

Product	oz	WF	Price / lb	oz	iHerb	Price / lb	oz	Amazon	Price / lb	oz	TradJoes	Price / Lb	oz	Other	Price/lb
10 grain flour			#DIV/0!	288	\$28.39	\$1.58	96	\$9.45	\$1.58			#DIV/0!			#DIV/0!
7 Grain hot cereal			#DIV/0!	50	\$4.33	\$1.39			#DIV/0!			#DIV/0!			#DIV/0!
10 Grain cereal			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!	25	\$2.07	\$1.32
amaranth	16	\$2.79	\$2.79			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Baking powder			#DIV/0!	16	\$3.39	\$3.39			#DIV/0!			#DIV/0!			#DIV/0!
barley, pearled (amazon=arrowhead)	16	\$1.79	\$1.79	30	\$2.55	\$1.36	168	\$15.66	\$1.49			#DIV/0!	30	\$2.07	\$1.10
Barley, hull-less			#DIV/0!	26	\$2.19	\$1.35	169	\$16.66	\$1.58			#DIV/0!			#DIV/0!
barley flour			#DIV/0!	20	\$2.46	\$1.97			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 black lentils, organic	16	\$2.99	\$2.99			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 black turtle	16	\$2.90	\$2.90			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 cannelli, organic	16	\$2.99	\$2.99			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
beans, 365 green lentils, organic	16	\$4.36	\$4.36			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 organic red kidney	16	\$2.99	\$2.99			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 pinto, organic	16	\$2.29	\$2.29			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Beans, 365 red lentils, organic	16	\$2.79	\$2.79			#DIV/0!			#DIV/0!			#DIV/0!	16	\$1.79	\$1.79
Beans, cranberry beans			#DIV/0!	27	\$5.00	\$2.96			#DIV/0!			#DIV/0!			#DIV/0!
Beans, Lentils, brown/regular			#DIV/0!	27	\$3.40	\$2.01			#DIV/0!			#DIV/0!			#DIV/0!
beans, lentils, red	16	\$3.19	\$3.19	27	\$4.80	\$2.84			#DIV/0!			#DIV/0!			#DIV/0!
Bulgur Wheat	16	\$2.99	\$2.99	28	\$3.27	\$1.87			#DIV/0!			#DIV/0!			#DIV/0!
coconut, shredded	16	\$3.50	\$3.50	24	\$5.38	\$3.59			#DIV/0!			#DIV/0!			#DIV/0!
corn flour (Amazon organic)			#DIV/0!	24	\$2.11	\$1.41	96	\$11.42	\$1.90			#DIV/0!			#DIV/0!
corn meal, medium	16	\$0.99	\$0.99			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
couscous, whole wheat	16	\$3.19	\$3.19	24	\$4.09	\$2.73			#DIV/0!			#DIV/0!			#DIV/0!
flax seed, ground			#DIV/0!	16	\$3.06	\$3.06	64	\$9.89	\$2.47			#DIV/0!	16	\$2.39	\$2.39
Flour, Bob's brown rice flour			#DIV/0!	24	\$2.95	\$1.97			#DIV/0!			#DIV/0!	24	\$2.39	\$1.59
Flour, Bob's WW			#DIV/0!	80	\$4.10	\$0.82			#DIV/0!			#DIV/0!			#DIV/0!
Flour, Bob's WW organic			#DIV/0!	80	\$5.72	\$1.14			#DIV/0!			#DIV/0!			#DIV/0!
flour, Bob's WW Pastry			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!	80	\$3.59	\$0.72
flour, Bob's WW Pastry organic			#DIV/0!	80	\$5.72	\$1.14			#DIV/0!			#DIV/0!			#DIV/0!
Flour, Bob's WW White organic			#DIV/0!	80	\$5.72	\$1.14			#DIV/0!			#DIV/0!			#DIV/0!
Flour, King Arthur AP 5lb			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!	80	\$2.69	\$0.54
Flour, King Arthur WW 5lb			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!	80	\$2.99	\$0.60
Flour, whole wheat pastry bulk	16	\$1.49	\$1.49			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
masa harina			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Millet	16	\$1.79	\$1.79			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
nutritional Yeast, Bob's(WFbulk)	16	\$8.99	\$8.99	32	\$30.97	\$15.49	32	\$26.99	\$13.50			#DIV/0!			#DIV/0!

