



KITCHEN KNEADS, INC.

October 2009

GRAINS	Wt.	Price
Amaranth	25	\$44.00
6 Grain Mix (Rolled)	50	\$22.99
7 Grain Blend (Whole)	25	\$16.99
9 Grain Mix (Cracked)	50	\$21.99
9 Grain Mix (Rolled)	50	\$32.99
Barley Flakes	50	\$22.99
Barley, Hulled	50	\$19.99
Bruce's Cereal	25	\$24.99
Buckwheat Groats	50	\$41.99
Buckwheat, Whole	50	\$69.99
Cornmeal	50	\$26.99
Corn, Popcorn	50	\$30.99
Farina	50	\$27.99
Farina	25	\$12.99
Flax Seed	50	\$39.99
Golden Flax	50	\$54.99
Germade	25	\$19.99
Kamut	50	\$53.99
Millet	50	\$29.99
Oats, Rolled (Reg. Or Quick)	25	\$14.99
Oat Bran (Fine or Coarse)	50	\$29.99
Oat Groats	50	\$23.99
Oat Steel Cut	50	\$23.99
Poppy Seed	50	\$149.99
Rye	50	\$37.99
Rice, Basmati Brown Rice	25	\$29.99
Rice, Basmati White Rice	25	\$31.99
Rice, Black Japonica	25	\$57.75
Rice, Brown Long Grain	25	\$14.99
Rice, Brown Short Grain	50	\$39.99
Rice, Brown Short Grain	25	\$23.99
Rice, Country Wild	25	\$57.99
Rice, Sweet Brown	25	\$24.99
Rice, White Long Grain	25	\$15.99
Rice, White Short Grain	25	\$21.99
Rice, Wild Rice Blend	25	\$79.29
Spelt Chemical Free	50	\$49.99
Teff	25	\$64.59
Wheat Bran	50	\$21.99
Wheat, Cracked	25	\$19.99
Wheat, Hard Red (13.8%)	50	\$13.99
Wheat, Hard White (13.8%)	50	\$16.99
Wheat, Rolled	50	\$24.99
Wheat, Soft White	50	\$15.99
Quinoa	25	\$84.49
Powdered Goods	Wt.	Price
Milk Lite (1%)	50	\$ 89.99
Soy Good Milk	50	\$129.99
Milk, Powdered Regular	50	\$149.99
Whey	50	\$ 64.99
Cornstarch	50	\$ 29.00
Clearjel A (Thickener)	25	\$ 46.99
Instant Clearjel (Thickener)	25	\$ 53.50
Ultra Set (Thickener)	50	\$116.99

Flours	Wt	Price
Bread Flour, White Wheat	50	\$26.99
Baking Flour, Left Turkey	25	\$12.49
Baking Flour, Left W. Wheat	25	\$10.99
Bread Flour, Golden Loaf	25	\$ 8.29
All Purpose, Big J	25	\$ 7.99
Barley Flour	50	\$17.99
Cake Flour	50	\$25.99
Corn Flour	50	\$26.99
Garbanzo Fava Flour	25	\$90.99
Masa Flour	50	\$26.99
Pastry Flour	50	\$28.99
Rice Flour, Brown	50	\$57.99
Rice Flour, White	50	\$41.99
Rye Flour	50	\$49.99
Semolina Flour	50	\$33.99
Soy Flour	50	\$29.99
Vital Wheat Gluten Flour	50	\$78.99

Sugars and Liquids	Wt.	Price
Fructose	50	\$43.49
Honey	1	\$ 4.69
Honey	2	\$ 6.69
Honey	5	\$14.99
Honey	9	\$25.99
Honey	45	\$109.99
Lecithin, Liquid	59	\$64.99
Liquidose Corn Syrup	59	\$34.99
Molasses, Black Strap	59	\$39.99
Molasses, Regular Sweet	59	\$49.99
Sugar, Brown Golden C	50	\$39.99
Sugar, Brown Yellow D	50	\$41.99
Sugar, Dehydrated Cane Juice	50	\$44.99
Sugar, Granulated	50	\$24.99
Sugar, Powdered Sugar	50	\$39.99

Beans	Wt.	Price
Anasazi	25	\$52.99
Blackeye	25	\$23.99
Black Turtle	25	\$25.99
Cranberry	25	\$26.99
Garbanzo	25	\$20.99
Great Northern	25	\$21.59
Kidney, Dark	25	\$28.99
Kidney, Light	25	\$29.99
Lentils	25	\$21.00
Lentils, Red	25	\$29.99
Lima, Baby	25	\$26.99
Lima, Large	25	\$31.99
Peas, Green Split	25	\$14.99
Peas, Whole Green	25	\$13.99
Peas, Yellow Split	25	\$13.99
Peruano	20	\$31.99
Pink Beans	25	\$19.99
Pinto	25	\$18.99
Red Beans	25	\$21.00
Small White	25	\$21.00
Soybeans	25	\$33.49
ABC Soup mix	25	\$29.99
13 Bean Soup Mix	25	\$28.99

All prices subject to change without notice

WHERE AND HOW DO YOU BEGIN?

