

Item	A "good" price is...	Try shopping at...
Meat		
Chicken breast*	\$1.50/lb	FE, F4L, chains
Pork chops*	\$1.88/lb	F4L, chains
Ground turkey	\$3.68/20oz	F4L
Beef chuck for stew/chili*	\$3.28/lb	F4L, FE, chains
Staples		
Olive oil	\$6.99/33.8 fl oz	TJ
Tortilla chips	\$1.99/20 oz	F4L, TJ
Flour	\$2.59/5 lb	FE, F4L
Rice	\$.78/lb	F4L, FE
Black beans*	\$.68/15 oz	TJ, FE, chains
Spaghetti*	\$1.88/32 oz	F4L, chains
Cereal*	\$1.78/20 oz	F4L, chains
Loaf of bread	\$.98/24 oz	F4L
Chicken stock	\$.82/14 oz	FE, TJ
Canola oil	\$3.14/48 oz	FE
Walnut halves	\$3.28/8 oz	FE, F4L
Sugar	\$.47-\$.51/lb	FE, F4L
Brown sugar	\$1.58/2 lb	F4L
Chocolate chips	\$1.79/12 oz	TJ
Canned tomatoes, whole peeled*	\$.88/28 oz	F4L, chains
Cranberry juice*	\$2.18/64 oz	FE, F4L, chains
Produce		
Apples	\$.49/ea fuji	TJ, FE
Bananas	\$.18/ea	TJ, FE
Lettuce	\$4.98/16 oz washed	F4L
Onions	\$1/4	F4L
Green peppers	\$2/3	TJ, FE
Potatoes*	\$2.50/5lb	chain sales
Carrots	\$.98/2 lb	F4L
Dairy		
Milk	\$3.08/gal reg	FE, TJ
Eggs	\$1.50/doz	TJ, FE
Cheddar cheese*	\$2.50/lb	chain sales
Yogurts, small	\$.50/8 oz	FE, chain sales
Yogurt, big	\$2/32 oz	FE, F4L
Ice cream*	\$6/2 -1 qts	F4L, chains
Butter	\$2.50/4 squares	TJ, FE
Misc		
Orange juice	\$2/64 oz	TJ