



RECYCLING ADVOCATES

UNIT PRICE COMPARISON OF ALTERNATIVE PACKAGING

Survey at Fred Meyer, August, 2002

Popcorn	Three (3) 3.5 oz. bags \$4.64 per lb.	2 lb. bag \$.82 per lb.	Bulk \$.69 per lb.
Instant or Quick Oatmeal	Twelve (12) 1 oz. packets \$5.44 per lb.	1 lb. 2 oz. carton \$2.88 per lb.	Bulk \$.59 per lb.
Raisins	Six (6) 1.5 oz. boxes \$4.32 per lb.	15 oz. box \$2.88 per lb.	Bulk \$1.99 per lb.
Apple Juice	Six (6) 5.5 fl. oz. alum. cans \$1.28 per pint Three (3) 6.75 fl. oz. boxes \$1.12 per pint	2 quart PETE bottle \$.80 per pint	1 gallon PETE bottle \$.64 per pint
Crackers, Cheese, Lunchmeat	5.1 oz. Lunchables \$8.80 per lb.	Crackers/Cheese/Lunchmeat Purchased separately \$1.93 per lb.	
Chips	12 bag variety pack \$9.28 per lb.	Doritos/Ruffles/Cheetos/Fritos Purchased separately Average \$3.42 per lb.	
Cheese	Twelve individual 1 oz. slices \$6.24 per lb.	2 lb. block \$4.32 per lb.	
Chili	7.5 oz. microwave tub \$3.04 per lb.	30 oz. can \$1.60 per lb.	

Note: Whenever possible, the same brand was used in comparing sizes.

STORE NAME	ADDRESS	ITEMS SOLD IN BULK
Alberta Cooperative Grocery	1500 NE Alberta, Portland	Beans, grains, flours, pasta, cereals, oils, nut butters, herbs, spices, tea, coffee, detergents, personal care items, pet foods.
Big City Produce	722 N Sumner, Portland	Beans, grains, pasta, cereals, nuts, herbs, spices, coffee.
Bob's Red Mill	5209 SE International Way, Milwaukie	Flours and baking mixes.
Daily Grind	4026 SE Hawthorne Blvd., Portland	Beans, grains, flours, pasta, cereals, oils, detergents, personal care items, herbs, spices, large selection of baked goods.
Food Front Cooperative Grocery	2375 NW Thurman, Portland	Beans, grains, flours, pasta, cereals, nuts, dried fruits, oils, nut butters, herbs, spices, tea, coffee, detergents, personal care items, pet foods.
Fred Meyer Nutrition Center	Most Fred Meyer stores	Beans, grains, flours, pasta, cereals, nuts, fruits.
Gartner's Country Meat Market	7450 NE Killingsworth, Portland	Meat counter.
International Food Supply	8005 SE Stark, Portland	Middle Eastern beans, grains, herbs and spices, and coffee.
Limbo	4707 SE 39 th , Portland	Wide selection of herbs, spices, and teas.
New Seasons Market	1214 SE Tacoma, Portland 7300 SW Beaverton-Hillsdale Highway, Portland 5320 NE 33 rd , Portland	Beans, grains, flours, cereals, oils, nut butters, detergents, personal care items, herbs, spices, teas, pet foods, meat and seafood counter.
Nature's Northwest	3016 SE Division, Portland 3535 NE 15th, Portland 6344 SW Capitol Highway, Portland 2825 E Burnside, Portland 17711 Jean Rd., Lake Oswego 2077 NE Burnside, Gresham 4000 SW 117th, Beaverton	Beans, grains, flours, pasta, cereals, nuts, dried fruits, oils, nut butters, herbs, spices, teas, coffee, detergents, personal care items, pet foods, meat and seafood counter.
People's Food Store	3029 SE 21st, Portland	Beans, grains, flours, pasta, cereals, nuts, dried fruits, oils, nut butters, herbs, spices, teas, coffee, detergents, personal care items, pet foods.
Sheridan Fruit Company	408 SE 3rd, Portland	Beans, grains, pastas, dried fruit, nuts, candies.
Whole Foods Market	1210 NW Couch, Portland	See list for Nature's, New Seasons.
WinCo Foods	7500 SW Dartmouth, Tigard 1500 SW Oak St., Hillsboro 7330 NE Butler, Hillsboro 2511 SE 1 st St., Gresham 11250 SE 82 nd , Portland 1222 NE 102 nd , Portland	Everything from "soup to nuts," literally.