

Ingredients	Cost per lb	Serving Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
				(grams)	(grams)	(grams)	(milligrams)	(milligrams)	(grams)	(grams)	(grams)	(grams)	(IU)	(mg)	(mg)	(mg)
Popcorn	\$ 2.46	100g	429	9	2	0	0	429	82	4	46	4	0	0	7	1
Caramel Popcorn	\$ 3.37	100g	464	16	9	0	5	482	75	4	43	4	0	0	43	1
Kettle Corn	\$ 2.99	100g	393	6	0	0	0	429	86	4	57	3	0	0	0	1
Circus Popcorn	\$3.52	100g	410	8	0	0	0	843	90	2	56	3	0	0	0	1
Cheddar Popcorn	\$ 3.79	100g	536	32	5	0	18	750	57	11	7	11	0	0	113	1
Chocolate coated raisins	\$ 3.55	100g	475	20	13	0	12	50	68	5	58	5	0	0	80	5
Rice Crackers	\$ 3.07	100g	428	5	0	0	0	500	86	0	0	9	0	0	10	5
Almond Joy Bites	\$ 4.99	100g	468	26	18	0	4	140	58	5	48	4	0	0	10	3
Dates	\$ 4.96	100g	281	0	0	0	0	1	75	8	63	2	0	2	25	8
Dried Cherries	\$ 5.42	100g	333	1	0	0	0	13	80	3	68	1	51	5	5	1
Cookie Crisp Cereal	\$ 1.14	100g	384	4	0	0	0	408	84	4	35	4	0	0	20	8
Cocoa Puffs	\$ 1.14	100g	370	6	0	0	0	370	85	4	33	4	0	0	20	8
Sunflower Seeds	\$ 1.98	100g	586	52	5	0	0	619	21	7	3	21	0	0	5	3
Crispy Coated Peanuts	\$ 2.17	100g	500	25	4	0	0	857	54	4	14	14	0	0	0	1
Milk Chocolate Chunks	\$ 2.25	100g	533	30	18	0	23	79	60	3	52	8	15	0	75	6
Almonds	\$ 6.07	100g	575	49	4	0	0	1	22	12	4	21	0	0	0	0

Package Options	Cost per item
Black/Silver Zipper pouch	\$0.22
Waxed Roll Top Bag	\$0.16
Paperboard Box	\$0.14
Clear Liner	\$0.05
Plastic container with lid	\$0.20
Label paper	\$0.03