

SCAU food study shows Kroger least expensive

By SHANNON BRENNAN
Staff Writer

Kroger has replaced Food Town as the cheapest place to buy groceries, according to the most recent UNC Student Consumer Action Union survey, conducted Sept. 28-Oct. 1.

In this survey the same categories as in previous surveys, but different single items, were used to obtain the new rank of area stores from least to most expensive as follows: Kroger, A&P—Airport Road, Food Town, Harris Teeter, A&P—Eastgate, Big Star, A&P—Carrboro, Winn Dixie, Byrd's, Fowler's and Colonial.

Prices have increased generally in the last three weeks at local stores, and beer prices are no exception. Food Town offers the lowest price of \$1.72 per six-pack on all four brands compared: Anheuser-Busch Natural Light, Schlitz Light, Miller Lite and Pabst Extra Light. The best buy is Schlitz at \$1.59 at Big Star. Pabst is consistently the cheapest at all stores.

The survey didn't provide much information for junk food junkies, but Byrd's is the spot for Coke drinkers. Six one-liter bottles are \$3.20 while Winn Dixie and Harris Teeter offer the next

lowest price of \$3.55. Colonial is most expensive at \$3.61.

For healthier eaters, Food Town offers a 14.5-ounce can of asparagus spears for 83 cents, while Colonial charges \$1.67. Cucumbers are 10 cents each at Big Star and Colonial and 26 cents at Fowler's. Skim milk is cheapest at Fowler's at 87 cents per half gallon and most expensive at Big Star, Harris Teeter and Winn Dixie at 99 cents.

If you are stocking up on beef franks for the baseball games, the cheapest 16-ounce package can be purchased at Winn Dixie for 99 cents, while Harris Teeter has the next lowest price at \$1.09. Byrd's and A&P—Airport Road are the highest at \$1.69.

Under the itemized category of staples, Food Town had the lowest total of \$3.67 and Big Star, Fowler's and Colonial had the highest with a difference of only 3 cents separating them from one another.

Produce was cheapest at Harris Teeter at \$3.06 and the highest at A&P—Airport Road at \$4.64. However, meats and produce were cheapest at A&P—Airport Road and most expensive at Winn Dixie.

In the total rank Kroger was the cheapest at \$39.88 followed by A&P Airport Road at \$39.95 while Colonial was most expensive at \$44.24.



Co-op worker packs vegetables ...at Community Church

Kick the shopping habit

Food cooperative sells for less

By MARGARET LEE
Staff Writer

Under the hierarchy of producers, distributors and national food chains, grocery shopping at the local supermarket can be a hassle.

Members of Community Foods Inc., one of Chapel Hill's natural foods and produce cooperatives, have found a supermarket alternative. Families, students and area residents buy and sell food in a non-profit collective enterprise. They meet at 4:30 p.m. on the first and third Tuesday of each month in the Community Church on Purefoy Road to wrap, price, sell and buy their food.

Rewards lie not only in savings, but in the personal satisfaction of working cooperatively rather than competitively to control the quality of food they eat, co-op members say.

"I got into the co-op because I believe in its organizational structure," Amy Gerhardt says. "There is personal growth in learning how to deal with people. In the co-op method, you are always learning how to compromise as well as express and analyze your opinions. It's a completely different experience than one with a normal job."

Gerhardt represents Community Foods in the Apalantic Federation, a warehouse collective composed of co-ops in five states. "We are all striving for a common goal—to bypass the capitalist system and gain control over how food is grown."

Apalantic and Community Foods support cooperative and local producers to eliminate as many middlemen as possible. One member who sells his produce at the co-op said if consumers had more control over food, they would be more informed about price issues and what to do about them, such as switching to another type.

"In the supermarket, people have to take what is there, like tomatoes," he says. "Supermarket tomatoes are picked before they ripen in Mexico or Florida so they don't taste anything like locally grown tomatoes."

"The co-op serves an educational purpose for learning about nutrition and provides a sense of fellowship among people working for something they believe in," says Cathy Campbell, finance chairperson. A communications committee prints a monthly newsletter containing recipes, news and research information provided by the nutrition committee which was established to investigate nutrition issues.

Twelve committees incorporate a variety of skills to run the co-op and each chairperson serves on a board of directors. The co-op does not function well, however, without the labor of its 200 members who donate at least two hours per month of their time. While some work at home tallying orders, other persons pick up and deliver, set up, wrap, mark, weigh and sell.

The produce committee, composed of members from the old Chapel Hill Food Co-op which merged with Community Foods, travels to the farmers market in Raleigh to obtain fresh fruits and vegetables. Other committees order natural foods and undyed natural cheese from Apalantic and occasionally from Laurelbrook Foods.

