



# **Community Kitchen**

**Budget Friendly Family Meals**

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**These days food can be expensive, and take a big bite out of household budgets. Getting the most from food dollars is important to most families. This community kitchen focuses on eating well while keeping your budget in mind. Menu planning, smart shopping, and proper food storage can make it easier to cut food cost, while still having tasty and nutritious meals. Help your participants discover the possibility of cooking for their family while eating budget friendly, delicious meals!**

### **Objectives**

- ✓ To provide the tools and resources for clients to expand their cooking abilities.
- ✓ Recognize techniques and skills for planning, shopping, and cooking meals at home.
- ✓ Demonstrate safe food storage, dishwashing, and food handling.
- ✓ Prepare a healthful and economic meal.
- ✓ Provide an opportunity for people to share a meal and socialize.

### **Materials Needed**

- ✓ Module: Community Kitchen – Budget Friendly Family Meals
- ✓ Facilitator Manual
- ✓ Groceries
- ✓ Kitchen Tools
- ✓ Copies of recipes and handouts

**Set-up time:** 30 minutes

**Total workshop time:** 2.5 hours

- Intro to the workshop and welcome (10 minutes)
- Ice breaker (Facilitator Manual)
- Review of kitchen safety and hand washing (Facilitator Manual) (10 minutes)
- Menu Planning and Smart Shopping (20 minutes)
- Demo
- Split into 2 work stations and begin recipes (1 hour 10 minutes)

### **Cook station 1: Classic Tomato Sauce**

### **Cook station 2: Homemade Pizza**

- Eat together (20 minutes)
- Clean up and pack up

## Before the Workshop Starts

1. Wipe down all surfaces with warm soapy water. Next, you can use a mild bleach solution to sanitize kitchen counters and cutting boards before and after handling foods. You can also use the solution to wipe down sinks, taps, refrigerator and cupboard handles, doorknobs and other kitchen surfaces.

Sanitizer solution: 750mL (3 cups) of water + 5mL (1 tsp) of bleach

See more at:

[http://befoodsafe.ca/?s=sanitize&post\\_type=smartsearch&smartsearch\\_types=#sthash.NLEUoSG7.dpuf](http://befoodsafe.ca/?s=sanitize&post_type=smartsearch&smartsearch_types=#sthash.NLEUoSG7.dpuf)

2. Set up a workstation for each recipe: Lay out the ingredients, tools, and printed recipes at each workstation.

## As Participants Arrive

1. As the participants arrive, introduce yourself and welcome them. You can hand out name tags here if you'd like.
2. Give them each a hair net and a participant recipe booklet.
3. Invite them to wash their hands and then join you at the table, circle or wherever you are going to start the session.

## Starting the Session

### Intro and Welcome

- ✓ Start by introducing yourself and welcome the participants.
- ✓ Discuss “What is a community kitchen?” and “Why start a community kitchen?” (for answers, see p.4 *Facilitator Manual*)
- ✓ Tell the group where to find washrooms, first aid kit, etc.

### Ice Breaker

(5 minutes)

- Select one of the ice breakers in Appendix B of Facilitator Manual to complete with the group to help get everyone acquainted.

### Food Safety

(10 minutes)

- Hand washing demonstration
- Food storage
- Food preparation
- Dishwashing
- Review *Cook, Clean, Chill, Separate* Handout found in *Facilitator and Participant Manual*

## Today's Recipes

Today we will be making 2 delicious family meals that are also easy on the wallet:

- #1 will be **Classic Tomato Sauce**. Store-bought tomato sauce is often full of salt and sugar. Making it at home can be cost effective and more nutritious! This recipe will show you just how easy it is, and you can save extras or make a double batch to use later on.
- #2 will be **Homemade Pizza**. Making your own pizza at home is a great way to get the whole family involved in dinner time. Everyone gets to pick their own toppings. Homemade pizza is much cheaper than your local pizza shop too.

After we make these 2 tasty recipes, we will sit down to share a meal together.

