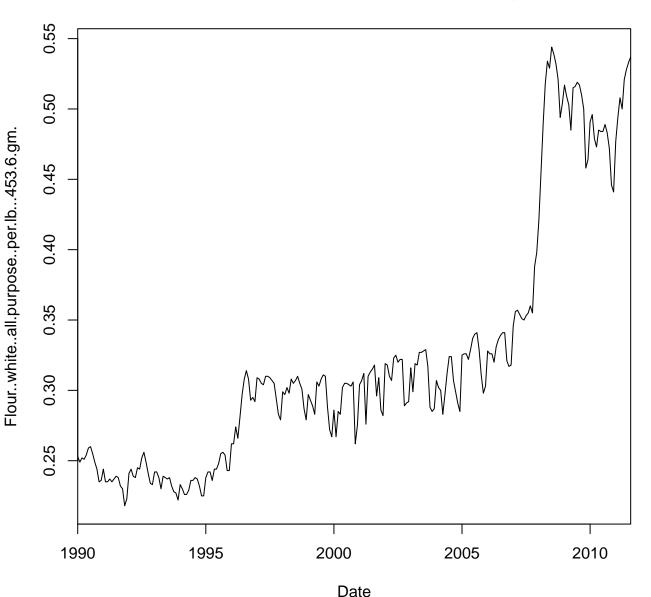
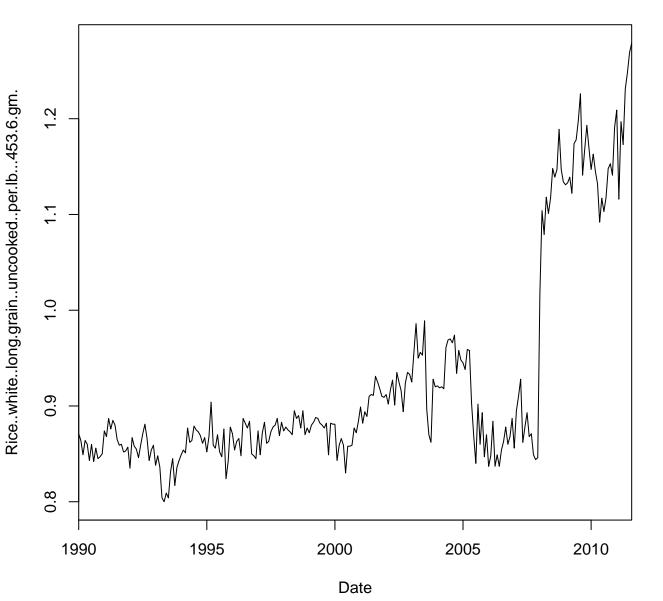
Flour..white..all.purpose..per.lb...453.6.gm.



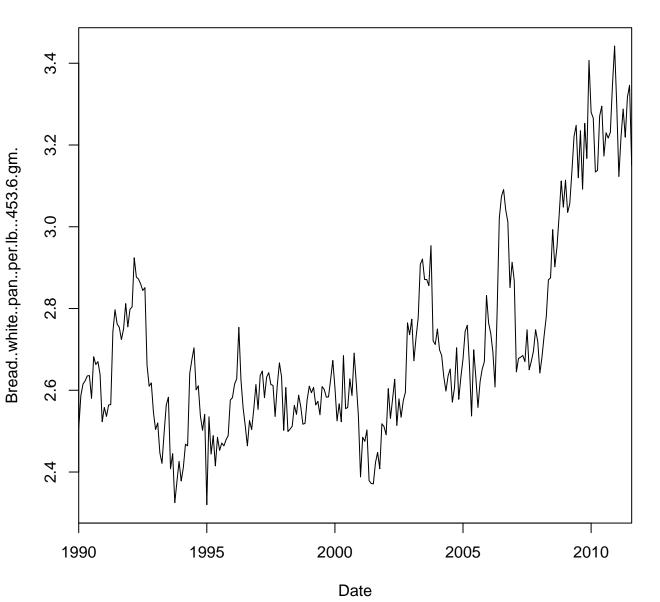
## Rice..white..long.grain..uncooked..per.lb...453.6.gm.



### Spaghetti.and.macaroni..per.lb...453.6.gm.



## Bread..white..pan..per.lb...453.6.gm.



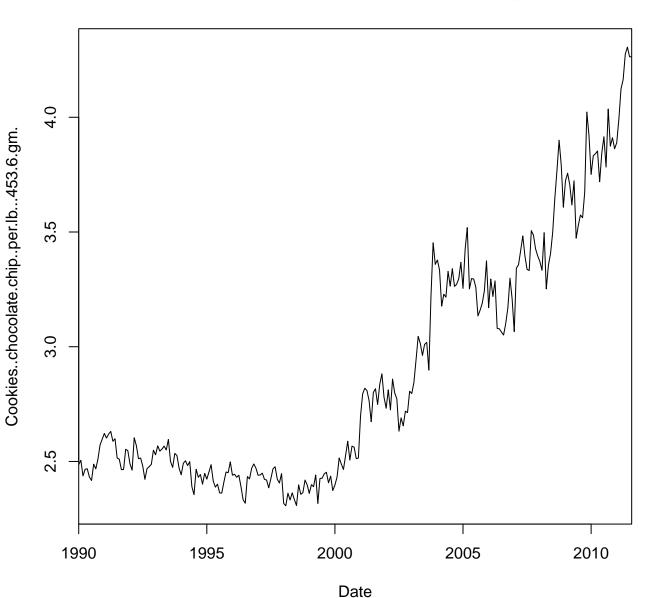
Bread..French..per.lb...453.6.gm.



