

HOW TO SPEND LESS ON FOOD

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Misc Items	Dollar Tree	Winco Foods	Costco
Brown sugar	\$1.00/lb	\$0.74/lb	\$0.71/lb
Cinnamon	\$0.33/oz	\$0.25/oz	\$0.17/oz
Coconut oil	\$0.14/oz	\$0.16/oz	\$0.25/oz
Coconut milk	\$1.00/can	\$1.04/can	\$1.50/can
Frozen veg	\$1.00/lb	\$0.88/lb	\$1.28/lb
Frozen fruit	\$1.00/12 oz	\$1.98/12 oz	\$1.17/12 oz
Yellow mustard	\$1.00/20 oz	\$0.78/20 oz	\$1.60/20 oz
Spaghetti	\$0.67/lb	\$0.79/lb	\$1.13/lb
Penne	\$0.67/lb	\$0.84/lb	\$1.30/lb
Diced tomato	\$1.00/28 oz	\$0.98/28 oz	\$0.84/28 oz
Olives	\$1.00/6 oz	\$0.88/6 oz	\$1.68/6 oz
Corn tortillas	\$0.04/each	\$0.07/each	\$0.03/each

Dry Items	Winco Foods	Costco	
Oats, old fashioned	\$0.61/lb	\$0.83/lb	\$0.23
Oats, steel cut	\$0.62/lb	\$1.12/lb	\$0.50
Quinoa	\$2.14/lb	\$2.22/lb	\$0.08
Mung beans	\$2.26/lb	\$1.56/lb	\$0.70
Pinto beans	\$0.74/lb	\$0.58/lb	\$0.16
White rice	\$0.61/lb	\$1.04/lb	\$0.43
Coffee beans	\$5.00/lb	\$5.00/lb	\$0.00
Pecans halves	\$11.33/lb	\$8.00/lb	\$3.33
Almonds	\$5.98/lb	\$4.33/lb	\$1.65

Produce	Winco Foods	Costco	Beaverton Farmers Market
Kale	\$0.98/bunch	n/a	\$1.00/bunch
Cilantro	\$0.58/bunch	n/a	\$0.75/bunch
Parsley	\$0.58/bunch	n/a	\$1.00/bunch
Carrots	\$0.46/lb	\$0.58/lb	\$2.33/lb
Green onions	\$0.68/bunch	\$0.56/bunch	\$0.75/bunch
Cauliflower	\$0.88/lb	n/a	\$1.50/lb
Ginger root	\$2.68/lb	\$3.14/lb	\$16.00/lb
Yellow onions	\$0.38/lb	\$0.55/lb	\$1.00/lb
Russet potato	\$0.20/lb	\$0.45/lb	\$1.50/lb