

Cut along dotted line



**SMART SHOPPER'S**  
**Holiday COMPANION**

from  
**THE Green GUIDE**

National Geographic, 432 W. 45th St., New York, NY 10036  
[www.thegreenguide.com](http://www.thegreenguide.com)

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| ITEM | ORGANIC | CONVENTIONAL |
|------|---------|--------------|
|------|---------|--------------|

**Vegetable and Fruits**

|                      |                  |                          |
|----------------------|------------------|--------------------------|
| Red Delicious Apples | \$1.99/lb.       | \$1.29/lb.               |
| Broccoli             | \$2.99/lb.       | \$1.99/ea.               |
| Baby Carrots         | \$1.99/1-lb. bag | \$2.89/2-lb. bag         |
| Celery               | \$2.99/bunch     | \$1.29/bunch             |
| Cranberries          | \$3.99/7 oz.     | \$2.49/12 oz.            |
| Onions, red          | \$2.49/lb.       | \$0.99/lb.               |
| Sweet Potatoes       | \$2.00/lb.       | \$1.49/lb.               |
| Russet Potatoes      | \$3.99/5 lbs.    | \$1.29/lb.               |
| Yukon Gold Potatoes  | \$4.99/5 lbs.    | \$0.99/lb.               |
| Mixed Salad Bag      | \$2.69/bag       | \$2.99/bag               |
| Spinach              | \$2.49/bunch     | \$1.49/8-oz. bunch       |
| Acorn Squash         | \$1.49/lb.       | \$.89/lb.                |
| Butternut Squash     | \$1.49/lb.       | \$.89/lb.                |
| Tomatoes             | \$3.99/lb.       | \$1.99/lb. (on the vine) |
| Green Zucchini       | \$2.49/lb.       | \$1.49/lb.               |

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**Side Dishes**

|                     |                            |                          |
|---------------------|----------------------------|--------------------------|
| Rigate/Rotini Pasta | \$2.49/16 oz. (Delallo)    | \$1.29/16 oz. (Ronzoni)  |
| Spaghetti Pasta     | \$2.49/16 oz. (Bionaturae) | \$1.29/16 oz. (Barilla)  |
| Brown Rice          | \$3.39/2 lb. (Lundberg)    | \$2.39/28 oz. (Carolina) |

**Condiments/Other**

|                 |                                |                                 |
|-----------------|--------------------------------|---------------------------------|
| Wheat Bread     | \$3.59/20 oz. (Vt. Bread Co.)  | \$3.49/20 oz. (Arnold's)        |
| Butter          | \$4.99/16 oz. (Organic Valley) | \$3.69/16 oz. (Hotel Bar)       |
| Cheddar Cheese  | \$3.49/8 oz. (Horizon)         | \$2.69/8 oz. (Land O' Lakes)    |
| Cranberry Sauce | \$4.99/8 oz. (Standish Farms)  | \$1.79/16 oz. (Ocean Spray)     |
| Pasta Sauce     | \$3.99/25.5 oz. (Muir Glen)    | \$2.49/10 oz. (Prego)           |
| Salad Dressing  | \$3.39/8 oz. (Annie's)         | \$2.29/8 oz. (Newman's own)     |
| Turkey Gravy    | \$2.99/13 oz. (Plainville)     | \$1.59/12 oz. (Heinz)           |
| Stuffing Mix    | \$2.49/12 oz. (365 Organics)   | \$2.99/16 oz. (Pepperidge Farm) |

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**Desserts**

|                           |                                |                                |
|---------------------------|--------------------------------|--------------------------------|
| Apple Pie (store baked)   | \$13.99/ea. (Whole Foods)      | \$7.99/ea. (Fairway)           |
| Pumpkin Pie (store baked) | \$10.99/ea. (Whole Foods)      | \$6.99/ea. (Fairway)           |
| Pumpkin Pie Mix           | \$2.99/15 oz. (Farmer's Mkt.)  | \$1.49/15 oz. (Libby's)        |
| Pie Crust                 | \$2.69/shell (Arrowhead Mills) | \$2.99/2 shells (Fresh Direct) |

**Drinks**

|                           |                              |                             |
|---------------------------|------------------------------|-----------------------------|
| Apple Juice               | \$5.98/gal. (365 Organic)    | \$5.99/64 oz. (Martinelli)  |
| Cranberry Juice           | \$3.69/32 oz. (Walnut Acres) | \$4.19/64 oz. (Ocean Spray) |
| Milk (.5 gal. 2% milkfat) | \$4.49 (Organic Valley)      | \$2.15 (Farmland)           |
| Wine (bottle)             | \$12-28 (Organic Wine Co.)   | \$8-22                      |

**Meat and Meatless**

|              |  |                          |
|--------------|--|--------------------------|
| Beef Roast   | \$18/lb (standing rib West Wind Farms) | \$12.99/lb. (prime rib)  |
| Ham          | \$9.50/lb. (Organic Prairie)           | \$2.29/lb (Fresh Direct) |
| Tofu Roast   |  | \$15.99/8 oz. (Tofurkey) |
| Whole Turkey | \$3.99/lb. (Fresh Direct)              | \$3.60/lb (Murrays)      |
|              | \$5.00/lb. (Heritage)                  |                          |

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