

Produce & Meat



Product	3 month price	6 month price
Produce		
Apples (any kind)	\$0.99/lb	\$0.75/lb
Asparagus	\$1.59/lb	\$1.29/lb
Avocado	\$1 ea	\$0.50 ea
Bananas	\$0.39/lb	\$0.29/lb
Berries 6 oz (blueberries, raspberries)	\$1.99	\$1.49
Broccoli/Cauliflower	\$1.99/bunch	\$.99/bunch
Cabbage	\$0.49	\$0.39
Cantaloupe/Honeydew	\$2 ea	\$1.50 ea
Carrots (baby)	\$0.99/lb	\$0.85/lb
Cherries	\$2.99/lb	\$2.49/lb
Cilantro, bunch	\$0.50	\$0.35
Clementine's/Cuties	\$4.99/box	\$4/box
Corn on the Cob	\$0.20 ea	\$0.15 ea
Cucumbers	\$0.50 ea	\$0.35 ea
Garlic	\$0.49 ea	\$0.39 ea
Grapes, seedless	\$1.49/lb	\$1/lb
Green Beans, fresh	\$0.99/lb	\$0.75/lb
Grapefruit	\$0.79/lb	\$0.50/lb
Lemons	\$0.15 ea	\$0.09 ea
Lettuce, bagged	\$2 ea	\$1.15 ea
Lettuce, head/leaf	\$1.49	\$0.99
Limes	\$.15 ea	\$0.09 ea
Mango	\$1 ea	\$0.75 ea
Mushrooms (8 oz)	\$1.85 ea	\$1 ea
Onions	\$0.99/lb	\$0.75/lb
Oranges	\$1/lb	\$0.79/lb
Peaches/Nectarines	\$0.99/lb	\$0.79/lb
Pears	\$0.99/lb	\$0.79/lb
Peppers, bell	\$1 ea	\$0.75 ea
Pineapple	\$2 ea	\$1.50 ea
Potatoes (5 lb bag)	\$1.99 ea	\$1.49 ea
Plums	\$0.99/lb	\$0.79/lb
Spinach (bag)	\$1.99 ea	\$1.49 ea
Squash/Zucchini	\$0.99/lb	\$0.75/lb
Strawberries	\$2/lb	\$1.49/lb
Tomatoes	\$1.25/lb	\$0.99/lb
Watermelon (whole)	\$2 ea	\$1.50 ea

Product	3 month price	6 month price
Meat/Poultry/Seafood		
Bacon(1 lb pk)	\$2.50	\$2
Beef: Brisket	\$2.99/lb	\$2.49/lb
Beef: Spareribs	\$1.99/lb	\$1.49/lb
Beef: Standing Rib Roast	\$5.99/lb	\$4.99/lb
Beef Steaks (rib eye, sirloin)	\$4.50/lb	\$3.49/lb
Beef: Ground 93/7	\$3.50/lb	\$3/lb
Beef: Ground 85/15	\$2.99/lb	\$2.25/lb
Beef: Roast (Chuck, Tip)	\$3.49/lb	\$2.99/lb
Chicken (canned)	\$1.25 ea	\$0.79 ea
Chicken Breast (bone-in)	\$1.49/lb	\$0.99/lb
Chicken Breast (boneless)	\$1.99/lb	\$1.49/lb
Chicken Legs (drumsticks)	\$0.70/lb	\$0.50/lb
Chicken Thighs (bone-in)	\$0.70/lb	\$0.50/lb
Chicken Thighs (boneless)	\$0.99/lb	\$0.50/lb
Chicken Whole (fryer)	\$1.15/lb	\$0.89/lb
Chicken Wings	\$2.29/lb	\$2/lb
Deli Meats (pre-packaged)	\$2.99/lb	\$2/lb
Fish: Catfish	\$4.99/lb	\$3.99/lb
Fish (cod, mahi, tuna)	\$4.99/lb	\$3.99/lb
Fish: Salmon	\$5.99/lb	\$4.99/lb
Fish: Shrimp	\$5/lb	\$4/lb
Fish: Tilapia	\$3.99/lb	\$2.99/lb
Fisherman's Wharf, 1 lb pkg	\$5.50 ea.	\$4/lb
Hot Dogs	\$1.99 pk	\$1.25 pk
Pork (ribs, chops, tenderloin)	\$1.99/lb	\$1.49/lb
Pork Roast (butt, shoulder)	\$1.99/lb	\$1.49/lb
Pork Whole Loin	\$1.99/lb	\$1.49/lb
Sausage	\$1.99/lb	\$1.49/lb
Tuna, canned	\$0.75	\$0.25
Tuna, pouch	\$0.50	\$0.25
Turkey Bacon	\$1.99/lb	\$1.49/lb
Turkey (deli breast)	\$3.99/lb	\$2.99/lb
Turkey Breast (fresh, frozen)	\$1.99/lb	\$1.49/lb
Turkey: Ground	\$1.99/lb	\$1.49/lb
Turkey: Whole, fresh	\$1.29/lb	\$0.99/lb
Turkey: Whole, frozen	\$0.99/lb	\$0.79/lb

