

# CoHo Pantry Price List

As of 20080120

## Legumes:

Adzuki	\$0.47 cup
Black	\$0.54 cup
Garbanzo	\$0.61 cup
Kidney	\$0.62 cup
Lentils	\$0.67 cup
Pinto	\$0.42 cup
Split Peas (green)	\$0.38 cup


## Rice:

Long Grain White Rice	\$0.70 cup
Long Grain Brown Rice	\$0.75 cup
White Basmati Rice	\$1.52 cup


## Baking Ingredients:

Unbleached White Flour	\$0.21 cup
Whole Wheat Pastry Flour (stored in the freezer)	\$0.14 cup
Cornmeal	\$0.17 cup
Brown Sugar	\$0.37 cup
White Sugar	\$0.37 cup


## Butters and Oils:

Unsalted Butter	\$1.10 stick
Earth Balance - tubs	\$2.65 container
Earth Balance - sticks	\$3.35 box
Canola Oil	\$1.14 cup
Olive Oil	\$2.90 cup


## Misc.

Applesauce	\$2.70 jar
Balsamic Vinegar	\$1.90 cup
Blackstrap Molasses	\$1.75 cup
Corn, frozen	\$1.90 16-oz bag
Peas, frozen	\$1.90 16-oz bag
Rice Milk	\$2.00 box
Spinach, frozen	\$1.52 10-oz bag
Tamari Soy Sauce (wheat- free)	\$1.00 cup
Tomato Sauce	\$1.60 can (28oz)
Tomatoes, diced	\$0.80 can (14oz)
Tomatoes, diced	\$1.60 can (28oz)
Vegetable Broth	\$1.70 box


**TOTAL**

\*\* In addition, enter a flat rate of \$1 for every 10 diners on your Meal Summary Sheet to cover the cost of items from the following list:  
salt, pepper, baking powder, baking soda, vanilla extract, yeast  
allspice, bay leaves, cinnamon, chili powder, cumin, garlic powder, garlic salt, nutmeg, paprika  
thyme, turmeric

**Are there additional items you'd like to see stocked in the CoHo Pantry?**  
**Communicate your request to Jessica Groom!**