



# BC PKU Day

September 19, 2010

## Food Prices Comparison



Regular Food	Cost	Low Protein Food Item	Cost	Per	Regular	Low Pro
Original Kraft Dinner (225g)	\$1.19	Imitation Mac & Cheese (150g)	\$9.00	100g	\$0.53	\$6.00
Wafer Cookies (200g)	\$1.38	Wafer Cookies (100g)	\$4.50	100g	\$0.69	\$4.50
Frozen burger patties (1.13kg)	\$7.99	Camburger Patties (284g)	\$13.99	100g	\$0.71	\$4.93
12 hamburger buns (540g)	\$3.89	Camburger Buns (8)	\$19.49	each	\$0.32	\$2.44
6" pizza crust, fresh (3)	\$4.49	7" pizza crusts (4)	\$26.49	each	\$1.50	\$6.62
16 Wieners (675g)	\$4.29	Brookelyn Dogs (16)	\$32.49	each	\$0.27	\$2.03
8 Hot dog buns (800g)	\$3.69	Brookelyn Dog Buns (6)	\$12.99	each	\$0.46	\$2.17
12 cookies, fresh	\$4.49	Butterscotch Chip Cookies (12)	\$16.99	each	\$0.37	\$1.42
Frozen meatballs (907g, 64 pieces)	\$6.99	Cheese Filled Meatballs (16)	\$26.99	each	\$0.11	\$1.69
Cheese ravioli, fresh (350g)	\$3.50	Cheese Ravioli (1 lb, 35 pieces)	\$27.49	100g	\$1.00	\$6.06
Homestyle brownies (300g)	\$2.50	Fudge Brownies (360g)	\$16.99	100g	\$0.83	\$4.72
Potato & Onion perogies (1kg)	\$2.50	Pierogi (1 lb)	\$27.49	pound	\$1.14	\$27.49
Flour (22 lbs)	\$8.99	All Purpose Baking Mix (6 lbs)	\$43.39	pound	\$0.41	\$7.23
French bread (450g)	\$0.88	Artisan bread (936g)	\$26.99	100g	\$0.20	\$2.88
10 Tortillas, 10"	\$3.29	Tortilla Wraps (10, 8" tortillas)	\$11.49	each	\$0.33	\$1.15
Pillsbury fresh cookie dough (468g)	\$2.99	Choc. Chip Cookie Dough (3 lbs)	\$25.49	100g	\$0.64	\$1.87
White bread (570g)	\$2.49	Homestyle White Bread (1 lb)	\$17.49	100g	\$0.44	\$3.85
Shredded cheese (400g)	\$6.99	Shredded Cheese (2 lbs)	\$14.49	100g	\$1.75	\$1.60
Duncan Hines white cake mix (515g)	\$2.50	Maddy's Cake Mix (408g)	\$11.60	100g	\$0.49	\$2.84
Quaker blueberry muffin mix (24 muffins)	\$4.99	Blueberry Muffin Mix (12 muffins)	\$14.75	each	\$0.21	\$1.23
Spaghetti (450g)	\$2.49	Aproten Spaghetti (500g)	\$10.60	100g	\$0.55	\$2.12
Cheerios (500g)	\$2.99	Breakfast Cereal Loops (375g)	\$8.80	100g	\$0.60	\$2.35
Kraft Cheese slices (24)	\$4.49	Cheese Slices (32)	\$14.49	each	\$0.19	\$0.45
Long grain rice (8kg)	\$7.98	Imitation Rice (500g)	\$16.00	100g	\$0.10	\$3.20
Chicken nuggets, breaded (1kg)	\$6.99	Tweekz (300g)	\$23.99	100g	\$0.70	\$8.00
Shippings costs, approx per year	\$0.00	Shippings costs, approx per year	\$150.00	per item	\$0.00	\$6.00
<b>Total, Regular Food List:</b>	<b>\$104.96</b>	<b>Total, Low Protein List:</b>	<b>\$624.47</b>		<b>\$14.52</b>	<b>\$114.82</b>