## Speaker's Points

*Community Kitchens are a great opportunity to help people learn about healthy eating and making healthy foods for their family. As a facilitator you can make this happen! When using this module you can share these key messages with participants:*

**Planning a menu:** Provide each participant with the **Weekly Menu Template** found on page 19.

Planning a menu allows you to prepare for the week ahead.


- Meals and snacks that are planned ahead of time tend to be healthier than food eaten on the go.
- Make a meal plan and shopping list **before** you go shopping.


When planning your menu think about the following:

- Try to have a variety of foods with a lot of fruit and vegetables, whole grains and plant-based proteins
- Try to incorporate healthy foods that are on sale at your grocery store.
- Think about what foods you already have in your fridge or pantry that need to be used up
- Make meals ahead of time so you do not have to prepare food every day, leftovers are a great time saver!

**Shop Smart:** Provide participant with the **Smart Shopping Tips** fact sheet on page 18.

- Review the fact sheet with participants.
- Explain unit pricing. Grocery stores have unit pricing available to help compare product costs. Unit price cost of an item based on a specific unit, such as grams, ounces, etc.
- The larger number on the tag is the total price of the item. The unit price is smaller and often in the upper left hand corner.

Unit Price <b>13¢ per oz.</b>	Total Price <b>\$3.12</b>
 Snappy Rice	24 oz.

Unit Price <b>20¢ per oz.</b>	Total Price <b>\$2.40</b>
 Crackly Rice	12 oz.

In this example one bag of rice is 24 ounce for \$3.12, while the other bag is 12 ounces for \$2.40. You may automatically reach for the cheaper bag of rice, but by looking at the unit price you can see that the larger bag is the better value, even though the total cost is more.

\*\*It may be useful to provide examples for this demonstration.

## Using leftovers

Throwing away food that has not been eaten is money wasted. So get creative, and use your leftovers! Here are some tips:

- Make larger batches and freeze when certain ingredients are on sale.
- Store leftovers quickly after cooking to avoid spoilage. Use within 2-4 days in the fridge, or 6 months in the freezer.
- When freezing, label and date your leftovers so you know when to use them by.
- Keep leftovers at the front of the refrigerator so that you won't forget to eat them.
- When fresh fruit is past its peak, such as apples, use to make apple sauce or a crisp. Over-ripe bananas can be peeled and frozen to use in smoothies or baked goods. Keep frozen berries on hand year round to use in smoothies, muffins or a tasty topping for yogurt.
- When vegetables in your fridge have lost their freshness, you can use them for other recipes. Wilted carrots and celery can be used to make a soup stock. Too many tomatoes? Chop them up and make a homemade tomato sauce. Most vegetable just past their peak can be chopped up and used in a simple stir fry, or an omelet.

For more grocery shopping tips, follow the link to check out this free virtual grocery store tour from *Healthy Families BC*. The interactive tour guides you through planning, smart shopping, and food safety.

<https://www.healthyfamiliesbc.ca/home/articles/topic/grocery-shopping>



## Demo – Beans, Peas and Lentils

### Speaker's Points

- ✓ Cooking with beans, peas, or lentils adds a lot of protein and fiber to your meals.
- ✓ They are inexpensive
- ✓ You can buy canned, or rehydrate dried beans, peas or lentils.
- ✓ This demonstration will show how you can rehydrate at home.

#### Things to know:

- ✓ Beans expand a lot when cooked. One cup of dried beans may become 2-3 cups cooked, depending on the type of bean.
- ✓ Most dried beans should be soaked, except lentils, split peas, black eyed peas, and mung beans.
- ✓ Soaking is important for the texture of the cooked bean.

### Ingredient List (for 6-8 cups)

2 cups dried chickpeas  
6 cups water

½ tsp Baking Soda

### Equipment List

Stock pot  
Glass measuring cup

Strainer/colander

### Cooking Instructions

1. Rinse and sort your beans. Remove and throw away any debris or “bad” looking beans.
2. There are two methods to cook beans:
  - ✓ **Overnight Method:** Place beans in large pot; add 3 cups of cold water for every 1 cup of beans + 1/4 tsp baking soda. Soak the beans overnight or 6-8 hours in a cool place.
  - ✓ **Quick Soak Method:** Place beans in a large pot; add 3 cups of cold water for every 1 cup of beans + 1/4 tsp baking soda. Boil for two minutes on the stove, remove from heat. Cover and soak for 1 hour. You may need to add more water to keep covered.
3. After soaking the beans by either method, drain and cook as directed.

