

## Notes on using the food price calculator

The spread sheet is divided into 5 sections:

- Independent non-organic
- Supermarket non-organic
- Independent organic
- Supermarket organic
- Your shop

The sections on the right are to be filled with prices per kilogram for each item, from each type of shop. This then calculates a cost for the amount used of that item which will fill in automatically on the left side of the table as you enter an amount (usually in grams) in column B of any item you have used in a particular recipe. Totals are then shown across the top for each of the 5 categories.

As far as possible I have filled in the prices for the first 4 sections, there are a few gaps where either I haven't yet been able to collect prices (eg independent organic dairy), or haven't been able to find that particular item for sale (eg organic supermarket aubergines). You might want to fill these sections in on your downloaded version.

The section "Your Shop" is intended to be filled in by you. You could either collect the prices from your own shops to compare, or might decide to fill in prices from where you would usually buy that I have already collected, ie if you usually buy your veg from an independent shop, but your cheese and eggs from a supermarket then just copy the prices across.

Where there are gaps in the spreadsheet be aware that these will obviously affect the total prices across the top, you might want to add a temporary price in these gaps to allow you to calculate the rough price until you get the actual figures.

As mentioned most weight amounts are in kilograms and so any weight amount entered into column B should be as a proportion of a kg eg 300g would be 0.3kg. There are a few exceptions where other measurements were more appropriate.:

Garlic: prices are for each bulb. Assume that one bulb is 10 cloves so if a recipe needs 3 cloves enter 0.3 in amount

Lemons and limes: prices are for each. So if a recipe needs half a lime enter 0.5 in amount.

Eggs: prices are for 6, amount entered should be the number of whole eggs. If the recipe needs 3 eggs, just enter 3 in column B.

Milk: there is a column for a pint or a litre of milk, the calculation is always in decimal, ie if half a pint of milk is used enter 0.5.

Tins: All tins are prices for a whole tin of standard size, just enter the proportion of the tin used, ie a whole tin = 1, half a tin is 0.5

Dried herbs and spices: All prices are for 100g rather than 1kg. When entering the amount used you will need to estimate how much you have used. I don't have accurate enough scales to measure, and all herbs and spices weigh different amounts per tsp, so I could not at the moment provide accurate measures for this, but hope to do this soon. As a rough guess I would imagine that a tsp of something quite fluffy like herbs would be about 0.5g, so enter 0.005 in amount, whereas something more dense like a powdered spice would weigh more, maybe 2g, so enter 0.02 in amount. Obviously the numbers are so small it is unlikely to make too much of a difference to your final price, unless you are making a huge amount. Still this is something I am working to improve, any suggestions very welcome.

Fresh herbs and spices: I haven't been able to collect many prices for these so far, but all the calculations are in place behind the scenes to work out prices when the unit is a whole plant or bunch, and the amount used is a proportion of that, eg 5 heaped tablespoons might work out at about  $1/3^{\text{rd}}$  of your plant, so enter 0.33

There are gaps on all sections to add anything extra you might like on the list eg if a veg you use regularly is missing either replace one of the others, or veg x, y or z at the bottom of the list. As long as the unit is the same for that item as the one you are replacing it with there will be no problem to substitute things in or out.

At the very end of the list there is a space for any item you may make in batches eg stock or sauces and then use in another recipe. If you do this regularly you might want to first use the spreadsheet to work out your price to make a litre of these things and enter the result here, so their cost is also included in the price of your recipe.

On the far right of the table there are a number of calculators you might find useful if you want to insert your own prices, there are conversions for various things, such as pack price to price per kilo, lb to kg and oz to g.