

As of 20080409

Enter amount (numbers only) in yellow

cells and cost will be calculated automatically

Key: O=Organic, L=Local, S=Spray-Free, D=purchased Directly from grower

Items available for purchase by households are listed in *italics*

Legumes:

Adzuki (O)	\$0.47 cup			Notes	FYI: Price approx. equal to:
<i>Black (OL)</i>	\$0.56 cup				\$1.10/lb
Garbanzo (OL)	\$0.71 cup				\$1.31/lb
Kidney (O)	\$0.62 cup				\$1.60/lb
Lentils (O)	\$0.60 cup				\$0.93/lb
<i>Pinto (O)</i>	\$0.42 cup				\$1.40/lb
Split Peas (green) (O)	\$0.38 cup				\$0.98/lb
					\$0.89/lb

Rice:

<i>Long Grain White Rice</i>	\$0.70 cup				\$1.40/lb
<i>Long Grain Brown Rice (O)</i>	\$0.75 cup				\$1.69/lb
White Basmati Rice (O)	\$1.20 cup				\$2.70/lb

Baking Ingredients:

<i>Unbleached White Flour (O)</i>	\$0.21 cup				\$0.84/lb
Whole Wheat Pastry Flour (stored in	\$0.14 cup				\$0.56/lb
<i>Cornmeal (O)</i>	\$0.17 cup				\$0.55/lb
Brown Sugar	\$0.37 cup				\$1.02/lb
White Sugar	\$0.37 cup				\$0.83/lb
Honey (LS)	free				while supplies last
Duck eggs, small (D)	\$0.21 egg				while supplies last
Duck eggs, large (D)	\$0.33 egg				while supplies last

Butters and Oils:

Unsalted Butter (O)	\$1.30 stick				
Earth Balance - tubs (O)	\$2.65 container				
Earth Balance - sticks (O)	\$0.80 stick				
Canola Oil (O)	\$2.00 cup				\$4.00/lb
Olive Oil (O)	\$2.80 cup				\$5.60/lb

Misc.

Apple cider vinegar	\$0.75 cup				\$1.50/lb
Applesauce (O)	\$2.70 jar				
Balsamic Vinegar (O)	\$1.90 cup				
Blackstrap Molasses (O)	\$1.75 cup				\$2.33/lb
Rice Milk (O)	\$1.70 box				
Salad dressing (O)	\$2.70 bottle				
Tamari Soy Sauce (wheat- free)	\$1.25 cup				\$2.50/lb
Tomato Sauce (O)	\$1.60 can (28oz)				
Tomatoes, diced (O)	\$0.80 can (14oz)				
Tomatoes, diced (O)	\$2.10 can (28oz)				
Vegetable Broth (O)	\$2.10 box				

TOTAL

** In addition, enter a flat rate of \$1 for every 10 diners on your Meal Summary Sheet.

This enables us to stock the pantry with the following items, which are free for all meals:

salt, pepper, baking powder, baking soda, vanilla extract, xanthan gum, ketchup
allspice, basil, bay leaves, cardamom, cinnamon, chili powder, cumin, garlic powder, garlic salt,
mustard (dry), nutmeg, onion powder, oregano, paprika, rosemary, sage, thyme, turmeric

Are there additional items you'd like to see stocked in the CoHo Pantry?

Have any other pantry questions, suggestions, or concerns? Contact Jessica Groom.