***\*Did you know?***  
*Baking soda acts as a tenderizer for dried beans by raising the pH of the water*

Make hummus from chickpeas as a delicious snack to share with the group! Hummus goes great with veggie sticks and whole wheat pita wedges.

## Work Stations - Hands on Cooking

### Station #1: Classic Tomato Sauce

#### Work Station Prep

Place recipes at work stations.

This tomato sauce can be used for a variety of meals such as, casseroles, chili, pizza sauce, and lasagna. Double your recipes and freeze half for another meal! Sauce can be left in the fridge for up to one week, or stored in the freezer for up to 6 months.

#### Ingredient List

Vegetable Oil	Dried oregano
Onions (white) chopped	Tomato paste
Dried basil	Garlic powder
Italian seasoning	Sugar
Canned tomatoes (low sodium)	Salt and black pepper

#### Ingredients for Lentil Spaghetti Sauce

Red lentils (rinsed and picked over)  
Water

#### Equipment List

Sauce Pan	Large spoon
Cutting Board	Measuring cups
Can opener	Measuring spoons
Stove	

## Ingredients and Instructions – *Classic Tomato Sauce*

Ingredients	4 cups	8 cups	12 cups
Vegetable oil	1 tbsp	2 tbsp	3 tbsp
White onion, chopped	1	2	3
Canned tomatoes (low or no sodium added)	1	2	3
Tomato Paste	3 tbsp	6 tbsp	9 tbsp (or ~ one 6oz. can)
Sugar	2 tsp	4 tsp	2 tbsp
Basil (dried)	1 tsp	2 tsp	1 tbsp
Italian seasoning	1 tsp	2 tsp	1 tbsp
Dried oregano	1 tsp	2 tsp	1 tbsp
Garlic cloves, minced	2 (or ¼ tsp garlic powder)	4 (or ½ tsp garlic powder)	6 (or ¾ tsp garlic powder)
Salt	¼ tsp	½ tsp	¾ tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Lentil Spaghetti Sauce			
Lentils	½ cup	1 cup	1 ½ cup
Water	¾ cup	1 ½ cups	2 ¼ cups

1. Turn on the stove to medium heat. Heat oil in a large sauce pan. Add chopped onion and cook until soft, about 5-7 minutes.
2. Stir in tomatoes, tomato paste, sugar, basil, Italian seasoning, oregano, garlic, salt and pepper.
3. **To make lentil spaghetti sauce:** stir in lentils and water.
4. Heat to a boil. Then turn down heat, cover and let sauce simmer for 30 minutes, stirring occasionally.
5. Cook pasta according to package directions and serve with tomato sauce.

\*Adapted from: The Basic Shelf Cookbook, 2011 Edition

## Station #2 Homemade Pizza

### Work Station Prep

Place recipes at work station.

Pizza makes for a family pleasing meal, but ordering from your local pizzeria can be expensive. Making your own at home will save money, and you can choose any yummy toppings you and your family like best.

### Ingredient List

See grocery list and amounts needed on page 14.

#### **Pizza Sauce**

Tomato Sauce  
Tomato paste

Oregano  
Garlic Powder

#### **For Pizza Dough:**

Whole wheat flour  
All purpose flour  
Quick rise yeast  
Salt  
Sugar

Olive oil  
Water  
Flour for dusting surface  
Your favorite toppings:  
\*See topping suggestions on pg 14-15.

