

Turkey: The Çeliks of Istanbul
ONE WEEK'S FOOD IN JANUARY

‡ Not in Photo

Grains & Other Starchy Foods: \$10.46

bread, 32 loaves, 49.4 lb, *2 loaves missing—the family ate them while waiting for the photograph to be taken.*
potatoes, 11 lb
rice, 6.6 lb
yufka (thin pastry sheets), 2.2 lb,
purchased from a street vendor
Filiz pasta, 1.1 lb

Dairy: \$12.16

yogurt, 2.1 qt
feta cheese, in water, 2.2 lb
Dost milk, 1.1 qt
drinkable yogurt (Bandirma style), 1.1 qt
Sana butter, 8.8 oz

Meat, Fish & Eggs: \$11.50

eggs, 24
hamsi (anchovy-like fish), 1.1 lb,
generally eaten twice a month;
beef, 13.2 oz, *eaten one or two times a month only.*

The meat shown in the picture is enough for one month.

Fruits, Vegetables & Nuts: \$56.53

oranges, 6.6 lb
tangerines, 6.6 lb
dates, ‡ 2.2 lb
yellow bananas, 2.2 lb
pomegranates, 2.1 lb
zucchini, 7.9 lb
tomatoes, 4.4 lb
black olives, 3.3 lb
chickpeas, dried, 3.3 lb
cabbage, 1 head; carrots, 2.2 lb
eggplant, 2.2 lb
leeks, 2.2 lb
lentils 2.2 lb

lettuce, 2 heads
peppers, ‡ 2.2 lb
spinach, 2.2 lb
yellow onions, 2.2 lb
cucumber, 1.7 lb
arugula, 1 lb
Avsarlar nuts, mixed, 2.2 lb

Condiments: \$9.60

sunflower oil, ‡ 1.1 qt
Bal Küpü white sugar, cubed, 1.1 lb
jam, 10.6 oz
honey, 10.1 fl oz
mint, dried, 8.8 oz
salt, 8 oz
cinnamon, 7.1 oz
pepper, 7.1 oz

Snacks & Desserts: \$0.51

Seyidoglu helva (sesame seed paste cookie), 1.1 lb

Prepared Food: \$1.36

Knorr Gunun Corbasa dry soup,
powdered, 11.2 oz

Homemade Food:

stuffed pastries, approx. 4.4 lb, *sheets of yufka (unleavened pastry dough) formed then filled with arugula and feta, listed above.*
dolmas, approx. 2.2 lb, *grape leaves stuffed with spices, rice, vegetables, and meat, listed above.*

Beverages: \$29.66

Efes beer, 8 17-fl -oz bottles
Coca-Cola, 8 12-fl -oz cans
Fanta orange soda, 2.1 qt
Hediyelik tea, 3.3 lb
Pepsi, 3 12-fl -oz cans

Coca-Cola light, 12 fl oz
Nescafe VIP instant coffee, 3.5 oz
bottled water, *purchased for cooking and drinking.*

Miscellaneous: \$14.10

Tekel cigarettes, 7 pks
Simarik bird food, 20 oz

**Food Expenditure for One Week:
\$198.48**

New Turkish liras: 145.88