

Food Storage Price and Volume Comparisons*

Item	Cost at Store (Sam's Club or Fry's)	Cost at Mesa Cannery	Volume Comparison
White Flour vs. Wheat Whole Grain	\$0.36/lb at Sams Club (white flour) So for 10 lbs= \$3.60	\$0.25/lb at Cannery (whole grain wheat) So for 10 lbs= \$2.50	9 c. white flour ("ready-made") 3 lbs., 7.8 oz.= \$1.25 NOTE: If this flour was bought at Fry's, the price would be double or triple this dollar amount. <hr/> 9 c. whole grain wheat= 16 c. ground wheat flour ("basic") 16 c. wheat flour= 4 lbs., 2.2 oz.= \$1.03
Canned Pintos vs. Dry Pintos	\$0.88 per 15 oz can at Fry's Marketplace (Canned Pintos) So for 10 lbs= \$9.39	\$0.68/lb at Cannery (Dry Pintos) So for 10 lbs= \$6.80	3 cans of ("ready-made") beans= \$2.64 <hr/> 2 c. dry beans= 3 cans of canned beans 2 c. dry beans= 0.8 lbs.= \$0.54 ("basic")
Powdered Milk vs. Regular Milk	\$1.99-\$2.29/gal at Fry's Marketplace (Regular "Ready-made" Milk- on sale!)	\$1.48/lb at Cannery or \$2.22/gal (Powdered "Basic" Milk at Cannery)	Volume comparison already shown (under "cost" columns),

*Price comparison based on March 2009 prices at Sam's Club, Fry's Marketplace, and the Mesa Cannery.

As you can see from the table above, it is **cheaper** to store "basic" items vs. "ready-made" items. You will also need **less volume** of the "basic" items vs. the "ready-made" items.