

Life Force Buying Club Price Comparison List June 6...all organic

| ITEM | YOUR PRICE | MARKET PRICE |
|----------------------|------------|--------------|
| Fuji Apple | 1.69 lb | 1.99 lb |
| Granny Smith Apple | 2.19 lb | 2.59 lb |
| Pink Lady Apple | 2.09 lb | 2.59 lb |
| Apricots | .65 ea | |
| Avocado 60 ct | 2.09 ea | 2.49 e |
| Banana | 1.19 lb | 1.39 lb |
| Blackberries | 3.99 ea | |
| Blueberries | 5.39 pint | |
| Raspberries | 3.99 ea | |
| Medjool Dates | 3.69 lb | 4.39 lb |
| Rio Star Grapefruit | 1.19 lb | 1.39 lb |
| Kiwi | 2.99 lb | 3.49 lb |
| Lemons | 1.99 lb | 2.29 lb |
| Limes | 3.29 lb | 3.79 lb |
| Altaulfo Mango | 1.29 ea | 1.59 e |
| Tommy Atkins Mango | 1.69 ea | 1.99 e |
| Cantaloupe | .99 lb | 1.19 lb |
| Mini Watermelon | .99 lb | |
| Bio-Blood Orange | 2.89 lb | 3.39 lb |
| Bio-dyn Navel | 2.09 lb | 2.49 lb |
| Yellow Nectarines | .89 ea | |
| Valencia Orange sm | 1.09 lb | 1.29 lb |
| Yellow Peaches | tea | |
| Bio-dyn D'Anjou Pear | 1.89 lb | 2.19 lb |
| Packam Pears | 1.79 lb | 2.09 lb |
| Pineapple | 1.49 lb | |
| Bio-dyn Raisins | 4.09 lb | 4.69 lb |
| Bio-dynTangelo | 2.19 lb | 2.49 lb |
| Baby Arugula | 7.09 lb | 9.09 lb |
| Asparagus | 4.99 lb | |
| Green Beans | 3.79 lb | 3.99 lb |
| Red Beets | 2.29 lb | 2.69 lb |
| Broccoli | 3.69 lb | 3.99 lb |
| Brussels Sprouts | 6.99 lb | 6.99 lb |
| Green Cabbage | 1.59 lb | 1.89 lb |
| Red Cabbage | 1.59 lb | 1.89 lb |
| Juice Carrots | 1.49 lb | 1.79 lb |
| Table Carrots | 1.59 lb | 1.89 lb |

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| Celery | 2.29 lb | 2.79 lb |
| Cilantro | 2.69 bu | 2.99 bu |
| Cucumber | 1.59 lb | 1.89 lb |
| Garlic | 4.09 lb | 4.79 lb |
| Ginger | 8.00 lb | 10.00 lb |
| Lacinato Kale | 2.69 bu | 2.99 bu |
| Crimini Mushroom | 4.59 lb | 5.39 lb |
| Red Onion | 1.79 lb | 1.99 lb |
| Yellow Onion | 1.49 lb | 1.79 lb |
| Italian Parsley | 2.49 bu | 2.89 bu |
| Parsnips | 2.79 lb | 3.49 lb |
| Snap Peas | 6.19 lb | |
| Snow Peas | 4.59 lb | 5.29 lb |
| Green Peppers | 3.29 lb | 3.89 lb |
| Habanero Peppers | 4.89 lb | 5.79 lb |
| Jalapeno Peppers | 5.19 lb | 5.99 lb |
| Orange Peppers | 5.29 lb | 5.69 lb |
| Red Peppers | 2.69 lb | 3.19 lb |
| Yellow Peppers | 5.29 lb | 5.69 lb |
| Local Romaine | 2.19 ea | 2.49 ea |
| Russet Potato | 1.39 lb | |
| Local Yellow Potato | .79 lb | .89 lb |
| Sweet Potato | 2.09 lb | 2.49 lb |
| Baby Spinach | 5.69 lb | 6.69 lb |
| Spring Mix | 6.29 lb | 7.39 lb |
| Local Butternut | 1.19 lb | 1.49 lb |
| Delicata Squash | 1.39 lb | 1.69 lb |
| Zucchini Squash | 2.39 lb | 2.89 lb |
| Heirloom Cherry Tom | 4.29 lb | |
| Slicing Tomatoes | 1.99 lb | 2.39 lb |
| Turmeric | 14.39 lb | 16.99 lb |
| Eggs | 4.39 doz | |
| Butter | 7.29 lb | |
| 16 oz Cream | 4.79 ea | |
| Whole Milk Kalona 1/2g | 4.99 ea | |
| 5% Yogurt 24 oz | 4.49 ea | |
| Raw Milk Cheddar | 12.00 lb | |
| Sharp Cheddar | 7.44 lb | |
| Parmesan Raw Milk | 14.39 lb | |
| org chicken leg & thigh | 3.99 lb | |
| org chicken wings | 3.39 lb | |
| org ground beef | 7.95 lb | |
| org pork sausage | 8.19 lb | |
| org bacon | 9.39 lb | |
| org bratwurst | 8.95 lb | |

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| <u>org pork chops</u> | <u>8.95 lb</u> |
| <u>Extra Virgin Olive Oil</u> | <u>6.95 pt</u> |
| <u>Virgin Coconut Oil</u> | <u>8.50 pt</u> |
| <u>Local Sunflower Oil</u> | <u>10.59 pt</u> |
| <u>Maple Syrup 12 oz</u> | <u>7.89 ea</u> |
| <u>Tahini</u> | <u>7.95 lb</u> |