

Tim Adams – Neighborworks America

Here is a chart that shows the cost & calories of the foods I purchased for this week ....

| Product       | Cost    | Servings | Cal/Serving | Total Calories | Calories/\$ |
|---------------|---------|----------|-------------|----------------|-------------|
| Oatmeal       | \$1.00  | 13       | 140         | 1820           | 1820        |
| Rice          | \$1.50  | 16       | 170         | 2720           | 1813        |
| Pasta         | \$1.00  | 8        | 210         | 1680           | 1680        |
| Sugar         | \$1.39  | 110      | 15          | 1650           | 1187        |
| Peanut Butter | \$2.19  | 13       | 190         | 2470           | 1128        |
| Bread         | \$2.29  | 16       | 100         | 1600           | 699         |
| Milk          | \$2.59  | 8        | 130         | 1040           | 402         |
| Beans         | \$2.00  | 6        | 110         | 660            | 330         |
| Peas/Corn     | \$1.34  | 5        | 70          | 350            | 261         |
| Pasta Sauce   | \$2.00  | 7        | 60          | 420            | 210         |
| Clementines   | \$3.99  | 13       | 35          | 455            | 114         |
| Total         | \$21.29 |          |             | 14865          |             |