### Equipment List

Large bowl  
Measuring Cups  
Pizza pans  
Kettle  
Oven  
Wooden spoon

Knives  
Cutting Board  
Liquid measure  
Measuring Spoons  
Tea towel

## Ingredients and Cooking Instructions – *Homemade Pizza*

Pizza Sauce		
Ingredients	Makes enough for 4 pizzas	
Tomato sauce	1 can (15 oz)	
Tomato paste	1 can (6 oz)	
Oregano	1 tbsp	
Garlic powder	1 tsp	
Pizza Dough		
Ingredients	For 1 pizza	For 2 pizzas
Whole wheat flour	1 cup	2 cups
All purpose flour	1 cup	2 cups
Quick rise yeast	1 tbsp	2 tbsp
Salt	1 tsp	2 tsp
Sugar	½ tsp	1 tsp
Olive oil	1 tsp	2 tsp
Water, warm	¾ cup	1 ½ cups
Flour	For dusting working surface	For dusting working surface
Cheese, shredded	1 cup	2 cups
Your favorite toppings **see suggestions below		

1. In a large bowl, combine 1 cup whole wheat flour, 1 cup all purpose flour, yeast, salt, and sugar.
2. Boil water.
3. Mix together oil and warm water.
4. With a wooden spoon gradually pour oil and water into flour mixture. Mix until dough begins to form a ball. Add more hot water (1tbsp at a time) if too dry.
5. Continue to mix for 1 min.
6. Turn onto a lightly floured surface and knead for 5 minutes or until smooth and elastic, adding more flour if necessary. If doubling recipe, divide into two balls of dough.
7. Cover with a clean towel and let rest for 10 minutes.
8. On a lightly floured surface, roll out dough into 12" circles. Dough will rise considerably when baking; make sure to knead it out thinly. Pinch edges between thumb fore-finger to make a crust.
9. Transfer dough to a pan and place in a warm oven on the lowest setting for 15 minutes before putting on toppings.
10. Mix together **Pizza Sauce** ingredients. Spread sauce on the base of pizza crust. Scatter with toppings and cheese.
11. Bake 12 to 15 minutes in a 425°F oven until the crust has browned and cheese is bubbly.

## Topping Suggestions

The wonderful thing about pizzas is that you can get creative with your toppings. Slice up your favorite vegetables. Or use left-over chicken or turkey from last night's dinner. The following are some tasty suggestions to top your pizza, but feel free to add anything you and your family like!

### Hawaiian

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough	1 ball
Pineapple tidbits (unsweetened)	1 can
Ham, diced (low sodium)	½ cup
Tomato sliced	1 tomato
Green onion	2 green onions
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Layer sliced tomatoes, pineapple tidbits, diced ham, and sliced green onion.
5. Top with shredded mozzarella cheese.
6. Bake 12-15 minutes @ 425°F.

### BBQ Chicken

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough (or premade base)	1 ball or base
BBQ Sauce	2 tbsp
Diced chicken	½ cup
Mushroom sliced	½ cup
Red pepper chopped	½ pepper
Red onion	¼ onion
Cheddar cheese , shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Mix BBQ sauce with pizza sauce. Spread sauce mixture over prepared crust.
4. Sprinkle chicken, mushrooms, red pepper, and red onion evenly over pizza.
5. Top with shredded cheddar cheese.
6. Bake 12-15 minutes @ 425°F.

## Veggie Delight

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough (or premade base)	1 ball
Green pepper, chopped	½ pepper
Mushrooms, sliced	½ cup
Red onion	¼ onion
Black olives	To taste
Italian seasoning	1 tsp
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Sprinkle green pepper, mushrooms, red onion, and black olives over pizza.
5. Top with shredded mozzarella cheese and sprinkle with Italian seasoning.
6. Bake 12-15 minutes @ 425°F.

## Pizza Florentine

Ingredients	For 1 pizza
Homemade pizza sauce	½ cup
Pizza dough (or premade base)	1 ball
Frozen chopped spinach, thawed	1 package
Vegetable oil	1 tbsp
Onion chopped	1 onion
Garlic, minced	1 clove
Sliced mushrooms	1 cup
Parmesan cheese	2 tbsp
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Drain spinach well, pressing with paper towel to extract extra water. Place spinach over sauce.
5. Sauté onion and garlic in oil until softened. About 5 minutes. Add mushrooms and continue to sauté until soft.
6. Scatter vegetables over pizza and top with parmesan and mozzarella cheese.
7. Bake 12-15 minutes @425°F.

