

# CoHo Pantry Price List

As of 20080314

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

Available for purchase by households

## Legumes:

Adzuki (O)	\$0.47 cup				
Black (OL)	\$0.56 cup				
Garbanzo (OL)	\$0.71 cup				
Kidney (O)	\$0.62 cup				
Lentils (O)	\$0.60 cup				
Pinto (O)	\$0.42 cup				
Split Peas (green) (O)	\$0.38 cup				

Notes

FYI: Price approx. equal to:

## Rice:

Long Grain White Rice	\$0.70 cup				
Long Grain Brown Rice (O)	\$0.75 cup				
White Basmati Rice (O)	\$1.20 cup				

## Baking Ingredients:

Unbleached White Flour (O)	\$0.21 cup				
Whole Wheat Pastry Flour (stored in	\$0.14 cup				
Cornmeal (O)	\$0.17 cup				
Brown Sugar	\$0.37 cup				
White Sugar	\$0.37 cup				
Honey (LS)	free				
Duck eggs, small (D)	\$0.21 egg				
Duck eggs, large (D)	\$0.33 egg				

while supplies last  
while supplies last  
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				
Olive Oil (O)	\$2.80 cup				

## Misc.

Apple cider vinegar	\$0.75 cup				
Applesauce (O)	\$2.70 jar				
Balsamic Vinegar (O)	\$1.90 cup				
Blackstrap Molasses (O)	\$1.75 cup				
Corn, frozen (OL) (in pantry freezer)	\$1.90 16-oz bag				
Peas, frozen (OL) (in pantry freezer)	\$1.90 16-oz bag				
Potatoes (O); while supplies last (tiny potatoes are free)	\$0.20 potato				
Potatoes (O); while supplies last	\$2.00 5-lb. bag				
Rice Milk (O)	\$1.70 box				
Tamari Soy Sauce (wheat- free)	\$1.25 cup				

\$2.33/lb  
while supplies last  
while supplies last  
\$0.40/lb

\$0.40/lb

\$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.***