**Ingredient Cost Comparison**

**Bound Salad Sandwich Fillings**

***Prices in effect week of February 3 to 10, 2014***

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| --- | --- | --- | --- |
| **Product** | **Weight** | **Price** | **Price/100g** |
| Maple Leaf Flakes of Chicken | 156 g | $2.50 (CO-OP sale) | $1.60 |
| Maple Leaf Chunks of Chicken | 142 g | $2.50 (CO-OP sale) | $1.76 |
| Kirkland Chicken Breast | 378 g (undrained) | $2.17 (Costco) | $0.57 |
| Kirkland Chicken Breast | 208 g (drained) | $2.17 (Costco) | $1.04 |
| Pinty’s Oven Roasted Ch. Strips | 1000 g | $15.99 (Costco) | $1.60 |
| Kirkland Rotisserie Chicken | 1295 g (with bones) | $8.39 (Costco) | $0.65 |
| Kirkland Rotisserie Chicken | 689 g (53% yield) | $8.39 (Costco) | $1.22 |
| Fast Fry Chicken Breasts | 793 g (raw, 7 portions) | $12.00 (Save On) | $1.51 |
| Fast Fry Chicken Breasts | 512 g (roasted, 65% yield) | $12.00 (Save On) | $2.34 |
|  |  |  |  |
| Maple Leaf Flakes of Ham | 156 g | $2.50 (CO-OP sale) | $1.60 |
| Maple Leaf Chunks of Ham | 142 g | $2.19 (Wholesale) | $1.54 |
|  |  |  |  |
| Clover Leaf Chunk Crab | 120 g (drained) | $8.29 (CO-OP) | $6.91 |
| Clover Leaf Crabmeat 15% | 120 g (drained) | $4.29 (CO-OP) | $3.58 |
| Ocean Crab Meat 25% | 120 g (drained) | $2.25 (Costco) | $1.87 |
|  |  |  |  |
| Clover Leaf Flaked Light Tuna | 120 g (drained) | $2.29 (CO-OP) | $1.91 |
| Clover Leaf Chunk Light Tuna | 120 g (drained) | $2.29 (CO-OP) | $1.91 |
| Clover Leaf Solid White Tuna | 120 g (drained) | $3.59 (CO-OP) | $2.99 |
|  |  |  |  |
| Clover Leaf Pink Salmon | 120 g (drained) | $2.25 (Wholesale) | $1.88 |
| Clover Leaf Sockeye Salmon | 120 g (drained) | $4.09 (Wholesale) | $3.41 |
|  |  |  |  |
| Clover Leaf Cocktail Shrimp | 120 g (drained) | $3.99 (Wholesale) | $3.32 |
|  |  |  |  |
| Large Grade A Eggs (Two) | 120 g (uncooked) | $0.44 (Save-On) | $0.37 |

**Notes:**

* Need final weight of meat from Rotisserie Chicken (meat yield)
* Need drained weight of Kirkland Chicken Breast (yield)