## Speaker's Points

### Hands on Cooking

- **Check – In**
  - ✓ Move from station to station while groups are cooking.
  - ✓ Provide guidance and demonstrate techniques as needed.
  - ✓ Ask if the group has any questions.
- **Promote Team Work**
  - ✓ Ask participants to work together as they prepare the recipe.
  - ✓ Encourage them to carefully read and follow all steps in the recipe.
- **Clean as you go**
  - ✓ Encourage participants to clean up as they cook. This will make for a faster “wrap-up” at the end of the community kitchen, and will keep the space from getting too crowded and cluttered.

## Enjoy Meal Together

### Points for Reflection

Consider asking participants the following questions during your shared meal. Encourage them to share with the group:

- Did you learn anything new about food today?
- How might you use this recipe or ingredients in the future?
- Do you like the recipes that the group prepared?

Some participants may be shy. Do not put anyone on the spot.



## Wrapping Up

Ask participants to help with the clean-up. Any help is appreciated!

- ✓ Distribute the leftovers evenly between participants.
- ✓ Thank everyone for coming and for participating!
- ✓ Let them know of the next community kitchen session topic and date.
- ✓ Have a sign-up sheet ready in case they decide to sign up.

**Give yourself a pat on the back  
for a great session!**

## Smart Shopping Tips

Plan your weekly meals in advance. Make a shopping list	Store food properly to prevent waste, see table on page 6 in the participant manual for tips
Check your supplies at home to see what you already have, and what needs to be eaten	Use the FIFO rule – “first in, first out”. Use your oldest food before your newer purchases (as long as it is within its expiry date)
Keep a shopping list in the kitchen so you can write items down as you discover you need them throughout the week	Buy in season: vegetables and fruits are cheaper when they are in season
Read your local fliers, look for sales and plan your meals around them	Shop around the outside of the store first; this is where you find your basics (produce, bread, meat, and dairy). The convenience and often high priced foods are found in the centre aisles.
Shop at larger grocery stores if possible. Corner or convenience stores tend to be more expensive	If you have the storage space and money, buy extra items that you frequently eat, when they are on special
Eat or have a snack before you shop, hungry shoppers tend to make purchase that are not on their list	Check the best before and expiry dates: choose foods with the furthest best before or expiry date so you have more time to eat it before it goes bad
Pay attention to the unit pricing per mL or gram. This will help you to compare items for the better price	Try to have a meatless meal at least once a week: make recipes with low cost meat alternatives such as beans, lentils, eggs, tofu, peanut butter, or canned fish. Meat alternatives are nutritious and a good source of protein.
Lower cost foods and no-name products are usually found on the higher and lower shelves. Brand name and higher priced foods are usually on the centre shelves at eye level	Use smaller amounts of meat, poultry and fish. These are usually the most expensive. Use a small amount of these foods and mix with less expensive foods such as, frozen vegetables, brown rice, whole grain pasta, and potatoes
Buy frozen or canned when fresh is too expensive. They are just as nutritious. <ul style="list-style-type: none"> <li>✓ When buying canned vegetables try to buy the lowest sodium versions, drain and rinse before using.</li> <li>✓ Look for fruit that has no sugar added, packed in water or its own juices.</li> </ul>	Cook once, eat twice! <ul style="list-style-type: none"> <li>✓ Add leftover vegetables to pasta, salads, casseroles, soups, frittata or spaghetti</li> <li>✓ Use stale bread for grilled cheese sandwiches or toast in the oven to make croutons for soups and salads</li> <li>✓ Add leftover meat or tofu to tossed salads, stir-fry, casseroles, frittata, or soups to make a complete meal</li> </ul>
<ul style="list-style-type: none"> <li>✓ Make double of a recipe when the ingredients are on sale, put extras in the freezer to eat another time</li> </ul>	Handle your leftovers safely to prevent waste <ul style="list-style-type: none"> <li>✓ Place in the refrigerator or freezer within 2 hours of cooking</li> <li>✓ Store in air tight containers or bags: label and date</li> <li>✓ Use leftover foods (stored in the refrigerator) within 2-3 days after cooking</li> </ul>

