

What food can you buy for \$16.00?

GRAINS

Oatmeal, 18 ounces



Wheat bread loaf



Elbow Macaroni, 16 ounces



FRUITS



Peaches, 15 ounces

2 Bananas



2 Navel Oranges

MILK



Skim Milk, gallon

VEGETABLES



Romaine Lettuce



Frozen Broccoli, 16 ounces



Carrots, 16 ounces



Sweet Peas, 15 ounces

MEAT & BEANS

Black beans, 15 ounces



1 Dozen Medium Eggs



Tuna in water, 5 ounces



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WISCONSIN
A Recipe for Good Health

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MyPyramid.gov
STEPS TO A HEALTHIER YOU

*All food was purchased on 3/18/ 2010 from WalMart and Aldi's. This information is for educational purposes only. References to commercial products or trade names do not imply endorsement by UW-Extension or FoodShare or bias against those not mentioned.

What food can you buy for \$16.00?

Oatmeal, 18 ounces	\$1.32
Wheat bread loaf	\$0.88
Elbow Macaroni, 16 ounces	\$0.82
Romaine Lettuce	\$1.69
Frozen Broccoli, 16 ounces	\$0.98
Carrots, 16 ounces	\$0.88
Sweet Peas, 15 ounces	\$0.55
Peaches, 15 ounces	\$1.00
2 Naval Oranges	\$0.88
2 Bananas	\$0.43
Skim Milk, gallon	\$2.79
Black beans, 15 ounces	\$0.62
1 Dozen Medium Eggs	\$1.25
Tuna packed in water, 5 ounces	\$0.60
Peanut Butter, 18 ounces	\$1.39



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HPC
HUNGER PREVENTION COALITION
for Eau Claire County

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