

**WHOLE FOODS  
PRICE LIST & COMPARISON**

ITEM	PRICE	COST/UNIT	Harris Teeter	Wal-Mart
Clementines	4.99/48oz	\$1.66/lb	1.60/lb : mandarins	1.99/lb : clementines
Organic Gala Apples	4.99/48oz	<b>\$1.66/lb</b>	2.49/lb	2.48/lb : pink lady
Organic Russet Potatoes	3.99/80oz	<b>\$0.79/lb</b>	1.29/lb	1.32/lb
Organic Red Potatoes	6.99/80oz	<b>\$1.40/lb</b>	1.33/lb <i>(not organic)</i>	1.49/lb
Organic Yellow Potatoes	4.49/3lbs	<b>\$1.50/lb</b>	1.00/lb <i>(not organic)</i>	1.66/lb
Organic Yellow Onions	3.99/48oz	\$1.33/lb	1.29/lb	<b>1.15/lb</b>
Organic Red Onions	1.99/lb	\$1.99/lb	1.69/lb <i>(not organic)</i>	.98/lb <i>(not organic)</i>
Organic Butternut Squash	1.99/lb	\$1.99/lb	1.69/lb <i>(not organic)</i>	.88/lb <i>(not organic)</i>
Egg Roll Wrappers	2.69ea	2.69ea	2.69ea	<b>2.48ea</b>
Wonton Wrappers	2.69ea	2.69ea	2.69ea	<b>2.48ea</b>
Bananas	.49/lb	<b>.49/lb</b>	.49/lb	.58/lb
Organic Dried Beans (Pinto, Kidney, Black, & Garbanzo)	2.99/lb	<b>2.99/lb</b>	2.99/lb : dried chickpeas 1.99/lb dried beans <i>(not organic)</i>	1.13-1.48/lb <i>(not organic)</i>
Organic Dried Lentils (Black, Green, Red)	2.99/lb	<b>2.99/lb</b>	2.99/lb	Not available
Bulk Organic Steel Cut Oats	1.29/lb	<b>1.29/lb</b>	2.40/lb	3.52/lb (nonGMO)
Bulk Organic Couscous	2.49/lb	<b>2.49/lb</b>	2.72/lb	3.99/lb <i>(not organic)</i>
Bulk Organic Coconut Flour	3.69/lb	3.69/lb	6.99/lb	<b>3.10/lb</b>
Bulk Organic Almond Flour	8.99/lb	8.99/lb	Organic not available	<b>3.86/lb (Bob's Red Mill)</b>
Bulk Almond Flour	6.99/lb	<b>6.99/lb</b>	12.19/lb (King Arthur, not organic)	
Organic Yellow Cornmeal	1.39/lb	1.39/lb	.96/lb <i>(not organic)</i>	1.12/lb <i>(not organic)</i>
Organic Buckwheat Groats	2.99/lb	<b>2.99/lb</b>	6.99/lb (Bob's Red Mill)	Not available
Organic Oat Groats	1.49/lb	1.49/lb	Not available	Not available
Organic Hard Red Wheat Berries	1.49/lb	1.49/lb	Not available	Not available

Rolled Oats	.99/lb	.99/lb	.96/lb (HT brand)	<b>.89/lb GV brand</b>
365 Brand All-Purpose Flour	3.29/5lb	.66/lb	.68/lb	<b>.51/lb</b>
King Arthur Bread Flour	5.99/5lb	1.20/lb	.90/lb	<b>.73/lb</b>
King Arthur All-Purpose Flour	5.69/5lb	1.14/lb	.90/lb	<b>.63/lb</b>
365 Brand Dark Chocolate Baking Chunks	3.99/12oz	.33/oz	.35/oz	<b>.25/oz</b>
365 Brand White Chocolate Baking Chips	3.99/12oz	.33/oz	.29/oz	<b>.29/oz</b>
Unsweetened Shredded Coconut	3.49/8oz	.43/oz	.43/oz	<b>.29/oz</b>
Organic Coconut Cream	1.79/5.4oz	.33/oz	.37/oz	<b>.20/oz</b>
365 Brand Aluminum Free Baking Powder	1.99/10oz	<b>.20/oz</b>	Not available	
Rumford Aluminum Free Baking Powder	3.39/8.1oz	<b>.42/oz</b>	Not available	.23/oz
Bob's Red Mill Arrowroot	5.99/lb	<b>5.99/lb</b>	Not available	Not available
Organic Animal Cookies	3.99/16oz	<b>3.99/lb</b>	Not available	Not available
365 Brand Organic Vanilla Sandwich Cookies	2.99/20oz	<b>.15/oz</b>	Not available	Not available
365 Brand Organic Chocolate Sandwich Cookies	2.99/20oz	<b>.15/oz</b>	.50/oz (Annie's brand)	Not available
Organic YumEarth Lollipops	6.69/8.5oz	<b>.79/oz</b>	Not available	Not available
365 Brand Pretzel Sticks	2.49/16oz	<b>.16/oz</b>	.21/oz	.16/oz
Natural Brew Draft Root Beer	5.69/4 bottles	1.42/bottle	<b>1.25/bottle</b>	1.68/bottle
365 Brand Dried Elbow Macaroni	1.09/16oz	.07/oz	.06/oz	<b>.05/oz</b>
365 Brand Organic Capellini Dried Pasta Noodles	1.49/lb	.09/oz	.06/oz <i>(not organic)</i>	.05/oz <i>(not organic)</i>
365 Brand Organic Dried Orzo Pasta	1.99/16oz	.12/oz	.06-.19/oz <i>(not organic)</i>	.08/oz <i>(not organic)</i>
365 Brand Organic Beef Broth	2.99/32oz	.09/oz	.12/oz	<b>.05/oz (GV brand)</b>
365 Brand Organic Mustard (Yellow, Dijon, German)	1.99/8oz	.25/oz	<b>.19/oz</b>	.22/oz
365 Brand nonGMO Canola Oil	3.49/32oz	.11/oz	.07/oz <i>(not organic)</i> .21/oz <i>(organic)</i>	.06/oz <i>(not organic)</i>
Organic Decaf Coffee	11.99/24oz	.50/oz	.62/oz	<b>.41/oz</b>
365 Brand nonGMO Frozen Corn	1.49/lb	<b>.09/oz</b>	.12/oz <i>(organic)</i>	.16/oz <i>(organic)</i>
365 Brand Whole Milk	3.89/gal	3.89/gal	<b>3.39/gal</b>	3.52/gal

I only noted if the comparisons were not organic when the WF option is an organic option.