

Food Storage

Prices include shipping. For the most part, these are based on the largest can/bucket/package-deal available. Some places only sell the smaller cans for different items (which drives the price up).

NAME	White Rice	Lentils	Quinoa	Corneal –	Whole wheat flour	Raw hard white wheat	Small red beans	Powdered milk	Refried beans	Honey	Salt
Thrive Life (AKA ShelfReliance)	\$56 (43lb) → \$1.30/lb	\$78 (40lb)	\$384 (35lb, organic only)	\$85 (35lb) → \$2.42/lb	\$60 (35lb) → 1.71lb	\$67 (40lb)	\$105 (27lb) -->\$3.88 /lb	\$162 (28lb) → \$5.78/lb	\$68 (12lb) → \$5.66/lb	\$103 (25lb, crystals) → \$4.12.	\$17 (8lb)
Emergency Essential (AKA Provident Pantry)	\$66.00 (43lb)	\$70 (44lb)	N/A	\$9 (4.25lb) → \$2.12/lb Note: shipping almost doubles this price, OR is free with a larger order	\$7 (3.93lb) → \$1.78/lb	\$56 (40lb) → \$1.40/lb	\$67 (40lb) -->\$1.67	\$22 (3.5lb) → \$6.25/lb Note: price goes up with smaller order	\$14.5 (2.5lb) → \$5.8/lb	\$200 (60lb, real honey) → \$3.33/lb . OR \$17 for #10 can of honey powder	\$12 (7.5lb)
Rainy Day Foods (AKA Walton Feed) NOTE: Shipping is VERY expensive unless you get a group order of 2,000+lb	\$87+ shipping	\$47+ shipping	\$305 + shipping (42lb)	\$30 + shipping (40lb)	\$30 + shipping (40lb)	\$52 + shipping (42lb)	\$84 + shipping (41lb)	\$141+ shipping (50lb) → \$2.82/lb	\$47+ shipping (20lb) → \$2.35/lb	\$111+ship (45lb, real). Smaller size avail. OR, \$22+ship (4lb, powder)	About \$3/lb
Store.lds.org	\$34 (32.4 lbs) →\$1.05/lb	N/A	N/A	N/A	* only white flour avail.	\$28 (33lb) ---> \$0.84/lb	N/A other beans available	\$67 (24lb)--> \$2.79/lb	\$33 (27lb) → \$1.22/lb	N/A	N/A

Home Storage Center in Greensboro	\$0.78/lb	N/A	N/A	N/A	N/A	\$7 (25lb!)	N/A, but others!	N/A	\$29 (25lb)	N/A	N/A
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