## Weekly Menu Template

Day	Breakfast	Lunch	Dinner	Shopping List
Monday				•
Tuesday				•
Wednesday				•
Thursday				•
Friday				•
Saturday				•
Sunday				•
Notes:				

## Grocery Lists & Prices

### Home-style Tomato Sauce with Lentils and Pasta

Ingredients	Estimated Price (Sobeys, February 2015)	For 4	Cost	For 8	Cost	For 12	Cost
Vegetable Oil	3.99/946 mL	1 tbsp	\$0.06	2 tbsp	\$0.12	3 tbsp	\$0.18
White Onion	\$0.99 lb	1 onion	\$1.29	2 onions	\$2.58	3 onions	\$3.87
Canned Tomatoes	\$1.49/796 mL	1 can	\$1.49	2 cans	\$2.98	3 cans	\$4.47
Tomato Paste	\$0.99/ 175 mL	3 tbsp	\$0.25	6 tbsp	\$0.50	9 tbsp (one can)	\$0.75
Sugar 1 cup = 200g		2 tsp	\$	1 tbsp	\$		\$
Basil (dried)	\$2.15/37 g 0.5 g = ½ tsp	1 tsp	\$0.05	2 tsp	\$0.10	1 tbsp	\$0.15
Italian Seasoning	\$2.15/37 g 0.5 g = ½ tsp	1 tsp	\$0.05	2 tsp	\$0.10	1 tbsp	\$0.15
Oregano (dried)	\$4.45/32 g 0.5 g = ½ tsp	1 tsp	\$0.13	2 tsp	\$0.26	1 tbsp	\$0.39
Garlic Cloves	\$3.99/lb \$0.75/bulb	2 cloves	\$0.14	4 cloves	\$0.28	6	\$0.42
Red Lentils	\$2.99/500g	½ cup (100 g)	\$0.50	1 cup	\$1.00	1 ½ cup	\$1.50
Pasta	\$2.50/300 g	150 g	\$1.25	300 g	\$2.50	450 g	3.75
<b>Total:</b>			<b>\$5.21</b>		<b>\$10.42</b>		<b>\$15.63</b>

These prices do not include sales tax

Cost/serving = \$1.30

## Homemade Pizza Dough and Sauce

Ingredients	Estimated Price (Sobeys, February 2015)	For 1 Pizza	Cost	For 2 Pizzas	Cost
<b>Pizza Sauce (makes enough for ~ 4 pizzas)</b>					
Tomato Sauce	1.49/796 mL	1 can	\$1.49		
Tomato Paste	\$0.99/ 175 mL	1 can	\$0.99		
Oregano	\$4.45/32 g 0.5 g = ½ tsp	2 tbsp	\$0.41		
Garlic Powder	\$2.99/245g (1/4 tsp = 1 g)	1 tsp	\$0.05		
Sugar	\$1.97/2kg 1 cup = 200g	1 tsp	Negligible cost		
<b>Total for Sauce: \$2.94</b>					
<b>Pizza Dough</b>					
Whole Wheat Flour	\$4.55/2.5 kg 1 cup = 150 g	1 cup	\$0.27	2 cups	\$0.54
All Purpose Flour	\$4.55/2.5 kg 1 cup = 150 g	1 cup	\$0.27	2 cups	\$0.54
Quick Rise Yeast	\$2.29/ pkgs	1 pkg	\$0.76	2 pkgs	\$1.52
Salt	\$1.99/350g (1/4 tsp = 1.3 g)	1 tsp	\$0.02	2 tsp	\$0.04
Sugar	\$1.97/2kg 1 cup = 200g	1 tsp	Negligible cost	2 tsp	Negligible cost
Oil	3.99/946 mL	1 tsp	\$0.02	2 tsp	\$0.04
Cheese	\$15.15/1 kg 125 mL=125 g	1 cup	\$3.78	2 cups	\$7.56
<b>**Total:</b>			<b>\$5.12</b>		<b>\$10.24</b>

These prices do not include sales tax

\*\* Total cost of pizza will vary based on toppings and the number of servings from each pizza; total cost shown is for cheese pizza and a 12" serves ~3 people  
Cost/serving = \$1.86