#### Bread..whole.wheat..pan..per.lb...453.6.gm.



### Cookies..chocolate.chip..per.lb...453.6.gm.

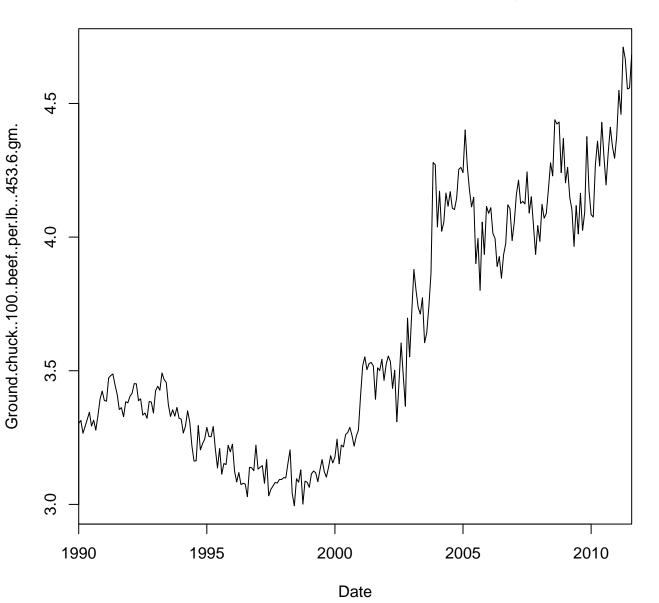


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

#### Crackers..soda..salted..per.lb...453.6.gm.

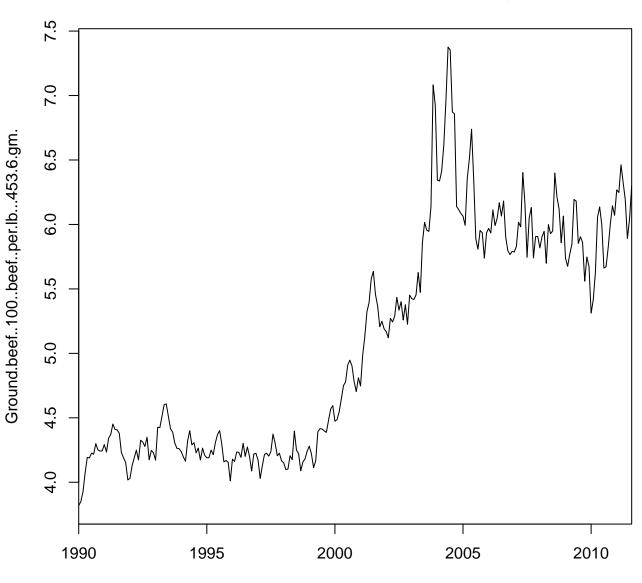


### Ground.chuck..100..beef..per.lb...453.6.gm.

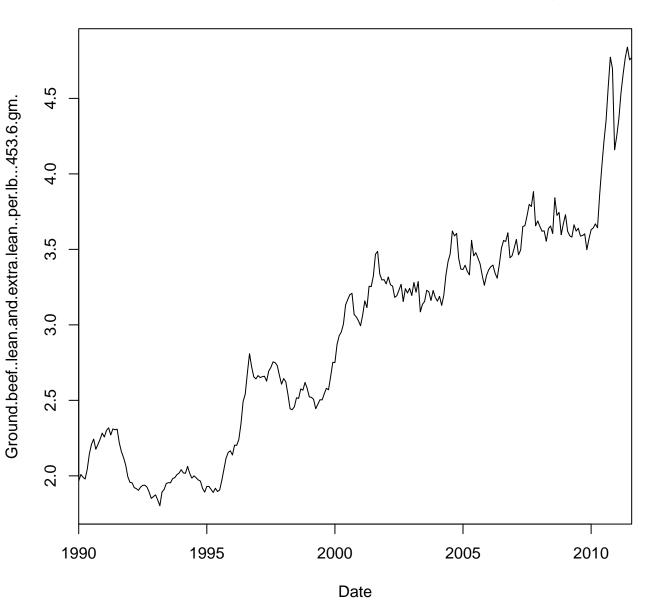


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

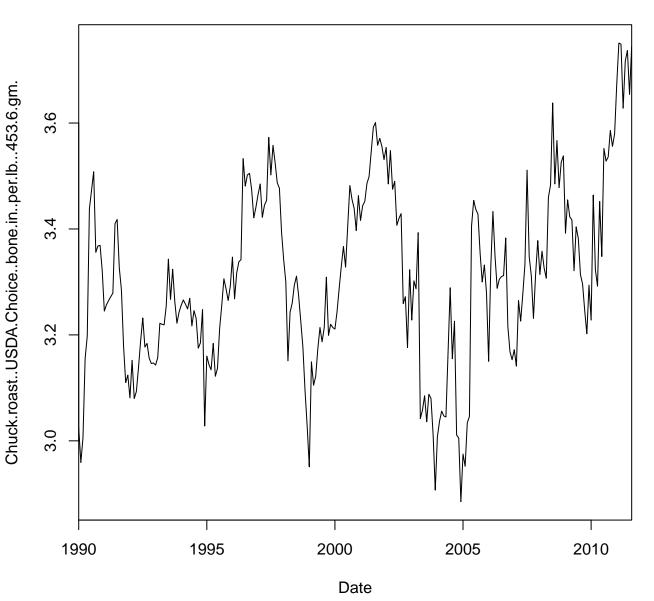
#### Ground.beef..100..beef..per.lb...453.6.gm.

