

did you take your reminder card?

"HELPING HANDS KITCHEN" PURCHASING LIST FOR OCTOBER 16, 2021

2nd line of some products is when you purchase PART of total req'd

Quantity	product	Best Source OR WHEREVER YOU SHOP	Approx. Cost
1 pkg of 6	Garifalo Organic Pasta	Costco	12.69 EACH
2 pkgs	Rice Ramen noodles	Costco -(24 pieces in each)	approx \$12.00 each
2 lg cans	cans tomato paste	Superstore	2.08 each
1 x 2.84 litre	can crushed tomatoes (sauce)	Costco	\$4.79
2 x 2.84 litre	cans diced tomatoes	Costco	\$4.79 each
5	cans kidney beans	Superstore	cheapest is \$1.08 min. of 4/ then \$1.28
10 lbs.	carrots	Costco	\$6.59
24	coloured bell peppers - assorted no green	Costco	6 / 5.99
	coloured bell peppers - assorted no green		
1 x 1.36kg	jar crushed garlic	Costco	\$5.99
1 x 2.5 kg	frozen corn	Costco	\$8.99
15 lbs.	onions	Costco	\$6.99
2 large knobs	whole ginger		
	Rice Ramen noodles	Costco -(24 pieces in each)	approx \$12.00 each
	Rice Ramen noodles		
1 litre	Canola Oil		
1 small box	cornstarch	Superstore	\$1.98
2 x 2.5 kg	(or a max of 10 lbs.)frozen peas	Costco	9.99 each
	(or a max of 10 lbs.)frozen peas		
	jar chicken bouillon paste	Costco	\$8.49
1 lg bottle	low-sodium soy sauce (2 cups)	Superstore	\$1.88
4 litres	pineapple juice	Superstore	\$1.49 - \$1.78 each
1 x 2.84 litre	can pizza-cut pineapple chunks	Wholesale Club	\$6.49
6	green bell peppers		
1 bottle	rice vinegar	Superstore	\$4.18
2 kg bag	brown sugar	Superstore	\$2.98
2 x 454 gm	jar chicken bouillon paste	Costco	\$8.49
	jar chicken bouillon paste		
1 small jar	sesame oil	Superstore	\$3.28
6 kg.	white rice - BULK IS OKAY		
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3 lbs.	butter	Costco or wherever you shop	4.29 each
1 bag	brown sugar	Superstore	\$2.78
3 lbs.	all-purpose flour	Any supermarket	
2 bags	rolled oats	Any supermarket	
3 x 2 kg. bag	Mixed berry frozen fruit	Costco	11.99 each
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4 cans	evaporated milk		
3 cups	white sugar - BULK IS OKAY		
12 eggs	large		
2 cups	raisins - BULK IS OKAY		
1 box	panko breadcrumbs		
40 oz. or 5 cups	dry macaroni pasta - BULK IS OKAY		
1 lb.	unsalted butter		
4 litres	2% milk		
10 cups	grated cheese - any kind		