The co-op seeks to beat grocery store prices and get high quality products from local distributors. Two of the largest selling items are bread from the Bread Shop and flour from Lindley Mill, an old-fashioned water-powered mill in Graham.

New members may join the co-op on pick-up Tuesdays by attending an orientation session at 5:30. Membership dues for one person are \$5 per year plus two work-hours a month, and for two persons \$7.50 plus three hours work each month.

Survey to look at public safety

If you live off campus, you may be contacted within the next few weeks and asked your opinion of police and fire service in Chapel Hill.

A UNC research team, composed of an administration of justice class, will be calling random numbers of 600 Chapel Hillians and asking them about public safety in their neighborhoods.

"There is a theory in administration of justice that there is always more crime than is actually reported," said Mary Wagner, co-leader of the project.

"We are going to try to generalize to the community about what types go unreported. Perhaps that will stress to the

people the importance of reporting crimes."

Questions also will be asked about residents' attitudes toward police officials. Residents will be asked to speculate on how safe they think their neighborhood is.

Questions also will cover what actions the individual is taking about fire and crime prevention.

The town of Chapel Hill is considering

a larger scale performance audit for many of the city's services. Wagner has been working with the police department since January setting the objectives.

Results from the survey, which probably will appear at the beginning of next year, will determine how well police objectives were met.

The town of Chapel Hill asks residents to cooperate with the survey team.