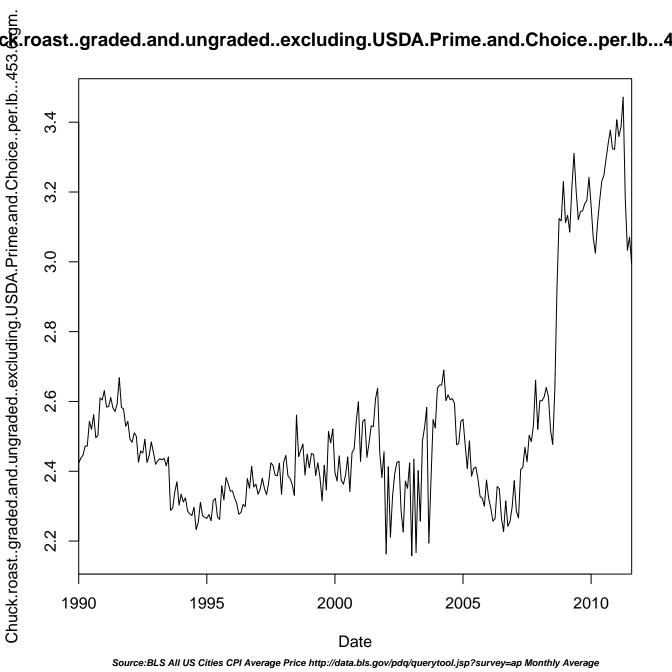


### Ground.beef..lean.and.extra.lean..per.lb...453.6.gm.



## Chuck.roast..USDA.Choice..bone.in..per.lb...453.6.gm.

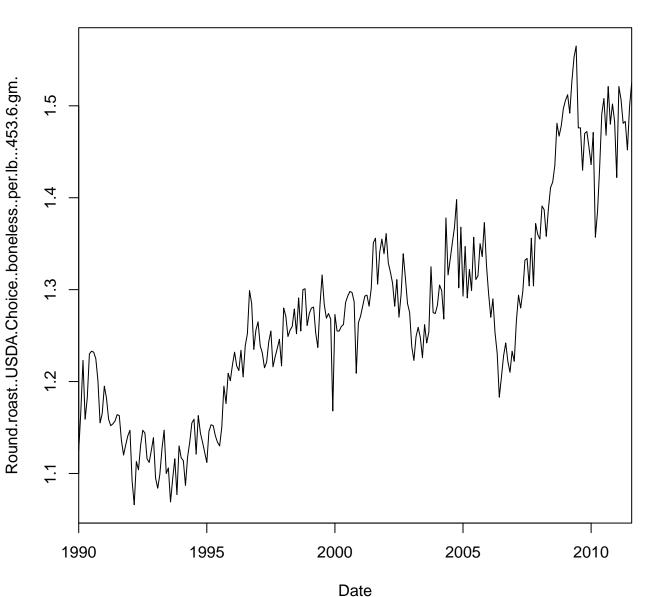


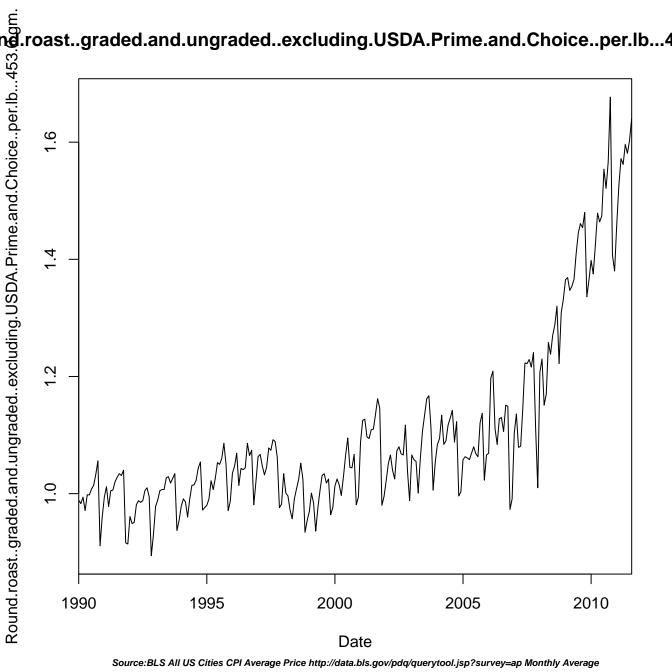


# Chuck.roast..USDA.Choice..boneless..per.lb...453.6.gm.

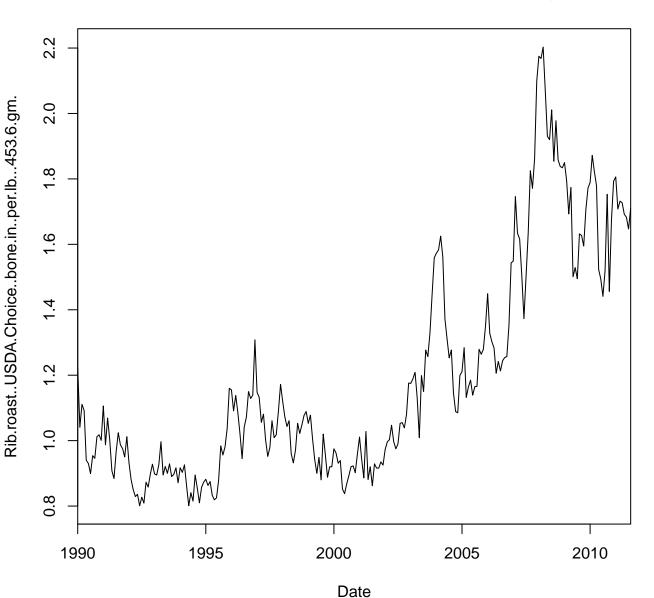


## Round.roast..USDA.Choice..boneless..per.lb...453.6.gm.

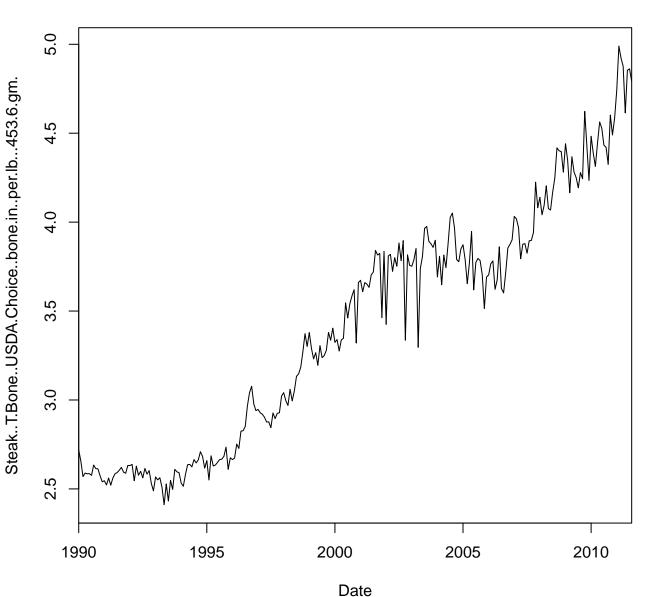




