

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 - \$1.00 per 8 oz.
- Cream Cheese - \$1.00 per pack
- Eggs - \$1.20 per dozen
- Milk - \$2.50 per gallon
- Orange Juice, Gallon - \$2.50
- 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 - \$1.00 per bag
- Ice Cream - \$2.50 per tub
- Pizza (large) - \$2.50 each

Grocery Items

- Bread - \$1.00 per loaf
- Cereal - \$1.00 per box
- Crackers - \$1.00 per box
- Flour - \$0.50 per pound
- Hamburger/Hot Dog Buns - \$1.00 per pack
- Jam - \$1.00 per jar
- Ketchup - I only buy Heinz - at any cost!
- Mayonnaise - \$1.00 per jar
- Mustard - free
- Pasta - \$0.50 per box
- Peanut Butter - \$1.00 per jar
- Salad dressing - \$0.99 per bottle
- Soup - \$0.25 per can
- Spaghetti Sauce - \$1.00 per jar
- Tomato Paste - \$0.20 per can
- Tomato Sauce - \$0.20 per can
- Tomatoes, Canned - \$0.40 per can
- Tuna - free

Meat

- Bacon - \$3.00 per 1 lb. pack
- Chicken, Breast - \$2.00 a pound
- Chicken, Pieces - \$0.99 a pound
- Ground Beef (93% lean) - \$2.85 a pound
- Pork - \$2.00 per pound

Household Items

- Dishwasher Detergent - \$1.50 per box
- Foil - \$0.03 per foot
- Laundry Detergent - I only buy Tide HE - it's my one weakness. Anytime it's less than \$5.00 for a large bottle I stock up.
- Paper Towels - \$0.50 per roll
- Sandwich Bags/Ziploc Bags - \$1.00 per box
- Toilet Paper - \$0.25 per roll
- Trash Bags - \$3.00 for 32 bags

Health/Beauty Items

- Band Aides - \$0.50 per box (30 ct.)
- Cough Drops - \$0.50 per bag
- Deodorant - free
- 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
- Pedigree (wet dog food) - \$0.50 each
- Dog Food (dry) - \$0.50 a pound
- Treats - \$1.00 per bag

Produce

- Bananas - \$0.33 per pound
- Carrots - \$0.50 per pound
- Grapes - \$0.99 per pound
- Lemons - \$0.25 each
- Peaches, Plums, Nectarines - \$0.99 per pound
- Strawberries - \$1.50 per pack
- Tomatoes - \$0.99 per pound (I grow my own in the summer).