

<b>Welfare Diet</b>	<b>Weight (kg.)</b>	<b>Notes</b>
<b>Grain Products</b>		
Corn Flakes 625g (2)	0.625	\$2.98/440g
Quaker Oats 1kg	1.000	
Whole Wheat Bread (3)	2.025	\$2.48/EA; 675g/EA
Primo Pasta 900g (4)	3.600	\$2.19/900g
Whole Grain Rice 2kg (2)	4.000	\$4.98/2kg
<b>subtotal</b>	<b>11.250</b>	
<b>Vegetables and Fruits</b>		
Carrots 2lb.	0.907	\$0.99/lb
Bananas (10)	3.300	\$1.20/5pcs; 0.33kg/EA Unpeeled
Broccoli (2)	0.510	\$2.98/EA; 0.588kg/EA (Medium Size)
Cauliflower (2)	0.510	\$2.98/EA; 0.588/EA (Medium Size)
Apples (12)	2.520	\$0.35/EA; 0.21kg/EA
Orange Juice	0.295	Frozen Juice; 295ml/EA
Lettuce 1 head	0.539	Medium Size
Potatoes (10lb.)	4.530	
Oranges 12	0.350	\$1.35/EA
Mixed vegetables	0.750	\$2.58/750g
<b>subtotal</b>	<b>14.211</b>	
<b>Dairy Products</b>		
Milk (4 X 4 litres)	16.000	\$4.28/4L
Yogurt 175 g. X 12	2.100	\$3.98/100g
Cheese (24 slices)	0.450	450g/EA
<b>subtotal</b>	<b>18.550</b>	
<b>Meat and Alternatives</b>		
Ground beef 1 kg	1.000	
Chicken Breasts (6)	3.120	\$10/3pcs; 0.52kg/pc
Eggs (dozen)	0.723	25.5Oz/Dozen (Large White Eggs)
Bologna (125 g)	0.125	\$3.99/250g
Beans (12 cans)	6.480	\$0.78/EA; 540ml/EA
Peanut Butter 900g	0.900	\$3.48/kg
<b>subtotal</b>	<b>12.348</b>	
<b>Total</b>	<b>56.36</b>	
	<b>124.25 lb</b>	
Updated	#####	