We have been in business since 1973. With our experience, we can help you learn. We have learned through hard times the importance of food storage. Ask for a family food storage print out, customized for your family.

#10 Cans	Wt.	Price
Apple Chips	1.25	\$12.99
Applesauce		\$23.99
Banana Chips	2.25	\$ 6.59
Broccoli Diced	1.75	\$22.00
Broth, Beef	4.25	\$24.99
Broth Chicken		\$17.49
Butter Powder	3	\$25.49
Carrots	2.50	\$12.49
Cheese, Cheese Sauce	4	\$24.89
Cheese, White Cheddar	3.25	\$33.89
Corn, Sweet		\$25.50
Egg Whites	3	\$24.99
Eggs, Whole Powdered	3	\$17.99
Milk Lite 1%	4	\$11.99
Milk, Nonfat Regular	4	\$15.99
Milk, Soy	4	\$15.99
Onions	3	\$14.99
Peppers, Green & Red	2	\$15.99
Potatoes, Hash browns	2	\$11.59
Potatoes, Pearls	3.75	\$13.59
Potatoes, Country	3	\$16.99
Stew Blend	2.50	\$19.49
Tomato Powder	4	\$21.99
TVP, Bacon	3	\$ 7.99
TVP, Beef	2.5	\$ 7.99
TVP, Chicken	2.25	\$ 7.99
TVP, Ham	2.5	\$ 9.99
TVP, Sausage	2.5	\$ 8.99
TVP, Taco	3	\$ 9.99
Garden Peas	3.50	\$24.99

***Note: Our cans are double enameled for better protection against the elements.

TVP Products

Bacon TVP	25	\$38.49
Beef TVP	25	\$38.99
Chicken TVP	25	\$44.99
Ham TVP	25	\$61.00
Sausage TVP	25	\$43.49
Taco TVP	25	\$49.99
Chicken Chunks TVP	25	\$62.49
Beef Jerky TVP	25	\$71.49

SALT

Real Salt	25	\$59.99
Arrowroot	25	\$62.75

Kitchen Kneads
3030 Grant Ave.
Ogden, UT 84401

Storage Containers

	Price
55 Gallon Drum	\$49.99
30 Gallon Drum	\$44.99
15 Gallon Drum	\$29.99
6 Gallon Bucket	\$ 5.19
5 Gallon Bucket	\$ 4.39
4 Gallon Bucket	\$ 3.99 3 gal 3.79
2 Gallon Bucket	\$ 3.99
1 Gallon Bucket	\$ 2.99
Gamma Lids 4-6 gallon	\$ 6.99
Gamma Lids 2 gallon	\$ 5.89
Basic bucket lid	\$ 1.49
Water Pumps for Drums	\$ 9.99
5 Gal. Blue Water Jug	\$ 9.99

Pasta in bulk

	Wt.	Price
Alphabets	10	\$14.99
Bow Ties	20	\$36.00
Elbow, Small	10	\$15.99
Egg Noodles	10	\$16.49
Lasagna	10	\$18.99
Rotelle, Rainbow	10	\$18.99
Salad Macaroni	20	\$31.00
Shell, Rainbow	10	\$18.99
Spaghetti	10	\$15.99
Spaghetti	20	\$29.99
Spinach Fettuccini	10	\$16.99
Spinach Lasagna	10	\$19.99
Twistie, Rainbow	10	\$18.99
WW Elbow Macaroni	10	\$19.69
WW Fettucini	10	\$19.69
WW Lasagna	10	\$26.49
WW Orzo	10	\$21.19
WW Penne	10	\$19.69
WW Spaghetti	10	\$19.69
WW Spirals	10	\$19.69

SPROUTING SEEDS

Adzuki Bean	25	\$53.69
Mung Bean	25	\$39.99
Provita Mix	25	\$79.99

Bob's Red Mill/Gluten Free Items

Apple Cinnamon Cereal	25	\$38.99
8 Grain Wheatless Cereal	25	\$37.99
Mighty Tasty Cereal	25	\$33.99
Gf Biscuit Mix	25	\$47.99
Gf Baking Flour	25	\$40.99
Potato Flour	25	\$42.29
Potato Starch	25	\$42.99
Tapioca Flour	25	\$35.79
Tapioca Pearls	25	\$42.49
Tapioca Instant Granulated	50	\$111.99

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*All Items are Available in Buckets upon Request
with ample notice.*