

# STOCK UP PRICE LIST

The prices listed are the final price I want to pay (after sales and coupons).



## Dairy/Refrigerated Items

- Butter - \$2.00 per pound
- Cheese - \$1.50 per 8 oz.
- Cream Cheese - \$1.00 per pack
- Eggs - \$0.75 per dozen
- Milk - \$0.99 per gallon
- Orange Juice, Gallon - \$2.00
- Sour Cream - \$0.50 per 8 oz. container
- Yogurt - \$0.25 per container

## Frozen Items

- Diet Meals (Smart Ones etc...) - \$1.50 each
- Frozen Vegetables - \$0.75 per bag
- Ice Cream - \$2.50 per tub
- Pizza (large) - \$2.50 each

## Grocery Items

- Baked Beans, canned - \$0.45
- BBQ Sauce - \$0.50
- Bread - \$1.00 per loaf
- Brown Sugar - \$0.75 per pound
- Brownie Mix - \$0.75
- Cake Mix - \$0.50
- Cereal - \$1.00 per box
- Chocolate Chips - \$1.69 per bag
- Cookies - \$0.75 per pack
- Crackers - \$1.00 per box
- Flour - \$0.25 per pound
- Hamburger/Hot Dog Buns - \$1.00 per pack
- Honey - \$1.50 per 12 oz.
- Jam - \$1.00 per jar
- Ketchup - I only buy Heinz - at any cost!
- Kidney Beans, canned - \$0.45
- Mayonnaise - \$1.00 per jar
- Mustard - free

- Olive Oil - \$2.50 per 16 oz.
- Pasta - \$0.50 per box
- Peanut Butter - \$1.00 per jar
- Rice - \$0.40 per pound
- Salad dressing - \$0.99 per bottle
- Soft Drinks, 2 liter - \$0.77
- Soft Drinks, 12 pack - \$1.99
- Soup - \$0.50 per can
- Spaghetti Sauce - \$1.00 per jar
- Sugar - \$0.38 per pound
- Tomato Paste - \$0.20 per can
- Tomato Sauce - \$0.20 per can
- Tomatoes, Canned - \$0.40 per can
- Tuna - \$0.30 per can or pouch
- Vegetable Oil - \$1.50 per 16 oz.

## Meat

- Bacon - \$3.00 per pound
- Beef, Roast - \$2.29 per pound
- Chicken Breast, Boneless & Skinless - \$1.50 per pound
- Chicken, Pieces - \$0.99 per pound
- Ground Beef (93% lean) - \$2.85 per pound
- Pork Chops - \$1.79 per pound
- Pork Tenderloin - \$2.59 per pound

## Household Items

- Dishwasher Detergent - \$0.10 per tablet
- Foil - \$0.03 per foot
- Glass Cleaner - \$0.50 per bottle
- Plastic Wrap - \$0.02 per foot
- Laundry Detergent - I only buy Tide HE - it's my one weakness. Anytime it's less than \$4.00 for a large bottle I stock up.
- Paper Towels - \$0.50 per roll

- Sandwich Bags/Ziploc Bags - \$0.02 per bag
- Freezer Bags - \$0.06 per bag
- Toilet Bowl Cleaner - \$0.50 per bottle
- Toilet Paper - \$0.25 per single roll
- Trash Bags - \$0.09 per bag
- All Purpose Cleaners - \$1.00 per bottle

- Lettuce - \$0.99 per head
- Limes - \$0.25 each
- Mangoes - \$0.25 each
- Oranges - \$0.25 per pound
- Peaches, Plums, Nectarines - \$0.99 per pound
- Pineapple - \$1.00
- Potatoes, Russet - \$0.25 per pound
- Strawberries - \$1.50 per pack
- Tomatoes - \$0.99 per pound (I grow my own in the summer).

### **Health/Beauty Items**

- Band Aides- \$0.05 each
- Body Wash - \$1.00 per bottle
- Contact Solution - free
- Cough Drops - \$0.50 per bag
- Deodorant – free
- Excedrin Migraine - \$0.05 per pill
- Floss - free
- Lotion - \$1.00
- Mouthwash - \$1.00
- Pain Reliever - \$1.00 per bottle
- Razors - free
- Shampoo/Conditioner - \$0.99 per bottle
- Shaving Cream - \$0.50 per bottle
- Soap (bar) - \$0.15 per bar
- Soap (liquid) - \$0.30 (small pump bottle)
- Toothbrushes - free
- Toothpaste - free

### **Pet Items**

- Cat Food (dry) - \$0.40 a pound
- Cat Litter - \$0.25 a pound - I only use Fresh Step
- Cesar Dog Food - \$0.52 each
- Pedigree (wet dog food) - \$0.50 each
- Dog Food (dry) - \$0.50 a pound
- Treats - \$1.00 per bag

### **Produce**

- Apples - \$0.99 per pound
- Bananas - \$0.33 per pound
- Bell Pepper s- \$0.50 each
- Carrots - \$0.99 per pound
- Corn on the Cob - \$0.25 per ear
- Cucumbers - \$0.33 each
- Grapes - \$0.99 per pound
- Lemons - \$0.25 each