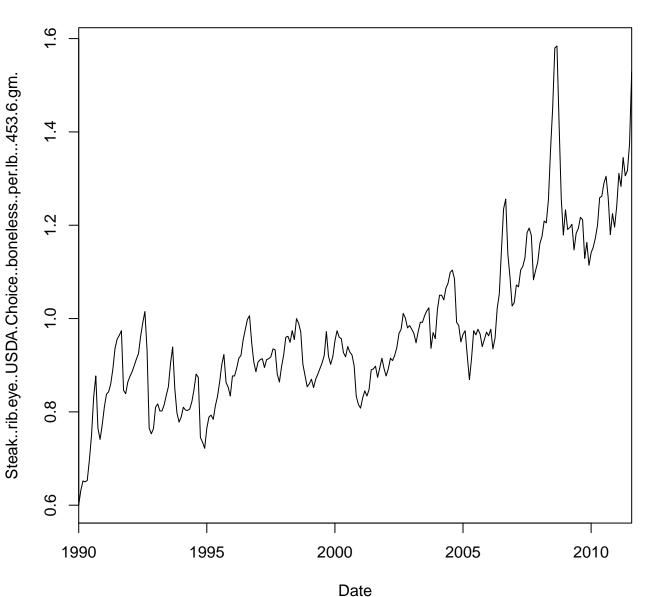
# Rib.roast..USDA.Choice..bone.in..per.lb...453.6.gm.



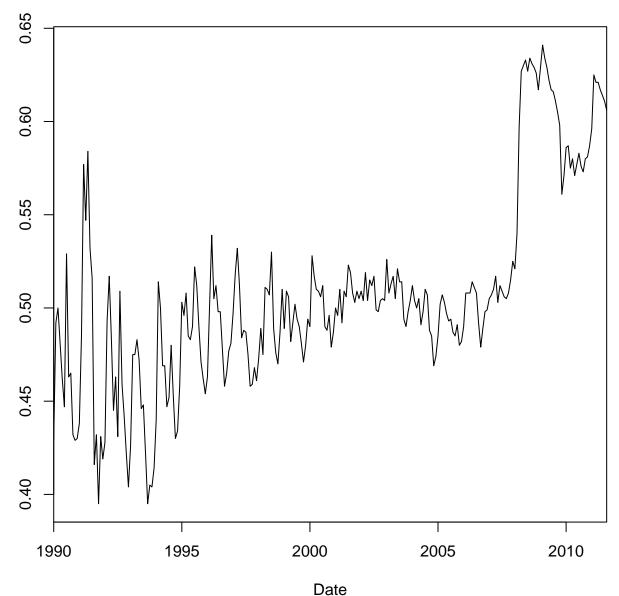
Steak..T.Bone..USDA.Choice..bone.in..per.lb...453.6.gm.



## Steak..rib.eye..USDA.Choice..boneless..per.lb...453.6.gm.

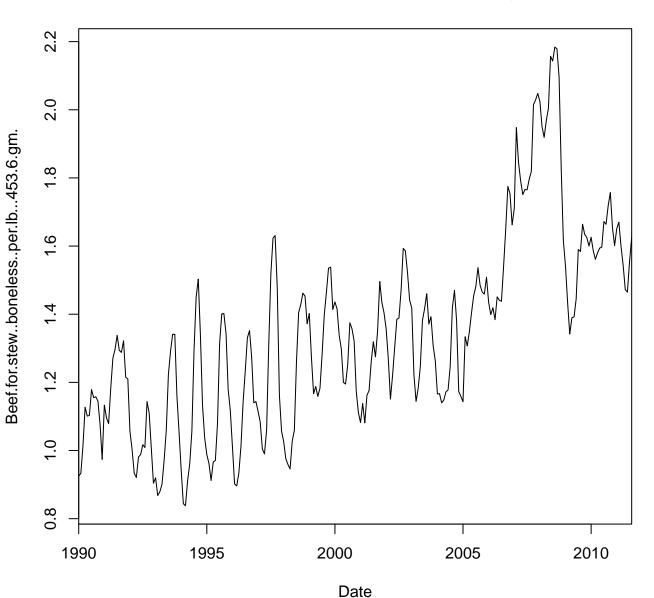


Short.ribs..any.primal.source..bone.in..per.lb...453.6.gm.

