

Grocery Price List – StretchingCents.com

The prices listed below are the prices you should be able to find almost every week. If you find an item for less than listed, stock up on it. If you find an item for more than listed, wait a week and check the price again.

Item	Cost	Size
Refrigerated Items		
Butter (stick)	\$2.00	1 lb
Butter (tub)	\$2.00	1 lb
Cheese (shredded)	\$1.88	8 oz
Cheese (sliced)	\$1.50	16 slices
Cream Cheese	\$1.00	8 oz
Eggs	\$1.50	1 dozen
Milk	\$2.50	1 gallon
Sour Cream	\$1.00	16 oz
Yogurt	\$0.25	1 srv
Produce		
Bananas	\$0.49	1 lb
Fruit (in season)	\$0.99	1 lb
Grapes	\$0.99	1 lb
Potatos	\$5.00	10 lbs
Salad (package)	\$2.00	16 oz
Salad (head)	\$1.00	1 head
Strawberries	\$1.25	1 carton
Tomatoes	\$0.99	1 lb
Carrots	\$0.75	1 lb
Frozen Food		
Frozen Veggies	\$1.00	16 oz
Ice Cream	\$2.00	1 tub
Pizza	\$3.00	1 8-slice pizza
Meat		
Bacon	\$3.00	12 oz
Beef, Bonless Stew	\$6.00	1 lb
Beef, Ground (93% lean)	\$4.50	1 lb
Beef, Ground (85% lean)	\$4.00	1 lb
Beef, Ground (80% lean)	\$3.00	1 lb
Beef, Ground (73% lean)	\$2.50	1 lb
Beef, Whole Beef Brisket	\$4.00	1 lb
Chicken (bnls/skinls)	\$2.00	1 lb
Chicken (whole)	\$1.00	1 lb
Chicken (split)	\$1.70	1 lb
Chicken (thighs)	\$1.00	1 lb
Chicken (drums)	\$1.00	1 lb
Pork- Bone-In pork chops	\$2.00	1 lb
Pork- Bnlss pork chops	\$3.00	1 lb
Pork- Boneless Pork Loin	\$1.60	1 lb
Pork Boston Butt	\$1.50	1 lb
Pork- Center Cut Chops	\$2.50	1 lb
Pork- Assorted chops	\$2.00	1 lb
Pork- Country style ribs	\$1.75	1 lb
Pork- Ground Sausage	\$3.00	1 lb
Pork- Italian Sausage	\$2.75	1 lb
Pork Spareribs	\$2.25	1 lb
Pork- St. Louis ribs	\$2.25	1 lb
Pork- Bone- In Ham Butt	\$0.90	1 lb
Pork- Smoked Ham Shank	\$0.90	1 lb
Pork- Whole Picnic	\$1.20	1 lb
Pork- Spiral Sliced Half or Whole Ham	\$1.25	1 lb
Pork- Whole Tenderloin	\$2.90	1 lb

Item	Cost	Size
Steak- Bone In Strip	\$6.00	1 lb
Steak- Boneless chuck roast	\$4.00	1 lb
Steak- Boneless New York Strip	\$7.00	1 lb
Steak- Bnlss Ribeye Steak	\$8.00	1 lb
Steak- Boneless Sirloin	\$5.50	1 lb
Steak- Bottom Round Roast	\$4.75	1 lb
Steak- Cubed steak	\$5.40	1 lb
Steak- Eye of round roast	\$4.00	1 lb
Steak- Filet Mignon	\$12.00	1 lb
Steak- Flank, Skirt, Flat Iron Steak	\$8.00	1 lb
Steak- Porterhouse Steak	\$7.00	1 lb
Steak- T-Bone Steak	\$7.00	1 lb
Steak-Top Rd LondonBroil	\$4.50	1 lb
Turkey- Whole	\$0.50	1 lb
Turkey- Ground Turkey	\$3.00	1 lb
Dry/Canned Goods		
Bread	\$1.00	loaf
Brownie Mix	\$0.75	1 box
Tuna	\$0.75	5 oz can
Canned Vegetables	\$0.50	14.5 oz can
Cereal	\$1.00	12 oz
Chips	\$2.50	12 oz
Chocolate chips	\$2.00	12 oz
Crackers	\$2.00	1 box
Flour	\$0.50	1 lb
Fruit Snacks	\$2.00	12 ct box
Hamburger/ Hot Dog Buns	\$1.00	8 ct
Jelly/Jam	\$1.00	32 oz
Ketchup	\$1.00	32 oz
Mayo	\$2.00	32 oz
Yellow Mustard	\$0.50	20 oz
Oats	\$2.50	42 oz
Oil (vegetable)	\$1.00	24 oz
Olive Oil	\$0.20	1 oz
Pasta	\$1.00	14.5 oz
Peanut butter	\$1.25	18 oz
Salad Dressing	\$1.00	16 oz
Soda (can)	\$2.50	12 pk
Soda (bottle)	\$0.70	2 liter
Soup (canned)	\$0.50	10 oz
Spaghetti Sauce	\$1.00	26 oz
Sugar	\$0.50	1 lb
Tomato Paste	\$0.30	6 oz
Tomato Sauce	\$0.25	8 oz
Tortillas	\$2.00	10 ct
Other Products		
Laundry Detergent	\$1.00	32 loads
Paper Towels	\$0.55	1 roll
Toilet Paper	\$0.25	1 roll
Kitchen Trash Bags	\$2.98	32 bags
Diapers	\$5.00	Jumbo Pack
Wipes	\$1.00	64 ct