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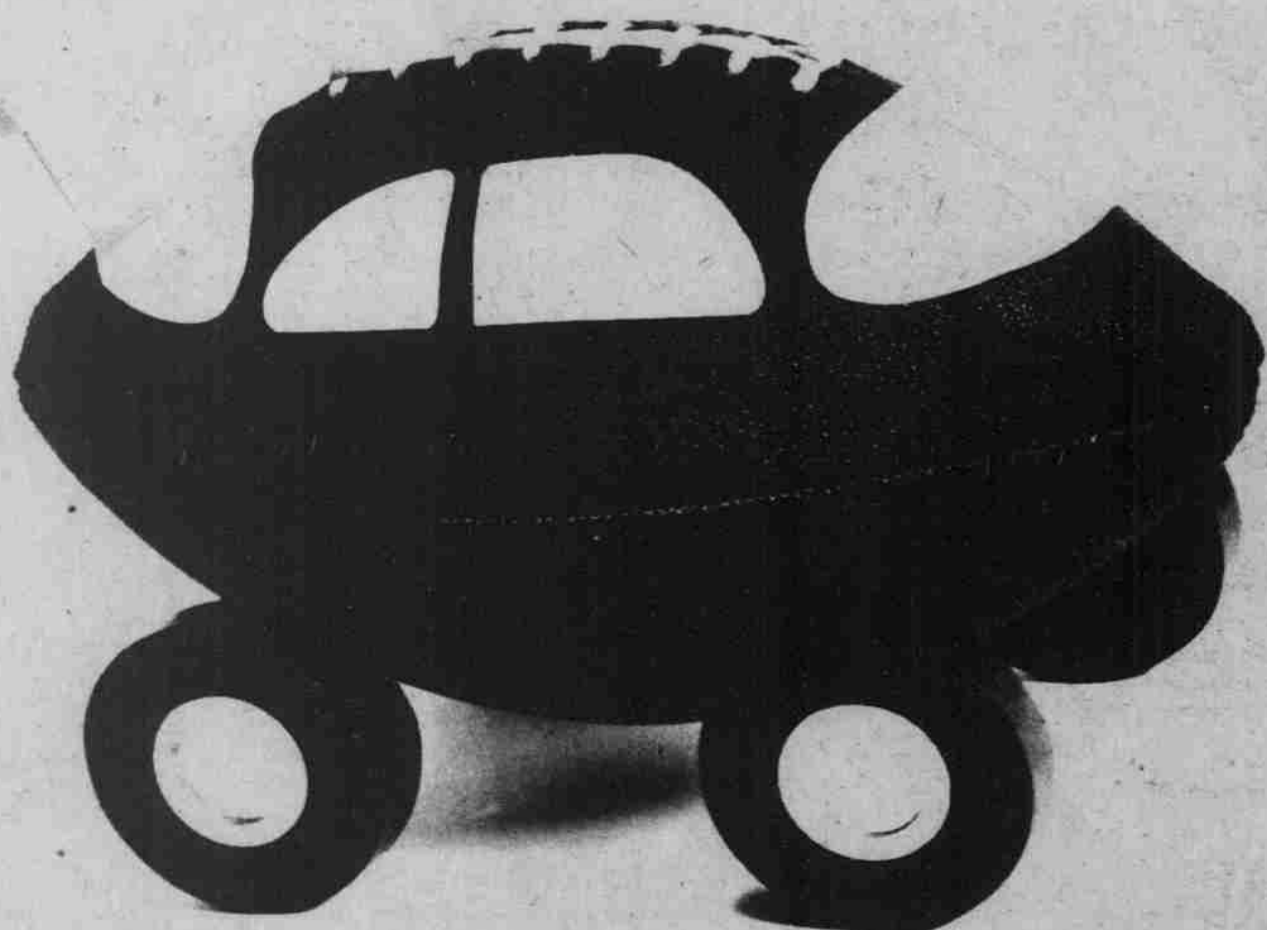
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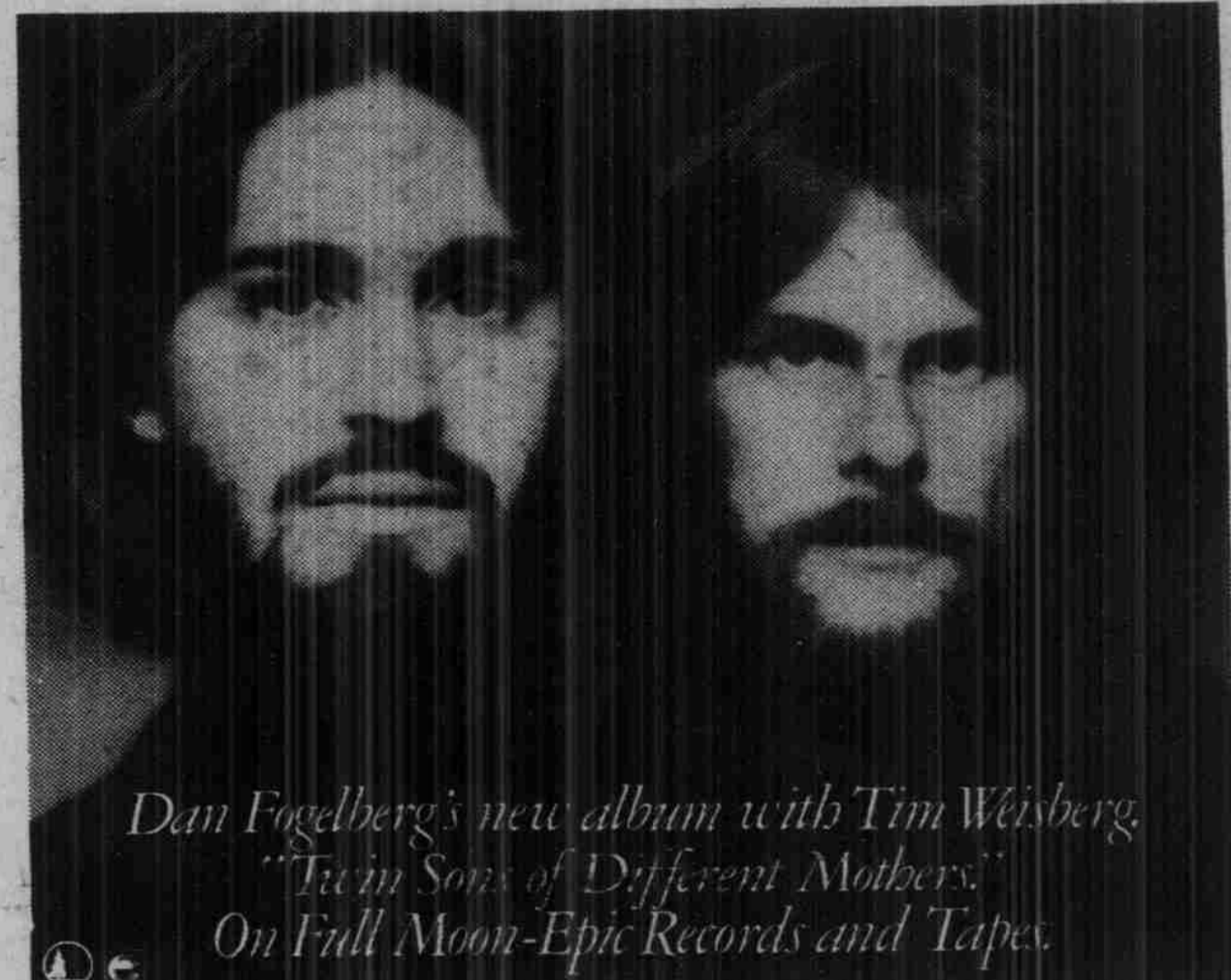
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