

Life Force Buying Club Price Comparison List August 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 |
| Avocado 70 ct | 1.29 ea | 1.49 e |
| Bananas | 1.09 lb | 1.39 lb |
| Local Blueberries | 5.49 lb | 5.99 lb |
| Strawberries | 5.69 lb | |
| Medjool Dates | 5.39 lb | 6.39 lb |
| Ruby Grapefruit | 2.09 lb | 2.49 lb |
| Star Ruby Grapefruit | 1.79 lb | 2.09 lb |
| Red Seedless Grapes | 3.39 lb | 3.89 lb |
| Lemons | 2.49 lb | 2.89 lb |
| Limes | 2.39 lb | 2.79 lb |
| Satsuma Mandarins | 2.70 lb | 3.19 lb |
| Altaulfo Mango | .99 ea | 1.29 e |
| Kent Mango | 1.39 ea | |
| Cantaloupe | 1.29 lb | |
| Galia Melon | 2.29 lb | |
| Seedless Watermelon | 1.09 lb | |
| Seeded Watermelon | .99 lb | |
| Masimoto Nectarine | 1.19 ea | |
| Cara Cara Orange | 2.69 lb | 2.99 lb |
| Heritage Navel | 2.09 lb | 2.49 lb |
| Valencia Orange | 1.79 lb | 1.99 lb |
| Gold Line Peaches | 3.59 ea | |
| D'Anjou Pears | 1.89 lb | 2.29 lb |
| Pineapple | 2.29 lb | |
| Pluot | 2.49 lb | 2.89 lb |
| Bio-dyn Raisins | 4.09 lb | 4.69 lb |
| Pixie Tangerine | 2.99 lb | |
| Arugula | 6.69 lb | 6.99 lb |
| Asparagus | 7.39 lb | |
| Green Beans | 3.39 lb | 3.69 lb |
| Red Beets | 1.99 lb | 2.39 lb |
| Broccoli | 2.59 lb | 2.99 lb |
| Brussels Sprouts | 6.49 lb | |
| Green Cabbage | 1.09 lb | 1.39 lb |
| Red Cabbage | 1.09 lb | 1.39 lb |

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| Carrots | 1.49 lb | 1.89 lb |
| Cauliflower | 2.19 lb | 2.59 lb |
| Celery | 1.19 lb | 1.49 lb |
| Cucumber | 1.79 lb | 1.99 lb |
| Local Garlic | 8.99 lb | 9.99 lb |
| Crimini Mushroom | 4.59 lb | 5.39 lb |
| Red Onion | 1.79 lb | 1.99 lb |
| Walla Walla Onion | 1.59 lb | 1.99 lb |
| Yellow Onion | 1.49 lb | 1.79 lb |
| Local Snap Peas | 5.59 lb | 5.99 lb |
| Local Green Pepper | 3.89 lb | |
| Loc. Jalapeno Pepper | 6.39 lb | 6.99 lb |
| Local Red Peppers | 4.09 lb | |
| Romaine Hearts | 3.19 ea | 3.69 ea |
| Local Red Potatoes | 1.39 lb | |
| Sweet Potato | 2.49 lb | |
| Local Yellow Potato | 1.59 lb | 1.69 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 |
| Zucchini Squash | 1.79 lb | 2.09 lb |
| Local Tomatoes | 3.89 lb | |
| Turmeric | 14.89 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 Sharp Cheddar 12.00 lb | | |
| Sharp Cheddar | 7.44 lb | |
| Raw Mild Cheddar 8 oz | 6.29 ea | |
| CoJack 8 oz | 4.99 ea | |
| Raw Mild Goat 8 oz | 6.89 ea | |
| Parmesan | 5.89 lb | |
| Sprouted 7 Grain Bread | 3.59 ea | |
| Spr. Burger & Dog Buns | 4.29 ea | |
| Virgin Coconut Oil | 8.50 pt | |
| Local Sunflower Oil | 4.00 pt | |
| Tahini | 8.95 lb | |
| Organic Kombucha | 3.89 ea | |
| Orange Maple Switchel | 3.89 ea | |
| Virgil's Root Beer | 1.99 ea | |
| Local Organic Soda | 2.39 ea | |
| Loc Org Sparkling Water | 1.39 ea | |
| Coconut Water | 2.29 ea | |