

# Loaves & Fishes of Union County



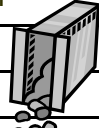






## Grocery List



9/01/09

Number in Family

Food	Unit	1	2	3	4	5	6	7	8
Pantry \$									
Pork & Beans 	16 oz. can @ .60	1	2	3	4	5	6	7	8
Canned Fruit	16 oz. can @ 1.55	1	2	3	4	5	6	7	8
Green Beans	16 oz. can @ .83	1	2	3	4	5	6	7	8
Corn	16 oz. can @ .83	1	1	2	2	3	3	4	4
Peas or other vegetables	16 oz. can @ .83	1	2	2	3	3	3	3	4
Canned Tomatoes	16 oz. can @ 1.20	1	1	1	2	2	2	2	2
Pasta Meat Sauce	16 oz. can @ 1.25	1	1	1	2	3	3	3	4
Beef Stew or 14 oz. Salmon	24 oz. can @ 2.20	1	1	1	1	2	2	2	2
Soup (chicken 63 veg 83)	12 oz. cans @ .73	2	4	6	8	10	12	14	16
Tuna	6 oz. can @ .87	2	2	2	2	3	3	3	4
Pasta 	8 oz package @ .75	1	1	1	2	3	3	3	4
Oatmeal or Cereal	18 oz. box @ 1.85	1	1	1	2	2	2	2	3
Shortening 	1 lb. @ 2.70	1	1	1	1	1	1	1	1
Peanut Butter	12 oz. jar @ 2.35	1	1	2	2	2	2	3	3
Applesauce 	24 oz. jar @ 1.50	1	1	1	2	2	2	3	3
Jelly 	16 oz. jar @ 2.05	1	1	1	2	2	2	2	3
Juice	46 oz. bottle @ 2.25	1	1	1	2	2	2	3	4
Macaroni & Cheese	16 oz. box @ .85	1	1	2	2	2	3	3	4
Instant Potatoes	8 oz. box @ 1.75	1	1	1	2	2	2	3	3
Grits	36 oz. bag @ 1.30	1	1	1	2	2	2	3	4
Corn Muffin Mix	8 1/2 oz. box @ .55	1	2	2	2	2	3	3	4
Crackers	1 lb. box @ 2.29	1	1	2	2	2	2	2	3
Dried Milk	64 oz. box @ 3.55	1	1	2	3	3	4	4	5
Sugar	1 lb. bag @ 1.60	1	1	1	1	1	2	2	2
Dried Beans	1 lb. bag @ 1.25	1	1	1	2	2	2	2	2
Rice	1 lb. bag @ 1.15	1	1	1	2	2	3	3	4
Flour	2 lb. bag @ 1.25	1	1	1	1	1	1	1	1
Toilet Paper	Rolls @ .40	2	2	3	3	3	3	3	3
Soap	Bar @ .75	1	2	2	2	3	3	3	3
Refrigerated and frozen items are generally purchased by L&F with monetary donations									
Onions 	3 lbs. @ 3.55	1	1	3	3	3	3	4	4
Eggs	Item @ .15	4	8	12	16	20	24	26	28
Margarine	lb. @ .90	1	1	1	2	2	3	3	4
Bread @ 1 <sup>1/4</sup> lb. loaf	Loaf @ 1.27	1	1	2	3	3	3	4	4
Chicken or hamburger 	Whole @ 4.20	0	1	1	2	2	2	3	3
Baby Food/Cereal, as	(2box@2.35&21jars@.70):								
if Baby	Add 19.40 to >	50.61	63.55	86.86	116.62	128.89	141.33	165.40	183.91