

Italy: the Manzos of Sicily
ONE WEEK'S FOOD IN OCTOBER

Grains & Other Starchy Foods: \$25.97

Poiatti spaghetti, rotini, orzo, margherite, macaroni, 17.6 lb
Bread, 4.4 lb
Bread crumbs, 2.2 lb
White potatoes, 2.2 lb
Kellogg's Frosties Chocos cereal, 1.7 lb
Mulino Bianco fette biscottate, 1 loaf
Mulino Bianco white bread, sliced, 1 loaf
White flour, 1.1 lb

Dairy: \$18.38

Granarolo whole milk, 1.1 gal
Da Cucina cooking cream, 1.8 lb
Galbi yogurts, 1.7 lb
Grandi Pascoli butter, 1.1 lb
Parmesan cheese, grated, 7.1 oz

Meat, Fish & Eggs: \$36.64

Fish sticks, frozen, 2.2 lb
Sometimes they get a fresh fish or a fresh seafood salad from the owner of Guiseppe's business, but not often. The last fishmonger he worked for let him take one fish home almost every day.

Eggs, 12
Beef, 1.1 lb
Beef, ground, 1.1 lb
Sausage, 1.1 lb
Veal involtini (meat rolls), 1.1 lb
Clams, 12 oz
Tuna, 11.3 oz
Wurstel (German hot dog), 10.6 oz
Ham & cheese, sliced, 3.5 oz
Anchovies, 2.8 oz

Fruits, Vegetables & Nuts: \$25.12

Red grapes, 2.8 lb
Yellow bananas, 2.2 lb
Lemons, 2.2 lb
Pears, 2.2 lb
Persimmons, 2.2 lb

Vitale crushed tomatoes, canned, 5.3 lb
Star tomato sauce, bottled, 4.6 lb
Broccoflower (hybrid of broccoli and cauliflower), 1 head
Chard, 2.2 lb
Peas, frozen, 2.2 lb
Tomatoes, 2.2 lb
Cornal olives, 1.1 lb
Corn, canned, 11.5 oz
Garlic, 8.8 oz

Condiments: \$18.70

Tevere vegetable oil, 2.1 qt
Olive oil, 1.1 qt
White wine, 1.1 qt, *used only for cooking.*
Bonanno white vinegar, 16.9 fl oz
Mayonnaise, 16.9 fl oz
Cherry jam, 14.1 oz
Pine nuts and raisins, 10.6 oz
Italia white sugar, 8.8 oz
Salt, 8.8 oz
Tomato paste, 1 4.6-oz tube
Bicarbonate of soda (baking soda), 3.5 oz
Pepper, 1.8 oz

Snacks & Desserts: \$38.83

Kinder milk chocolate, 3.1 lb
Biscotti, 2.2 lbs
Nutella chocolate spread, 1.7 lb
Kinder paradise chocolate, 1 lb
Buondi (packaged cream cakes), 13 oz
Baby biscuits, 12.7 oz
Kinder Brioss (packaged cream cakes), 10.6 oz
Mulino Bianco flauti, (packaged cream cakes with chocolate), 9.3 oz
Pavesini biscuits, 7.1 oz
Candies, assorted, 3.5 oz

Prepared Food: \$22.33

Star Gran ragú sauce, 1.6 lb
Star vegetable bouillon cubes, 7.8 oz
School lunch, lasagna or pasta and juice,
6 days for two children

Beverages: \$13.47

Pepsi, 2 1.1-qt bottles
Ginger soda, 1.6 qt
Peach juice, 12 4.2-fl oz mini bottles
San benedeto iced tea, 1.6 qt
Spuma (light cola drink), 1.6 qt
Top cola, 1.6 qt
Espresso Bar coffee, 1.1 lb
tap water for drinking and cooking

Miscellaneous: \$60.67

Diana cigarettes, 20 pks

**Food Expenditure for One Week:
\$214.36**

Euros: 260.11