The Farmer's Share

Did you know farmers and ranchers only earn 11.8¢* of every dollar that consumers spend on food?

American farmers only see a small fraction of the money we spend on food. Even though grocery prices continue to rise, the extra money we pay at the grocery store doesn't go into farmers' pockets – it goes to the multibillion-dollar food companies that have squeezed out competition to maximize their profits.

Bread — 1 LOAF

Retail: $4.69

Farmer: **$0.13**



Milk — 1 GAL

Retail: $3.99

Farmer: **$1.75**



Eggs — 1 DOZEN

Retail: $2.79

Farmer: **$1.05**



Bacon — 1 LB

Retail: $6.33

Farmer: **$0.92**



Apples — 3 LBS

Retail: $5.99

Farmer: **$2.32**



Top Sirloin — 1 LB

Retail: $11.99

Farmer: **$3.96**



Potatoes — 5 LBS

Retail: $3.99

Farmer: **$0.54**



Tomatoes — 1 LB

Retail: $2.99

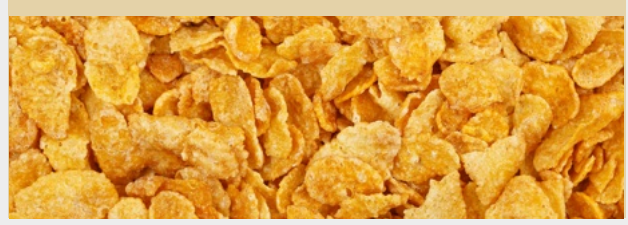
Farmer: **$0.44**



Corn Cereal — 18 OZ

Retail: $2.99

Farmer: **$0.07**



National Farmers Union

Retail prices based on Washington, D.C. Safeway prices.

Last updated: 9/4/2026

Learn more at nfu.org/farmersshare