

Notable Observations

Oranges were the same price. The biggest difference in price was the jam (8 times more expensive per serving at co-op). Milk was less expensive at co-op.

Results

Breakfast

\$1.72 @ Econo

\$2.54 @ Co-op

Difference of \$0.82

Lunch

\$2.46 @ Econo

\$4.59 @ Co-op

Difference of \$2.13

Dinner

\$4.96 @ Econo

\$9.29 @ Co-op

Difference of \$4.33

Total difference=\$7.28
(per day)

Bonus Information!

Things not included in this study that will impact total cost:

- Energy to cook food
- Time to cook food
- Water to clean food
- Tax was not included
- Between meal snacks



Conclusion

It is significantly more expensive to eat organic food. Eating organically costs:

\$7.28 more per day

\$50.96 more per week

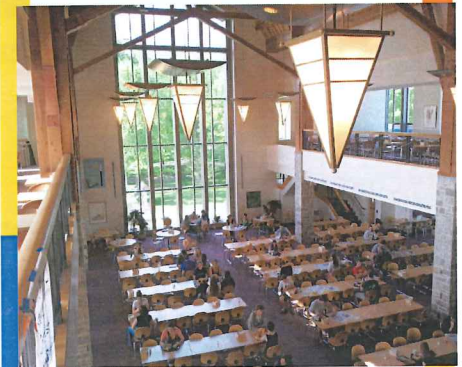
\$2,659 more per year!

Comes down to individual choice, how much do you value eating organic food? Can you even afford to eat organically right after college?

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Post St. Olaf Eating

How much will it cost to continue eating like an Ole after graduation?



A soon to be very poor Olaf grad would like to know if it is economically feasible to eat responsibly after graduation.

Breakfast



Menu: oatmeal, apple, green tea, yogurt, and water.

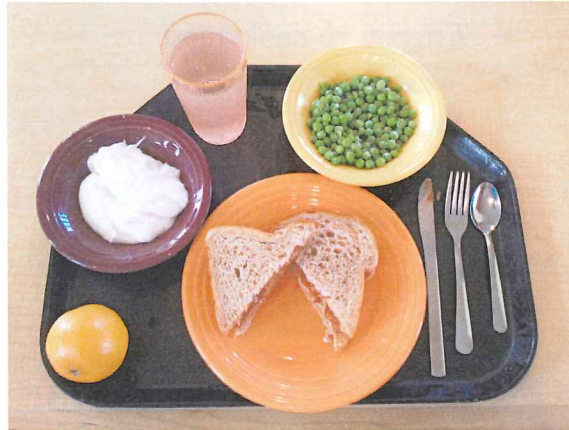
Cost (amount on tray)

	@ Econo	@ Co-op
Oatmeal	=.22	=.42
Apple	=.71	=.80
Yogurt	=.69	=1.19
Green tea	=.10	=.13
Total \$	=\$1.72	=\$2.54

Method

For this study I compared the cost a St. Olaf meal when the ingredients are purchased at Econo Foods and the Just Food Co-op. I selected the cheapest option available at each store and then calculated how much each serving would cost.

Lunch



Menu: vanilla yogurt, an orange, PBJ on wheat, peas, and water.

Cost (amount on tray)

	@ Econo	@ Co-op
PB	=.15	=.29
Jam	=.03	=.25
Bread	=.13	=.59
Orange	=.73	=.73
Peas	=.73	=1.54
Yogurt	=.69	=1.19
Total \$	=\$2.46	=\$4.59

Dinner



Menu: chocolate milk, apple, carrots, linguini with marinara topped with grilled chicken breast, mixed greens salad with caser dressing, half a cucumber, and water.

Cost (amount on tray)

	@ Econo	@ Co-op
Milk	=.72	=.65
Apple	=.71	=.8
Linguini	=.36	=.75
Marinara	=.52	=.84
Chicken	=.71	=1.87
Salad	=1.00	=1.90
Dressing	=.18	=.31
Cucumber	=.40	=1.71
Total \$	=\$4.96	=\$9.29