

Orion Center Food Budget Model

UW Food Systems Capstone (NUTR 493) 2021

To make a model food budget, we modified a sample purchasing list from Costco Business provided to us by Orion Center. We chose to make edits as opposed to creating a radically new budget to create a more comparable budget, emphasizing that supporting food justice is possible and food that supports food system workers can still be competitively priced.

In the sheet tab below, you will find a list of foods and produce listed out. On the left are the original purchases from Costco Business. All of the highlighted products are ones we found could be swapped out in favor of foods that would support food justice. On the right are products we chose that follow food justice as best as we could find, as well as their price. We paid close attention to quantity purchased and total price when deciding on new items. There were a few places where food justice-conscious replacements were not found, but the leeway in the budget after swapping out the rest of the components means there is still room for changes.

Item:	Quantity Ordered:	Order Total:	Notes:	Substitute Items:	Quantity Ordered:	Order Total:	Key:	Food Justice Swap	Change for Cheaper	New Item
Kirkland Signature Ground Beef 90/10 Hamburger, 10 lb avg wt Item 46159 (\$3.04)	10	\$30.40				\$30.40				
				Don Lee Farms Organic Superfoods Veggie Burgers, 2.8 oz Patty, 12 ct (\$15.69)	2	\$31.38				
Kirkland Signature Meatballs, Italian Style Beef, 6 lbs Item 88744 (\$18.99)	1	\$18.99				\$18.99				
North Beach Mozzarella, Shredded, 5 lbs Item 6244 (\$13.29)	1	\$13.29		Cheswick Mozzarella Cheese, Feather Shredded, 5 lbs Item 574687 (\$12.69)	1	\$12.69				
Farm Rich Battered Mozzarella Cheese Sticks, 3 lbs, 2 ct Item 5098 (\$17.29)	1	\$17.29				\$17.29				
Lea & Perrins Worcestershire Sauce, 20 oz, 2 ct Item 935109 (\$8.49)	1	\$8.49				\$8.49				
Sweet Baby Ray's Barbecue Sauce, 20 oz, 2 ct Item 383456 (\$7.09)	1	\$7.09				\$7.09				
Tabasco Brand Sriracha Sauce, 20 oz, 2 ct Item 1053423 (\$7.99)	1	\$7.00				\$7.00				
Reser's Potato Salad, 5 lbs Item 968452 (\$6.99)	3	\$20.97				\$20.97				
Super Sweet Corn, Fully Husked, 8 ct Item 38742 (\$7.49)	1	\$7.49	Organic not available at Whole Foods			\$7.49				
Cuizina Soup, Tomato Basil, 64 oz Item 77632 (\$10.99)	2	\$21.98				\$21.98				
Papa Pita 7" Greek Flat Bread, 12 ct Item 668460 (\$4.19)	3	\$12.57				\$12.57				
Franz Giant Bread, White, 32 oz, 2 ct Item 921719 (\$5.19)	1	\$5.19				\$5.19				
Yucatan Authentic Guacamole, 6 lbs Item 7895 (\$18.69)	1	\$18.69				\$18.69				
J.T.M. Hatch Chile Macaroni and Cheese, 3 lbs Item 1491078 (\$11.59)	3	\$34.77		Purchase 2 of these rather than 3; \$0.24 per ounce (twice the price per unit cost of other Mac and Cheese item)	2	\$23.18				
Stouffer's Macaroni and Cheese, 90 oz Item 863032 (\$10.79)	2	\$21.58		Purchase 3 of these rather than 2; \$0.12 per ounce	3	\$32.37				

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Kirkland Signature Chicken Wings, First and Second Sections, 10 lbs Item 1294446 (\$27.69)	1	\$27.69				\$27.69				
WestEnd Cuisine Grilled Chicken Skewers, Mediterranean Style, 2 oz, 14 ct Item 1415808 (\$12.89)	4	\$51.56				\$51.56				
Green Peppers, 5 lbs Item 1249368 (\$7.29)	1	\$7.29		Sourced For Good Green Bell Pepper (\$1.99/lb)	4 (4 lbs)	\$7.96				
Red Peppers, 5 lbs Item 1249373 (\$8.49)	1	\$8.49		Organic Whole Trade Red Bell Peppers 2lb Bag (\$4.99)	2 (4 lbs)	\$9.98				
Rainier Fruit Honeycrisp Apples, 5 lbs Item 1327673 (\$8.39)	1	\$8.39		Organic Fuji Apple Regular \$2.49/lb Sale Price \$1.99/lb Prime Member Price \$1.79/lb	5 lbs	\$12.45				
Bananas, 3 lbs Item 30669 (\$2.69)	2	\$5.38		Sourced For Good Organic Bananas (\$0.69/lb)	6 lbs	\$4.14				
Premium Strawberries, 2 lbs Item 27003 (\$6.49)	5	\$32.45		Organic Strawberries (\$5.49 regular price; Prime is \$9 for 3)	10 (10 lbs)	\$54.90				
Clementines, 5 lbs Item 18600 (\$7.49)	1	\$7.49	Not organic?	Clementines (3 Lbs: \$5.99)	2 (6 lbs)	\$11.98				
Mott's Medleys Fruit Snacks, Assorted Fruit, 0.8 oz, 90 ct Item 1055728 (\$11.39)	1	\$11.39				\$11.39				
Rainier Fruit Granny Smith Apples, 5 lbs Item 1370837 (\$5.89)	1	\$5.49		Organic Granny Smith Apple (3 lb: \$5.99)	2 (6 lbs)	\$11.98				
Cantaloupe, 2 ct Item 1014484 (\$6.49)	1	\$6.49		Organic Cantaloupe (\$4.99 regular price; \$2.99 sale price) - price dependent on sale and store location	2	(\$9.98 regular price; \$5.98 sale price)				
Jumbo Seedless Watermelon Item 4032 (\$7.99)	1	\$7.99		Organic Watermelon (\$4.99)	2	\$9.98				
Del Monte Diced Peaches Fruit Cups, 4 oz, 20 ct Item 1276241 (\$10.49)	1	\$10.49				\$10.49				
Kirkland Signature Frozen Strawberries, 6 lbs Item 27664 (\$13.59)	1	\$13.59		Frozen Organic Fruit, Strawberries - Whole	3 (2lbs each)	\$19.47				
Zucchini, 6 ct Item 10858 (\$6.49)	1	\$6.49		Organic Zucchini Squash \$2.79/lb	2 lbs	\$5.58				

