

Japan: The Ukitas of Kodaira City
ONE WEEK'S FOOD IN MAY

‡ Not in Photo

Grains & Other Starchy Foods: \$31.55

Koshihikari rice, 5.5 lb
potatoes, 5.3 lb
Danish white bread, sliced, 1 loaf
white flour, 1.3 lb
sato imo (Japanese yam), peeled, 1.1 lb
udon noodles, 1.1 lb
sômen noodles, 14.1 oz
white sandwich bread, 12.4 oz
Nippon macaroni, 10.6 oz
soba noodles, 10.6 oz
FryStar7 bread crumbs, 8.1 oz

Dairy: \$2.26

whole milk, 25.4 fl oz
Haruna yogurt, 12 oz
butter, ‡ 8.8 oz

Meat, Fish & Eggs: \$99.80

rainbow trout, 2.6 lb
ham, 2.2 lb
eggs, 10
sardines, large, 1.3 lb
clams, 1.1 lb
octopus, 1.1 lb
Spanish mackerel, 1.1 lb
pork loin, 1 lb
tuna, sashimi, 15.5
oz horse mackerel, 14.8
oz saury (fish), 13.5 oz
Japanese smelt (fish), 13.1 oz
eel, 12.7 oz
albacore, sashimi, 11.9 oz
Hagoromo tuna, canned, 11.3 oz
pork, cubed, 11.3 oz
beef, 10.8 oz; pork, minced, 10.6 oz
pork, sliced, 10.6 oz
pork, thin sliced, 10.3 oz
bacon, 7.8 oz
beef korokke (beef and potato patties),
frozen, 7.4 oz, *used for children's lunch.*
sea bream, sashimi, 3.6 oz

Nozaki's new corned beef (mix of horse and
beef meat), canned, 3.5 oz

Fruits, Vegetables & Nuts: \$81.43

Watermelon, 9.9 lb
cantaloupe, 4.4 lb
yellow bananas, 2.8 lb
red apples, 2.4 lb
white grapefruit, 2.2 lb
strawberries, 1.7 lb
cherries, canned, 7 oz
yellow onions, 4.8 lb
green peppers, 4 lb
cucumbers, 3.5 lb
daikon, 3.3 lb
bitter melon, ‡ 2.8 lb
soft tofu, 2.2 lb
tomatoes, 2 lb
carrots, 1.2 lb
green peas, in pods, 1.1 lb
broccoli, 1 lb
lettuce, 1 head
spinach, fresh, 1 lb
edamame, frozen, 14.1 oz
asparagus, 10.6 oz
green beans, frozen, 10.6 oz
mixed vegetables, frozen, 10.6 oz
bamboo shoots, 8.8 oz
white asparagus, canned, 8.8 oz
scallions, 8 oz
daikon sprouts, 6 oz
shitake mushrooms, 6 oz
wakame (seaweed), fresh, 5.6 oz
bean curd, fried, 1.8 oz
nori (seaweed), dried, 1.8 oz
wakame, ‡ dried, 1.8 oz

Condiments: \$28.28

White sugar, 15.6 oz
Ebara BBQ sauce, 9.9 oz
white miso, 9.9 oz
margarine, ‡ 8.8 oz

Honen salad oil, 8.5 fl oz
 sesame oil, 7.1 oz
 bean sauce, 6 fl oz; ginger, 6 oz
Tea Time Mate sugar, 28 .2-oz pks;
Kyupi mayonnaise, 5.6 oz
Hinode cooking sake 4.7 fl oz
 soy sauce, 4.7 fl oz
Hinode mirin (low-alcohol rice wine for
 cooking), 4.7 fl oz
Sudo orange marmalade, 4.7 fl oz
Sudo strawberry jam, 4.7 fl oz
 vinegar, 4.7 fl oz
Fuji oyster sauce, 4.2 oz;
Bull Dog tonkatsu sauce, 3.4 fl oz
Captain Cook coffee creamers, 20 .2-fl -oz
 pks
 salt, 3.5 oz
 Chinese spicy sauce, 2.9 oz, *used on tofu*
Kagome ketchup, 2.7 fl oz
 sesame seeds, ‡ whole, 2.6 oz
 honey, 2.5 oz
Pokka Shokutaku lemon juice, 2.4 fl oz
Momoya kimchi paste, 2.2 fl oz
 soy sauce salad dressing, 2 fl oz
Ajinomoto olive oil 1.8 oz
S&B hot mustard, 1.5 oz
S&B wasabi, 1.5 oz
 white sesame, ground, 1.4 oz
 black pepper, ‡ 0.7 oz

Snacks & Desserts: \$15.33

small cakes, 4
 coffee break cookies, 1 lb
 cream buns, 10 oz
Koikeya potato chips, 8.8 oz
Pasco cream rings, 8.8 oz
 chiffon chocolate cake, 5.3 oz

Prepared Food: \$21.78

Nissin cup of noodles, instant, 1.5 lb
Sapporo Ichiban noodles, instant, 1.1 lb

Showa pancake mix, 12.4 oz
Mama pasta meat sauce, canned, 10.4 oz
Oh My pasta meat sauce, canned, 10.4 oz
 seaweed salad, dehydrated, 8.8 oz, *add water
 to reconstitute*
S&B golden hayashi sauce mix, (Japanese
 style beef bouillon cubes), 8.8 oz
 Chinese dumplings, ‡ frozen, 8.5 oz, *used for
 the children's lunches*
Ajinomoto hondashi soup base, bonito (fish)
 flavor, 5.3 oz
 soup, instant, 2.7 oz
 yaki fu (baked rolls of wheat gluten, wheat
 powder, rice powder), 2.7 oz, *eaten in
 soup*
 vegetable and seaweed rice ball mix, 1.3 oz
Riken seaweed rice ball mix, 1.2 oz
Kyowa egg drop soup, instant, 0.9 oz

Beverages: \$28.40

Kirin beer, 6 12-fl -oz cans
Coca-Cola, 2.1 qt;
Nacchan orange soda, 2.1 qt
Suntory C.C. lemon joyful vitamin C soda,
 2.1qt
Ban Shaku sake, 1.8 qt
Coffee Break instant coffee, 2.5 oz
 green tea, 2.1 oz
Alpha wheat tea, 2 oz
Afternoon Tea darjeeling black tea, 1.8 oz
 tap water for drinking and cooking

Miscellaneous: \$8.42

Mild Seven super-light cigarettes, 4 pks,
smoked by Kazuo

**Food Expenditure for One Week:
\$317.25**

Yen: 37,699