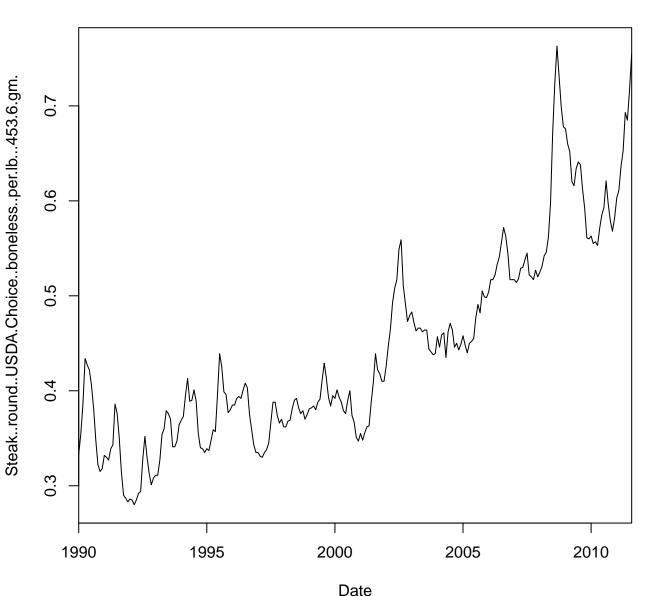


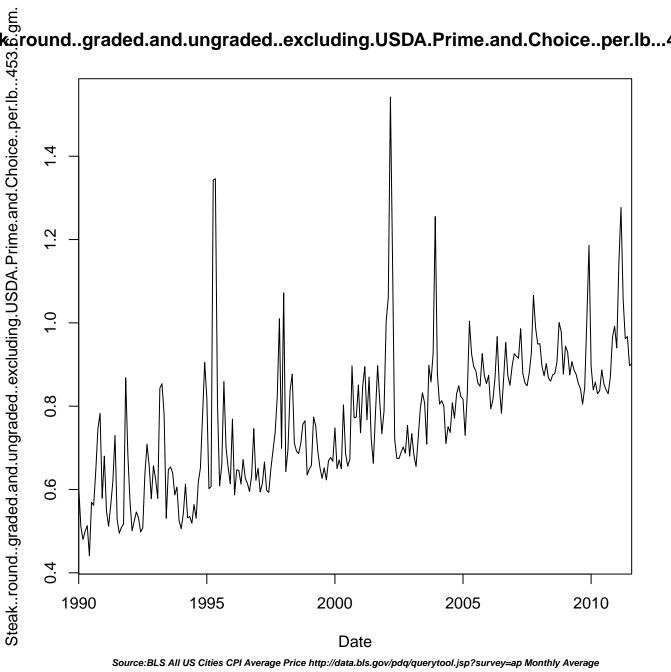
Short.ribs..any.primal.source..bone.in..per.lb...453.6.gm.

Beef.for.stew..boneless..per.lb...453.6.gm.

