

Food Pricing Sheet 2018



Food Item	Unit of Measure	# Servings	Price-Redners	Cost per serving	Price-Walmart	Cost per serving
Bananas	1 pound		\$0.49	\$0.16	\$0.49	\$0.16
Potatoes	8 pounds	Approx. 14 potatoes	\$3.98	\$0.28	\$4.52	\$0.32
Sweet potatoes	3 pounds	Approx. 10 small potatoes			\$1.98	\$0.20
White rice	5 pounds	50 servings	\$3.39	\$0.07		
White rice	10 pounds	100 servings	\$7.39	\$0.07		
White rice	20 pounds	200 servings			\$8.92	\$0.04
Store brand blackeye peas	15 ounce can	3 servings	\$0.99	\$0.33		
Store brand butter beans	16 ounce can	4 servings	\$0.89	\$0.22		
Great Value navy beans, red kidney beans, or black beans	15.5 ounce can	3 ½ servings			\$0.63	\$0.18
Store brand lima beans, carrots, beets, corn, and sweet peas	15 ounce can	3 servings	\$0.99	\$0.33		
Hanover canned corn or sweet peas	2 pounds	9 servings			\$1.58	\$0.18
Margaret Holmes canned mixed greens, collard greens, or turnip greens	1 pound, 11 oz.	6 servings			\$1.00	\$0.17
Store brand egg noodles	16 ounces	6-8 servings	\$1.39	\$0.23		
Store brand macaroni	1 pound	8 servings	\$1.00	\$0.13	\$1.00	\$0.13
Great Value Elbow Macaroni	3 pounds	24 servings			\$2.92	\$0.12

12 packages Ramen noodles	3 ounces each	24 servings			\$3.97	\$0.17
Dried black beans	1 pound	10 servings	\$1.39	\$0.14	\$1.27	\$0.13
Dried barley	1 pound	10 servings	\$0.99	\$0.10		
Dried split peas	1 pound	10 servings	\$0.99	\$0.10		
Dried lentils	1 pound	10 servings	\$1.79	\$0.18		
Store brand oatmeal	2 pounds	30 ½ c servings	\$2.89	\$0.09	\$2.46	\$0.08
Store brand peanut butter	1 pound	16 servings/2 tbsps ea.	\$2.99	\$0.19		
Great Value Peanut Butter	2 pounds	35 servings/2 tbsps ea.			\$3.12	\$0.09
Frozen mixed vegetables	5 pounds	20 servings	\$4.99	\$0.25		
Frozen mixed vegetables	3 pounds	16 servings			\$3.48	\$0.22
Frozen lima beans	2 pounds	11 servings			\$3.64	\$0.33
Frozen beef liver	1 pounds	4 servings (or 8 small)			\$2.48	\$0.62 or \$0.31 small
Frozen Great Value Chicken Drumsticks	4 pounds	Approx. 11 servings			\$4.98	\$0.45
Great Value Chunk Chicken Breast	2 pound can	14 2-ounce servings			\$3.98	\$0.28
Great Value Chunk Light Tuna	4 5-ounce cans	8 2-ounce servings/can			\$2.96	\$0.28
Store brand eggs	1 dozen	12 servings	\$0.69	\$0.06		