

CoHo Pantry Price List

As of 20080304

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

Available for purchase by households

FYI: This price is approximately equivalent to:

Legumes:

		Amt.	Price	Notes	
Adzuki (O)	\$0.47 cup				\$1.10/lb
Black (OL)	\$0.56 cup				\$1.31/lb
Garbanzo (OL)	\$0.71 cup				\$1.60/lb
Kidney (O)	\$0.62 cup				\$.93/lb
Lentils (O)	\$0.60 cup				\$1.40/lb
Pinto (O)	\$0.42 cup				\$.98/lb
Split Peas (green) (O)	\$0.38 cup				\$.89/lb

Rice:

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

Baking Ingredients:

Unbleached White Flour (O)	\$0.21 cup				\$.84/lb
Whole Wheat Pastry Flour (stored in the freezer) (O)	\$0.14 cup				\$.56/lb
Cornmeal (O)	\$0.17 cup				\$.55/lb
Brown Sugar	\$0.37 cup				\$1.02/lb
White Sugar	\$0.37 cup				\$.83/lb
Honey (LS)	free				while supplies last
Duck eggs, small (D)	\$0.21 egg				while supplies last

Butters and Oils:

Unsalted Butter (O)	\$1.10 stick				
Earth Balance - tubs (O)	\$2.65 container				
Earth Balance - sticks (O)	\$0.80 stick				
Canola Oil (O)	\$1.18 cup				\$2.36/lb
Olive Oil (O)	\$2.80 cup				\$5.60/lb

Misc.

Applesauce (O)	\$2.70 jar				
Balsamic Vinegar (O)	\$1.90 cup				
Blackstrap Molasses (O)	\$1.75 cup				\$2.33/lb
Corn, frozen (OL) (in pantry freezer)	\$1.90 16-oz bag				while supplies last
Peas, frozen (OL) (in pantry freezer)	\$1.90 16-oz bag				while supplies last
Rice Milk (O)	\$1.70 box				
Tamari Soy Sauce (wheat- free)	\$1.00 cup				\$2.00/lb
Tomato Sauce (O)	\$1.60 can (28oz)				
Tomatoes, diced (O)	\$0.80 can (14oz)				
Tomatoes, diced (O)	\$1.60 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

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.