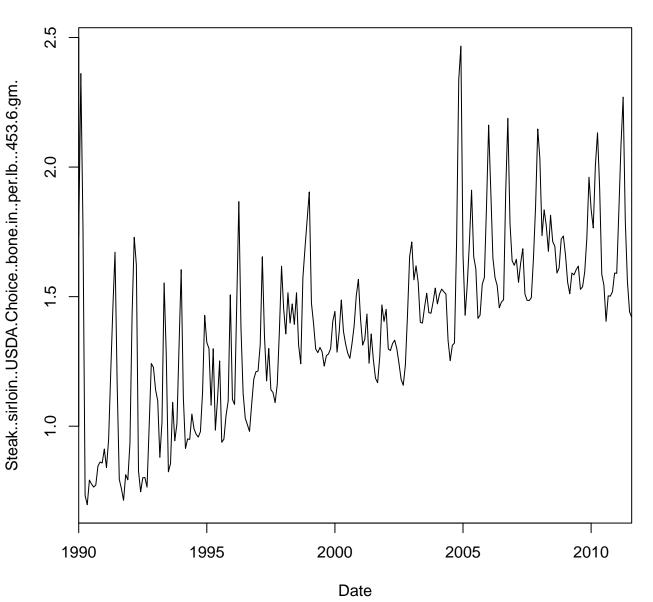


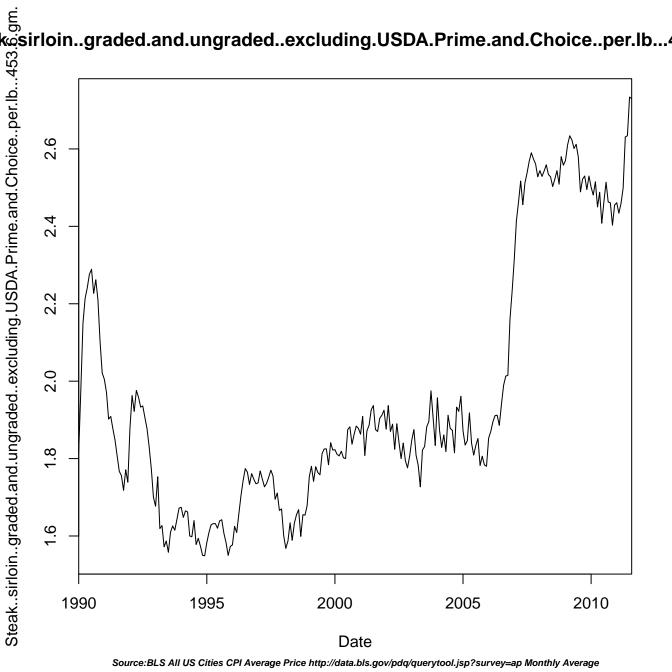
# Steak..round..USDA.Choice..boneless..per.lb...453.6.gm.



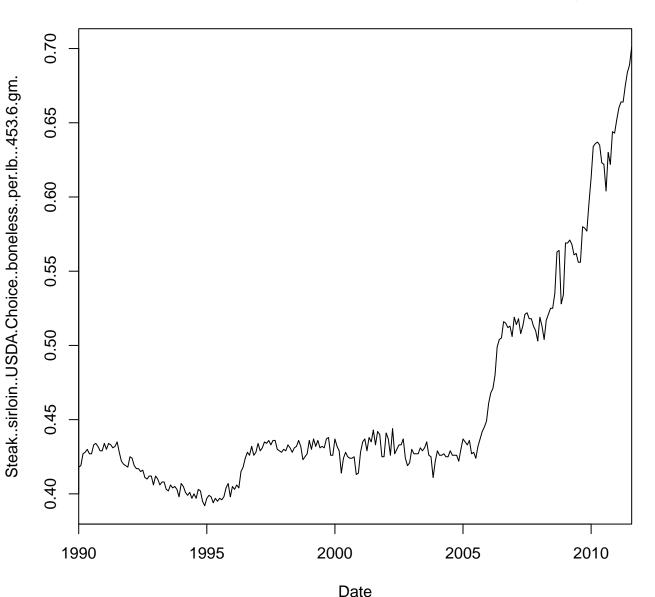


## Steak..sirloin..USDA.Choice..bone.in..per.lb...453.6.gm.

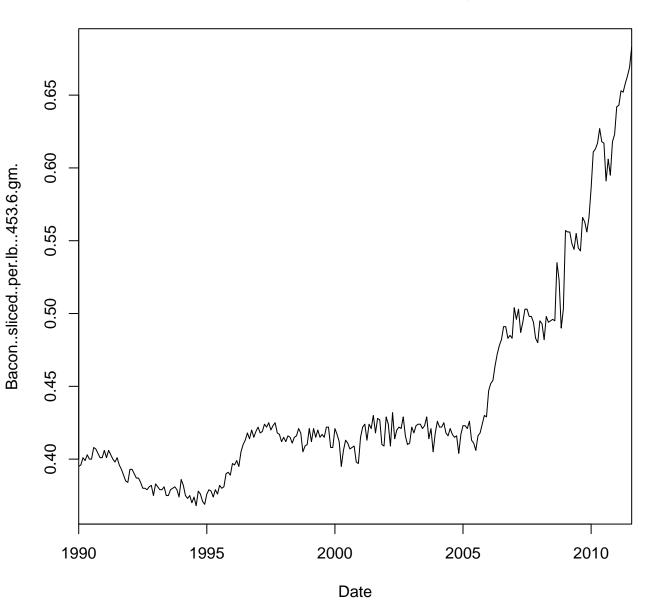




### Steak..sirloin..USDA.Choice..boneless..per.lb...453.6.gm.



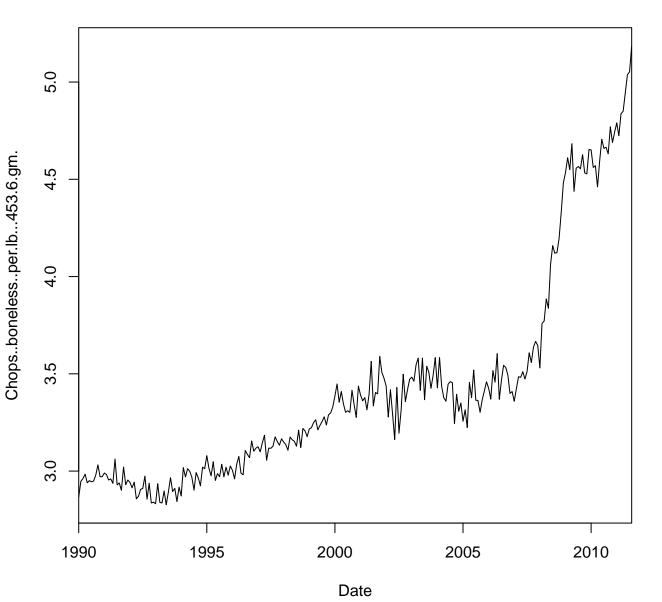
# Bacon..sliced..per.lb...453.6.gm.



