

Family of Four Shopping & Meals Savings at The River Food Pantry: One Week

Shopping *			Community Meals***				
Item	Quantity	Unit	Price**	Household	Meal****	Frequency	Price*****
Mult-Grain Bread	1	Loaf	\$3.79	1 Person	\$2.13	5	\$10.65
Blackberries	1	package	\$3.29	1 Person	\$2.13	5	\$10.65
Beets	2	bunches	\$6.98	1 Person	\$2.13	5	\$10.65
Granny Smith Apples	1	pounds	\$1.49	1 Person	\$2.13	5	\$10.65
Fresh Green Beans	0.5	pounds	\$1.00				
Greens and Salad Mix	10	ounces	\$7.38	Community Meal Total			\$42.60
Russet Potatos	3	pounds	\$2.97				
Pico De Gallo	28	ounces	\$7.98				
Organic Bananas	1.5	pounds	\$1.19				
Organic Chive & Cream Cheese	8	ounces	\$7.79				
Guacamole	24	ounces	\$10.00				
Organic Milk	0.5	gallon	\$3.69				
Ice Mountain Water	1	gallon	\$1.39				
Sesame Sticks	1	package	\$3.69				
Organic Lettuce	2	head	\$7.38				
Canned Green Beans	1	can	\$0.99				
Corn Tortilla Chips	1	bag	\$3.19				
Split Pea Soup Mix	2	bag	\$5.98				
Canned Black Beans	2	can	\$2.30				
Canned Kidney Beans	2	can	\$1.98				
Basic Baby Diapers	10	diapers	\$1.84				
Baby Food- Bananas	1	package	\$1.89				
Canned Garbanzo Beans	3	can	\$4.47				
Tumeric Seasoning	2	package	\$4.58				
Black Garlic Seasoning	1	package	\$4.49				
Organic Brown Rice	64	ounces	\$10.98				
Quinoa & Brown Rice	8.5	ounces	\$3.49				
Organic Macarnoi & Cheese	18	ounces	\$7.47				

Notes

* Taken from client choice shopping trip on 8/23/18, clients can shop for groceries once a week.

**Prices based on Festival Foods Best Comparable Product prices, No Discounts have been applied

*** Community Meals consist of a protein option, grain option, vegetable option, fruit option, and added extras depending on availability and donations.

****Average cost of Family of Four meals at home per USDA Food Plan is \$178.5. At 3 meals a day, 7 days a week, between 4 people, \$2.13 is the average cost of one meal at home per USDA Low-Cost Family of Four Food.

*****Clients can have a community meal five times a week. Each person in the household can have a meal per visit.

19-50 years and children—								
2-3 and 4-5 years	\$128.60	\$163.90	\$202.60	\$251.30	\$557.10	\$710.40	\$878.00	\$1088.80
6-8 and 9-11 years	\$147.30	\$193.60	\$241.80	\$293.70	\$638.10	\$838.90	\$1047.50	\$1272.80

¹ The Food Plans represent a nutritious diet at four different cost levels. The nutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 MyPyramid food intake recommendations. In addition to cost, differences among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, see [Thrifty Food Plan, 2006](#) (2007) and [The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007](#) (2007). All four Food Plans are based on 2001-02 data and updated to current dollars by using the Consumer Price Index for specific food items.

² All costs are rounded to nearest 10 cents.

³ The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

⁴ Ten percent added for family size adjustment.

This file may be accessed on the Center for Nutrition Policy and Promotion's home page at: <http://www.cmp.usda.gov>.
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