

Low Grocery Price Examples

These are the low prices in my area. However, prices vary by regions and are always rising.

Produce

Onions	\$0.99/3lb bag
Bell Pepper	\$0.25 each
Spinach	\$0.98/bag
Tomatoes	\$0.98/lb
Grape Tomatoes	\$0.99/pack
Carrots, whole	\$0.49/lb
Celery	\$0.88/bunch
Squash / Zucchini	\$0.88/lb
Apples	\$0.98/lb
Bananas	\$0.33/lb
Avocado	\$0.50 each
Clementines	\$3.98/5lb bag
Cabbage	\$0.39/lb
White Potatoes	\$1.98/10lb bag
Cherries	\$1.98/lb
Grapes	\$0.99/lb
Snap Beans	\$0.99/lb
Grapefruit	3/\$1
Cucumbers	4/\$1
Strawberries	\$1.50/lb
Blueberries	\$1.99/pack
Asparagus	\$1.99/lb
Cauliflower	\$0.99/head
Broccoli	\$0.79/head

Meats

Chicken Thighs	\$0.99/lb
Whole Chicken	\$0.88/lb
Boneless Chicken Breast	\$1.79/lb

Pork Butt	\$0.99/lb
Beef Rump Roast	\$2.98/lb
Chicken Quarters	\$0.59/lb
Turkey, whole	\$0.69/lb
Ham, whole	\$0.99/lb
Ground Beef	\$1.98/lb
Boneless Pork Chops	\$1.98/lb
Bulk Sausage	\$1.99/roll
Bacon	\$2.50/lb

Dry Goods

Canned Tomatoes	\$0.25/15oz can
Dry Beans	\$0.88/1lb bag
Tortillas	\$0.50/pack
Spaghetti Noodles	\$0.25/lb box
Salsa	\$0.98/16oz jar
Tortilla Chips/Taco Shells	\$0.99/pack
Sugar	\$1.87/4lb bag
Salt	\$0.88/lb
All Purpose Flour	\$1.89/5lb bag

Refrigerated Goods

Butter	\$1.98/lb
Milk	\$3.49/gal
Eggs	\$0.99/dozen
Yogurt	\$0.25/carton