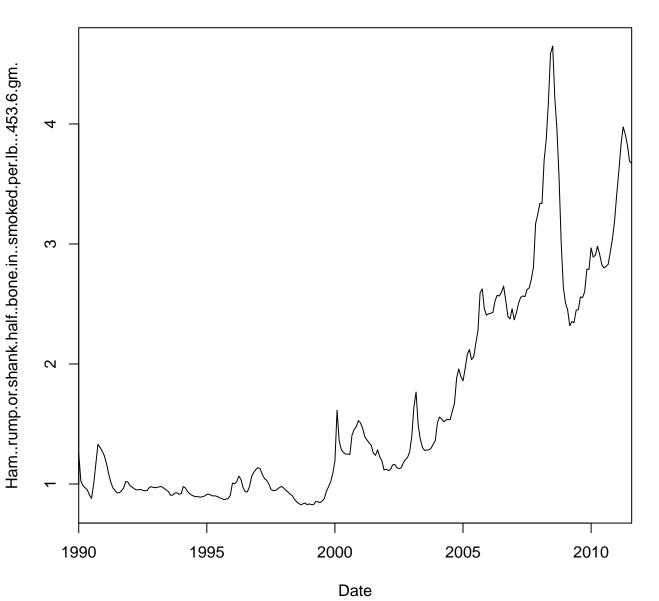
### Chops..center.cut..bone.in..per.lb...453.6.gm.



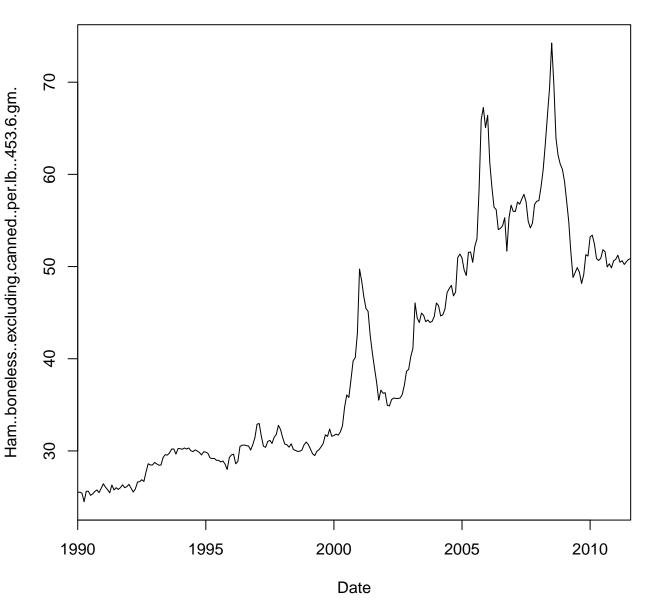
### Chops..boneless..per.lb...453.6.gm.



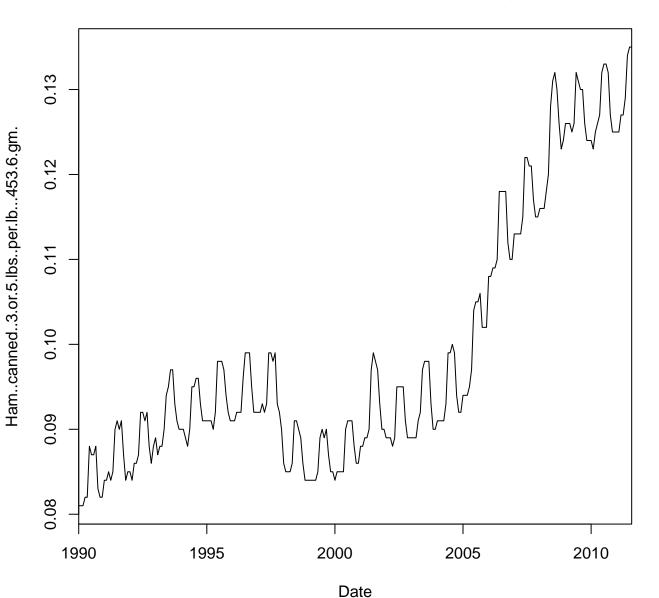
Ham..rump.or.shank.half..bone.in..smoked.per.lb...453.6.gm.