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Cucumbers, 6 ct Item 171067 (\$5.99)	1	\$5.99		Sourced For Good Organic Green Cucumber (\$1.49 ea)	6	\$8.94				
Tomatoes On The Vine, 4 lbs Item 21020 (\$6.99)	2	\$13.98		Organic Tomato On The Vine (\$2.99)	8 (8 lbs)	\$23.92				
Monterey Organic Baby Bella Mushrooms, 24 oz Item 121288 (\$5.99)	1	\$5.99				\$5.99				
Tree Top 100\$ Apple Juice, 1 Gallon, 2 ct Item 591 (\$9.49)	2	\$18.98				\$18.98				
Tang Drink Mix, Organe, 4 lbs Item 4277686 (\$8.79)	2	\$17.58				\$17.58				
Kirkland Signature Whole Milk, 1 Gallon, 2 ct Item 2 (\$6.63)	1	\$6.63				\$6.63				
Darigold Chocolate Milk, Half Gallon Item 246714 (\$4.19)	1	\$4.19				\$4.19				
Yoplait Original Low Fat Yogurt, Variety, 6 oz, 24 ct Item 1406826 (\$11.49)	2	\$22.98				\$22.98				
Yoplait Go-Gurt Simple Low Fat Yogurt, Variety, 2.25 oz, 32 ct Item 237686 (\$9.19)	1	\$9.19				\$9.19				
BelVita Breakfast Biscuit, Blueberry, 1.76 oz, 30 ct Item 1229303 (\$14.39)	1	\$14.39				\$14.39				
Jimmy Dean Croissant Sandwich, Sausage, Egg & Cheese, 4.5 oz, 12 ct Item 1312303 (\$14.89)	1	\$14.89	Remove							
Farm Rich French Toast Sticks, Cinnamon, 52 oz Item 50665 (\$8.99)	1	\$8.99				\$8.99				
Ore-Ida Golden Hash Brown Patties, 16.8 lbs Item 562303 (\$26.29)	1	\$26.29		Organic Russett Potatoes, 5 lbs (\$3.99)	6 (30 lbs)	\$23.94				
Mission 8" Flour Tortillas, 40 ct Item 4102 (\$6.09)	1	\$6.09				\$6.09				
Cilantro, 1 lb Item 652396 (\$4.49)	1	\$4.49		Organic Cilantro, one bunch (maybe 0.25 lbs?: \$1.49)	4 (1 lb)	\$5.96				

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Kirkland Signature Organic Diced Tomatoes, 14.5 oz, 8 ct Item 633561 (\$7.49)	1	\$7.49				\$7.49				
Ginger Root, 3 lbs Item 746850 (\$7.99)	1	\$7.99		Organic Ginger Root, 1 lb (\$3.99)	3 (3 lbs)	\$11.97				
Organic Baby Carrots, Cut & Peeled, 2 lbs, 2 ct Item 412 (\$5.99)	1	\$5.99				\$5.99				
Serrano Chile Peppers, 5 lbs Item 29690 (\$14.99)	1	\$14.99	KEEP original choice	Organic New Mexico dried Chile peppers (\$3.49)		14.99				
Teasdale Garbanzo Beans, #10 can, 108 oz Item 3014 (\$5.99)	2	\$11.98		Organic Shelf-Stable Beans, Garbanzo, 15.5 oz, (\$0.99)	13	\$12.87 (for 201.5 oz)				
Crownless Pineapple Item 89607 (\$3.49)	3	\$10.47		Sourced For Good Organic Pineapple, 1 ct (with crown): \$3.99)	3	\$11.97				
Pork Tenderloin Boneless, 5 lb avg wt Item 28377 (\$2.89)	5	\$14.45				\$14.45				
Log Cabin Original Syrup, 1 Gallon Item 868671 (\$7.89)	1	\$7.89				\$7.89				
General Mills Cinnamon Toast Crunch Cereal, 49.5 oz Item 664927 (\$9.09)	1	\$9.09		1 box of cereal per week; alternate between different kinds each week for more variety		\$9.49				
General Mills Cheerios Cereal, Honey Nut, 27.5 oz, 2 ct Item 734786 (\$9.49)	1	\$9.49								
				Kirkland Signature Liquid Egg Whites, Cage Free, 16 oz, 6 ct (\$9.19)	3	\$27.57				
TOTAL:	91	\$736.94				\$837.75				