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Nutritional Yeast, Frontier			#DIV/0!	16	\$14.91	\$14.91			#DIV/0!			#DIV/0!			#DIV/0!
Nuts, almonds, organic	16	\$8.99	\$8.99			#DIV/0!			#DIV/0!	16	\$7.32	\$7.32			#DIV/0!
Nuts, almonds, packaged	16	\$5.99	\$5.99	10	\$6.48	\$10.37			#DIV/0!	16	\$4.49	\$4.49			#DIV/0!
Nuts, cashews, not organic			#DIV/0!			#DIV/0!			#DIV/0!	16	\$6.99	\$6.99			#DIV/0!
Nuts, peanuts	12	\$2.99	\$3.99			#DIV/0!			#DIV/0!	16	\$2.69	\$2.69			#DIV/0!
Nuts, Peanuts, organic	10	\$2.99	\$4.78			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Nuts, Pecans	16	\$10.99	\$10.99			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Nuts, pistachios in shell – packaged	16	\$6.99	\$6.99			#DIV/0!			#DIV/0!	16	\$5.99	\$5.99			#DIV/0!
Nuts, Pistachios, no shell	9	\$9.00	\$16.00			#DIV/0!			#DIV/0!	16	\$9.98	\$9.98			#DIV/0!
oat bran(WF organic) – (WF Sale-other)	16	\$2.49	\$2.49	40	\$5.34	\$2.14	72	\$8.70	\$1.93			#DIV/0!	16	\$1.99	\$1.99
oatmeal			#DIV/0!	32	\$3.27	\$1.64	64	\$8.30	\$2.08			#DIV/0!			#DIV/0!
oatmeal, organic	16	\$1.59	\$1.59	32	\$4.24	\$2.12	128	\$13.44	\$1.68			#DIV/0!			#DIV/0!
oats, steel cut			#DIV/0!	54	\$5.11	\$1.51			#DIV/0!			#DIV/0!			#DIV/0!
oats, steel cut, organic (sale-WF-other)	16	\$1.59	\$1.59	96	\$13.77	\$2.30	96	\$11.25	\$1.88			#DIV/0!	16	\$1.19	\$1.19
Quinoa grain	16	\$3.99	\$3.99	104	\$35.68	\$5.49	104	\$30.97	\$4.76	16	\$3.99	\$3.99			#DIV/0!
raisins	16	\$3.19	\$3.19			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 black	16	\$4.39	\$4.39			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 brown long	32	\$3.69	\$1.85			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 brown short USA	32	\$3.69	\$1.85			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 calrose japonica variety	32	\$2.99	\$1.50			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 India Basmati	32	\$3.99	\$2.00			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 India basmati organic	32	\$4.39	\$2.20			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 red long grain	16	\$4.39	\$4.39			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 sushi	16	\$2.29	\$2.29			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Rice, 365 Thai jasmine organic	32	\$4.39	\$2.20			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
rice, brown Basmati	16	\$1.84	\$1.84	32	\$3.11	\$1.56			#DIV/0!			#DIV/0!			#DIV/0!
rice, brown Basmati, organic	16	\$2.70	\$2.70	32	\$4.44	\$2.22			#DIV/0!			#DIV/0!			#DIV/0!
rice, brown jasmine organic			#DIV/0!	32	\$4.44	\$2.22			#DIV/0!			#DIV/0!			#DIV/0!
rice, brown long grain(amazon=bob's)	16	\$1.19	\$1.19	32	\$2.52	\$1.26	108	\$13.91	\$2.06			#DIV/0!			#DIV/0!
rice, brown short			#DIV/0!	32	\$2.27	\$1.14			#DIV/0!			#DIV/0!			#DIV/0!
rice, brown organic	16	\$2.34	\$2.34	32	\$3.80	\$1.90			#DIV/0!			#DIV/0!			#DIV/0!
rice, white, Basmati	16	\$1.99	\$1.99	32	\$3.43	\$1.72			#DIV/0!	16	\$1.50	\$1.50			#DIV/0!
Rice, white, Basmati, organic	16	\$3.00	\$3.00			#DIV/0!			#DIV/0!	16	\$2.00	\$2.00			#DIV/0!

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rice, wild	16	\$6.99	\$6.99			#DIV/0!			#DIV/0!	16	\$4.99	\$4.99			#DIV/0!
rye flour	16	\$1.49	\$1.49			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Sea salt	16	\$0.59	\$0.59			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Seeds, caraway	16	\$4.99	\$4.99	8	\$3.50	\$7.00			#DIV/0!			#DIV/0!			#DIV/0!
Seeds, Caraway, Frontier			#DIV/0!	16	\$4.76	\$4.76	48	\$11.33	\$3.78			#DIV/0!		\$4.33	#DIV/0!
Seeds, poppy			#DIV/0!	8	\$3.50	\$7.00			#DIV/0!			#DIV/0!			#DIV/0!
Seeds, poppy, frontier			#DIV/0!			#DIV/0!	32	\$9.55	\$4.78			#DIV/0!			#DIV/0!
Seeds, sesame	16	\$3.99	\$3.99	16	\$4.42	\$4.42			#DIV/0!			#DIV/0!	16	\$3.11	\$3.11
sucanat sugar	16	\$2.39	\$2.39	32	\$5.75	\$2.88			#DIV/0!			#DIV/0!			#DIV/0!
Vital Wheat Gluten			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!
Wheat bran, organic red	16	\$1.19	\$1.19	10	\$1.49	\$2.38			#DIV/0!			#DIV/0!			#DIV/0!
wheat germ, organic	16	\$2.69	\$2.69	16	\$2.24	\$2.24			#DIV/0!			#DIV/0!			#DIV/0!
Tapioca small pearls			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!	24	\$2.79	\$1.86
			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!

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debbie T