# Ham..boneless..excluding.canned..per.lb...453.6.gm.

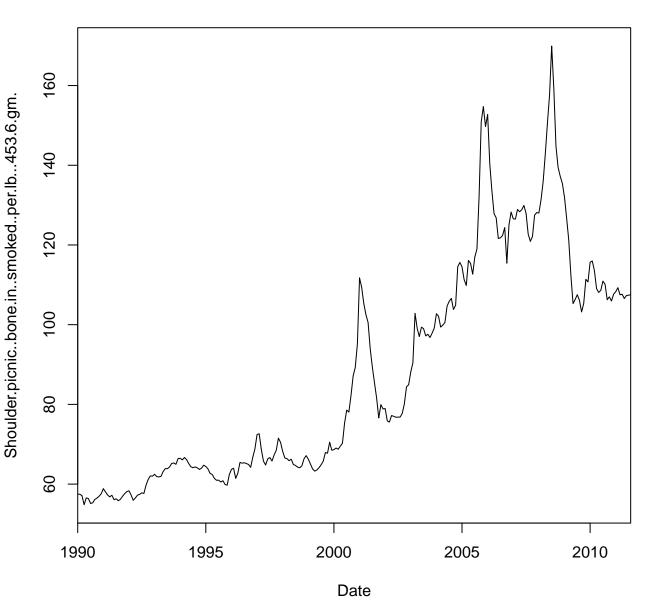


### Ham..canned..3.or.5.lbs..per.lb...453.6.gm.

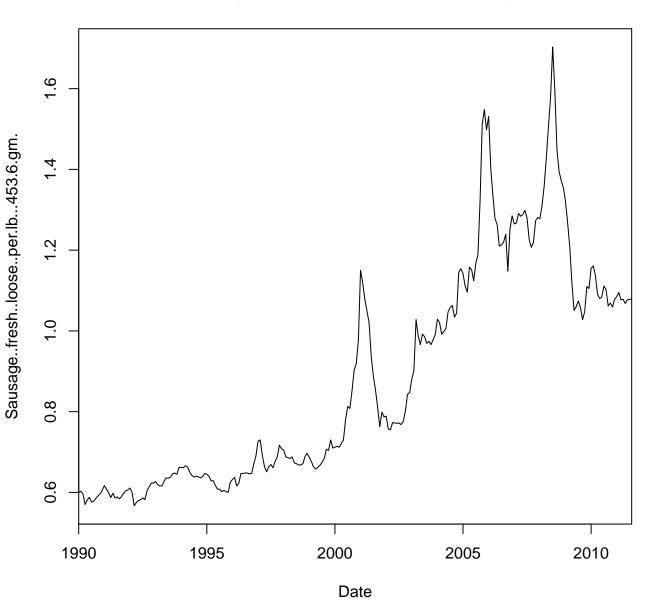


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

## Shoulder.picnic..bone.in..smoked..per.lb...453.6.gm.

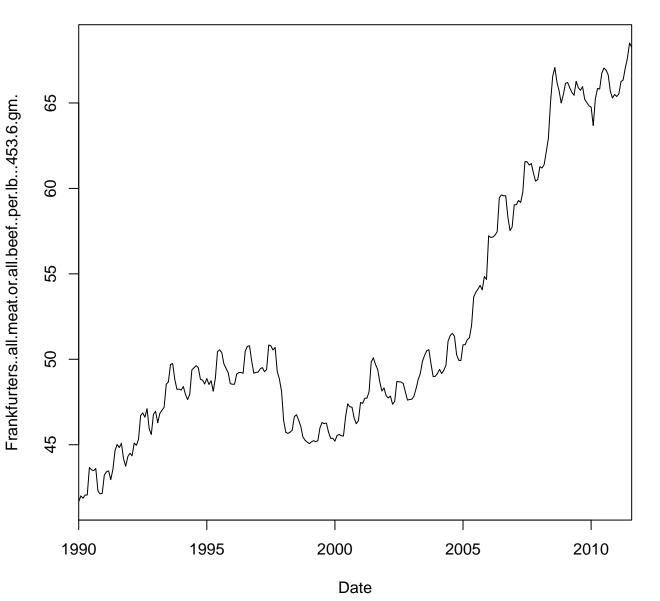


#### Sausage..fresh..loose..per.lb...453.6.gm.

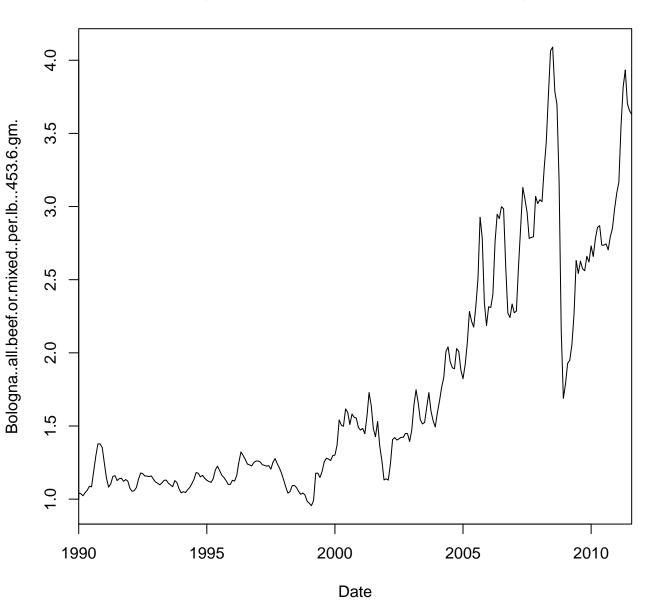


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

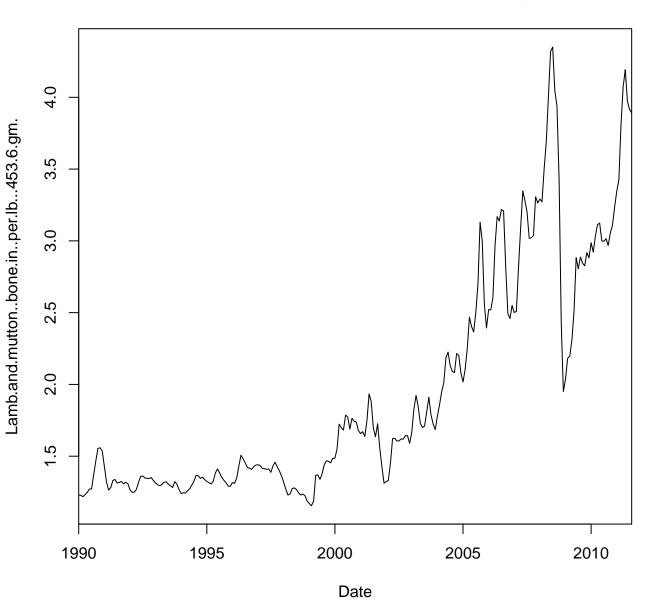
# Frankfurters..all.meat.or.all.beef..per.lb...453.6.gm.



### Bologna..all.beef.or.mixed..per.lb...453.6.gm.



#### Lamb.and.mutton..bone.in..per.lb...453.6.gm.



Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

#### Chicken..fresh..whole..per.lb...453.6.gm.

