

PRODUCT -- CAN INFO ONLY, UNLESS SPECIFIED	CANS --OLD PRICE	CANS - NEW PRICE	Difference	% Change	Pouch- OLD PRICE	Pouch - NEW PRICE	Difference	% Difference	BULK - OLD PRICE	BULK - NEW PRICE	Difference	% Difference
BEANS, BLACK	\$3.95	\$4.55	\$0.60	15.2%	\$4.10	\$5.05	\$0.95	23.2%	\$13.20	\$16.80	\$3.60	27.3%
BEANS, PINTO	\$4.65	\$4.70	\$0.05	1.1%	\$4.90	\$5.10	\$0.20	4.1%	\$17.45	\$18.55	\$1.10	6.3%
BEANS, WHITE	\$3.70	\$4.25	\$0.55	14.9%	\$3.85	\$4.70	\$0.85	22.1%	\$12.55	\$16.00	\$3.45	27.5%
MILK, NONFAT DRY	\$7.90	\$8.60	\$0.70	8.9%	\$8.90	\$9.95	\$1.05	11.8%	\$41.65	\$47.20	\$5.55	13.3%
RICE, WHITE	\$3.30	\$4.00	\$0.70	21.2%	\$3.30	\$4.30	\$1.00	30.3%	\$10.00	\$13.85	\$3.85	38.5%
SUGAR, GRANULATED	\$5.30	\$6.00	\$0.70	13.2%	\$5.50	\$6.55	\$1.05	19.1%	\$17.35	\$21.15	\$3.80	21.9%
WHEAT, HARD RED	\$2.80	\$3.50	\$0.70	25.0%	\$2.70	\$3.75	\$1.05	38.9%	\$7.65	\$11.45	\$3.80	49.7%
WHEAT, HARD WHITE	\$2.80	\$3.50	\$0.70	25.0%	\$2.70	\$3.75	\$1.05	38.9%	\$7.65	\$11.45	\$3.80	49.7%
APPLE SLICES	\$5.10	\$5.70	\$0.60	11.8%	\$4.60	\$5.35	\$0.75	16.3%	\$60.45	\$72.55	\$12.10	20.0%
CARROTS	\$7.50	\$8.30	\$0.80	10.7%	\$8.85	\$10.10	\$1.25	14.1%	\$57.65	\$66.40	\$8.75	15.2%
MACARONI	\$3.85	\$4.30	\$0.45	11.7%	\$3.85	\$4.55	\$0.70	18.2%	\$16.50	\$20.25	\$3.75	22.7%
OATS, QUICK	\$2.05	\$2.50	\$0.45	22.0%	\$1.80	\$2.50	\$0.70	38.9%	\$9.85	\$15.95	\$6.10	61.9%
OATS, REGULAR	\$2.10	\$2.50	\$0.40	19.0%	\$1.85	\$2.55	\$0.70	37.8%	\$9.85	\$15.35	\$5.50	55.8%
ONIONS, DRY	\$6.30	\$6.90	\$0.60	9.5%	\$6.45	\$7.35	\$0.90	14.0%	\$76.30	\$88.20	\$11.90	15.6%
POTATO FLAKES	\$3.30	\$3.25	-\$0.05	-1.5%	\$3.40	\$3.60	\$0.20	5.9%	\$30.90	\$33.30	\$2.40	7.8%
SPAGHETTI	\$4.50	\$4.95	\$0.45	10.0%	\$4.55	\$5.30	\$0.75	16.5%	\$19.95	\$23.85	\$3.90	19.5%
BEANS, REFRIED	\$3.80	\$4.30	\$0.50	13.2%	\$3.75	\$4.55	\$0.80	21.3%	\$28.60	\$35.90	\$7.30	25.5%
COCOA MIX, HOT	\$8.80	\$9.90	\$1.10	12.5%	\$9.95	\$11.40	\$1.45	14.6%	\$33.50	\$38.95	\$5.45	16.3%
FLOUR, WHITE	\$3.00	\$3.40	\$0.40	13.3%	\$2.85	\$3.45	\$0.60	21.1%	\$10.30	\$13.30	\$3.00	29.1%
FRUIT DRINK MIX	\$7.80	\$8.50	\$0.70	9.0%	\$8.45	\$9.40	\$0.95	11.2%	\$27.75	\$31.30	\$3.55	12.8%
<b>PRE-PACKAGED ITEMS</b>	<b>OLD PRICE</b>	<b>NEW PRICE</b>	<b>Difference</b>	<b>% Change</b>	<p style="text-align: center;"><i>Silverdale Washington Stake</i>  <i>Linda Tilton -- Stake Canning Coordinator</i></p> <p style="text-align: center;"><i>The best way to get started is to just get started.</i>  <i>If you make up your mind that you want to get your food storage then pray for help to get it done, a way will be opened for you to accomplish your goal.</i></p>							
PANCAKE MIX, 4 LBS.	\$2.60	\$3.05	\$0.45	17.3%								
POTATO PEARLS, 28 oz	\$3.20	\$4.25	\$1.05	32.8%								
BEANS, PINTO - can	\$4.80	\$4.85	\$0.05	1.0%								
OATS, QUICK - can	\$2.20	\$2.65	\$0.45	20.5%								
RICE, WHITE - can	\$3.35	\$4.15	\$0.80	23.9%								
WHEAT, RED,can	\$2.85	\$3.65	\$0.80	28.1%								
WHEAT, WHITE - can	\$2.85	\$3.65	\$0.80	28.1%								
FLOUR, WHITE - can	\$3.20	\$3.55	\$0.35	10.9%								
STARTER KIT - CASE	\$20.55	\$22.00	\$1.45	7.1%								

**PRICES IN EFFECT AS OF APRIL 4, 2011**