

Mexico: The Casaleses of Cuernavaca
ONE WEEK'S FOOD IN MAY

‡ Not in Photo

Grains & Other Starchy Foods: \$15.76

corn tortillas, 22.1 lb
bread rolls, 3.1 lb
Morelos white rice, 2.2 lb
potatoes, 2.2 lb
Bimbo white bread, sliced, 1 loaf
Kellogg's Special K cereal, 1.1 lb
Morelos pasta, 1.1 lb
La Moderna pasta, 14.1 oz
pan dulces (sweet bread), assorted, 8.8 oz
bread sticks, ‡ 3.5 oz

Dairy: \$26.81

Alpura 2000 whole milk, 1.9 gal
Alpura sour cream, 2.1 qt
Muecas ice cream pops, 1.1 qt
Yoplait yogurt, 1.1 qt
cheese, handmade, 1.1 lb
La Lechera condensed milk, canned, 14 oz
cottage cheese, 13.6 oz
Carnation evaporated milk, 12 oz
Manchego cheese, 8.8 oz
cream cheese, 6.7 oz
butter, 3.5 oz

Meat, Fish & Eggs: \$42.81

chicken, pieces, 15.4 lb
crab, 2.7 lb
eggs, 18
tilapia (fish), 2.3 lb
catfish, 2.2 lb
sausage, 6.6 oz, *one month's worth shown in photo.*
FUD ham, 5.6 oz

Fruits, Vegetables & Nuts: \$44.21

mangos, 13.2 lb
pineapples, 6.6 lb
watermelon, 6.6 lb
oranges, 5.5 lb

cantaloupe, 4.4 lb
guavas, 2.2 lb
quinces, 2.2 lb
yellow bananas, 2.2 lb
roma tomatoes, 6.6 lb
tomatillos, 6.6 lb
corn, ‡ 4 ears
avocados, 7
chayote squash, 2.2 lb
Morelos beans, 2.2 lb
white onions, 2.2 lb
zucchini, 2.2 lb
La Costeña pickled jalapeño peppers, canned, 1.6 lb
green beans, 1.1 lb
jalapeño peppers, fresh, 1.1 lb
broccoli, 12.8 oz
garlic, 8.8 oz
chipotle peppers (smoked jalapeños), 7.1 oz

Condiments: \$9.37

Capullo canola oil, 2.1 qt
margarine, 15.9 oz
McCormack mayonnaise, 13.8 oz
Salt, 8.8 oz
garlic salt, 3.2 oz
McCormack black pepper, 3.2 oz
cumin, 0.7 oz
bay leaves, dried, 0.5 oz

Snacks & Desserts: \$6.27

Rockaleta chili lollipops, 1.2 lb
Ricolino pasitas chocolate candy, 1.1 lb
Gamesa crackers, 15.9 oz
Drums marshmallows, 12 oz
Rockaleta chili candy, 5.7 oz

Prepared Food: \$4.79

Doña Maria mole (savory sauce made from chocolate and chili), 2.1 lb

Knorr chicken bouillon, 3.2 oz

Beverages: \$39.07

Coca-Cola, 12 2.1-qt bottles
water, bottled, 5 gal

Victoria beer, 20 11.8-fl -oz bottles

Jumex juice, 1.3 qt

Gatorade Fierce Black Hurricane drink,
1.1 qt

Gatorade lime drink, 1.1 qt

Nescafe, instant, decaf, 7.1 oz
tap water, for cooking

Note: *Grocery expenditure for one week, before the Casales famiy closed their shop and Marco Antonio moved to the U.S. to find work.*

**Food Expenditure for One Week:
\$1,862.78**

Mexican pesos: 189.09