

Bolded prices mean that store is the clear price leader, with sales and coupons often tip the price in favor of Vons, which doubles coupons up to \$1. If neither price is bolded it was a draw. Items marked with an * frequently go on sale or have coupons available. Use all your willpower to buy them only at these lowest prices!!

Assume items from Trader Joe's are sold under the private Trader Joe's brand unless otherwise noted. A price range is listed for items from Von's because the chain offers a variety of brands. Lower range prices are often the store's own Safeway brand of food.

Item	Trader Joe's	Von's
Meat		
Chicken breast*	\$3.99/lb - \$4.69/lb	\$1.25/lb to \$6.49/lb
Pork Chops*	\$4.49/lb	\$2.79/lb - \$5.49/lb
Ground turkey	\$2.79/lb - \$2.99/lb	\$1.79/lb to \$3.59/lb
Beef chuck	\$4.99/lb	\$4.49/lb
Staples		
Olive oil	\$6.99 for 32 fl oz	\$13.49 for 33.8 fl oz
Tortilla chips	\$1.79 for 16 oz	Tostitos restaurant style \$3.49 for 13 oz
Flour	\$2.79 for 5lb King Arthur white	\$4.17 for 5 lb King Arthur white
Rice	\$2.49 for white basmati rice, 32 oz	\$4.63 for 5lbs
Black beans*	\$.69 for 15 oz	\$1.09 for 15 oz
Spaghetti	\$.79 for 16 oz	\$1.25 for 16 oz
Cereal*	\$3.79 for Raisin Bran Clusters, 18 oz	\$5.39 for 25.5 oz
Loaf of bread	\$2.99 Milton Whole Wheat, 32 oz	\$3.99 Milton Whole Wheat, 32 oz
Chicken stock	\$1.99 for 32 oz	\$3.19 for 32 oz
Canola oil	\$3.49 for 33.8 fl oz	\$4.49 48 fl oz
Walnut halves	\$6.99 for 16 oz	\$3.32 for 10 oz
Sugar*	\$2.79 for 32 oz	\$3.65 for 5 lb
Brown sugar*	\$2.99 for 24 oz (organic)	\$1.69 for 32 oz
Chocolate chips	\$1.79 for 12 oz	3.98 for 12 oz
Canned tomatoes, whole peeled	\$1.19 for 28 oz	\$2.39 for 28 oz
Cranberry juice*	\$3.99 for 64 oz	\$3.89 for 64 oz
Produce		
Apples	\$.69 each	\$1.99/lb = ~\$1 each
Bananas	\$.29 each	\$.69/lb = ~ \$.27 each
Lettuce	\$1.99 for 5 oz	\$3.69 for 5 oz
Onions	\$2.29/2 lb	\$.89/lb
Green peppers	\$1.99 for 3 medium	\$2.49/lb
Potatoes	\$1.99 for 5 potatoes = \$.40 each	\$3.99 for 10 lbs = ~ \$.20 each
Carrots	\$.79 for 16 oz	\$1.29 for 2lbs
Dairy		
Organic milk	\$5.99/gal	\$5.99/gal
Eggs	\$1.19 for a dozen extra large	\$3/doz large
Cheddar cheese*	\$4.49 Wisconsin extra sharp	\$3.29 for 8 oz
Yogurts, small*	\$.79 cents for 6 oz	\$.80 for 8 oz

Yogurt, big*	\$2.69 for 32 oz	\$2.79 for 32 oz
Ice cream*	\$4 for 1 qt	\$6.49 for 1.75 qt
Butter	\$2.49 for four quarters	\$3.99 for four quarters
Misc		
Fresh orange juice*	\$8.49/gal	\$7.49/gal