Grocery Items



Product	3 month price	6 month price
Breakfast		
Cereal	\$1.25	\$0.89
Grits (Instant), multi pk	\$1	\$0.69
Oatmeal, canister	\$1.25	\$1
Oatmeal (Quick), multi pk	\$1.25	\$0.69
Pancake/Waffle Mix, box	\$1.50	\$1
Pop Tarts, 6-8 ct	\$1.67	\$1
Syrup	\$1.50	\$1
Granola Bars/Fruit Snacks		
Energy Bars	\$0.75 ea	\$0.50 ea
Fruit Snacks	\$0.99/box	\$0.50/box
Granola/Cereal Bars, box	\$1	\$0.75
Fruit		
Applesauce (6 pk, small jar)	\$1.29	\$1
Cranberries (dried, bag)	\$1	\$0.75
Cranberry Sauce, canned	\$1	\$0.35
Mandarin Oranges	\$0.75/can	\$0.40/can
Peaches/Pears, canned	\$1	\$0.75
Pineapple, canned	\$1	\$0.75
Raisins 12+ oz	\$1.25	\$1
Condiments/Salad Dressing, Peanut Butter & Jelly		
BBQ Sauce, bottle	\$0.65	\$0.39
Hot Sauce, bottle	\$1	\$0.49
Ketchup	\$1	\$0.50
Mayonnaise 32 oz	\$2.25	\$1.50
Mustard	\$0.50	FREE
Pickles, jar	\$1	\$0.50
Salad Dressing	\$0.75	\$0.39 - FREE
Salsa	\$1.29	\$1
Soy Sauce	\$1/bottle	\$0.50/bottle
Jelly/Jam (or Preserves 18+ oz jar)	\$1.49	\$1
Peanut Butter 16 oz	\$2	\$1
Candy/Sweets		
Bagged Candy (Chocolate)	\$2	\$1
Candy Bars, ea	\$0.25	\$0.15
Cookies, pkg	\$1.29	\$1
Gum, pk	\$0.20	\$0.10
Jell-O pkg mix	\$0.33	\$0.25
Mints, pk	\$0.35	\$0.25

Product	3 month price	6 month price
Pasta		
Pasta (elbow, spaghetti, etc)	\$0.39	\$0.15 - FREE
Pasta (lasagna)	\$1	\$0.75
Sauce (jar red or alfredo)	\$1	\$0.25
Breads		
Bagels, fresh	\$1.75	\$1
Bread (loaf from deli)	\$1	\$0.50
Bread (packaged)	\$2	\$1
Buns (hamburger, hotdog)	\$1/pkg	\$0.79/pkg
Tortillas (corn, flour)	\$1.25	\$0.85

Product	3 month price	6 month price
Vegetables/Canned		
Beans, canned	\$1	\$0.69
Beans, dried, bagged	\$1.39	\$1
Chili w/ or w/o beans	\$1.00	\$1
Green Beans, Corn, etc 15 oz can	\$0.45	\$0.29
Pumpkin, canned	\$0.75	\$0.45
Tomatoes, canned 14 oz	\$0.59	\$0.39
Tomato Paste/Sauce 15 oz	\$0.69	\$0.49
Prepared Sides & Rice		
Mac & Cheese, boxed	\$0.49	\$0.25
Mashed Potatoes, boxed	\$1	\$0.49
Pasta, boxed, flavored	\$0.75	\$0.50
Rice, boxed, flavored	\$1	\$0.69
Rice, bag	\$1/lb	\$.50/lb
Stuffing Mix	\$1	\$0.69

Product	3 month price	6 month price
Drinks		
CapriSun or any pouch drink, 10 pk	\$1.50	\$1
Coffee, 1 lb gourmet	\$4	\$2.50
Coffee (Maxwell House, Folgers)	\$1.50	\$1
Drink Mixes, powder (Crystal Light)	\$1.50	\$1
Hot Cocoa mix, 8 ct box	\$1	\$0.75
Juice, 64 oz bottle	\$1.25	\$1
Soda, 12-pk	\$2.25	\$2
Soda, 2 liter	\$1	\$0.69
Sports Drink 32 oz	\$1	\$0.75
Tea Bags	\$1.50	\$1
Water 24 pk	\$2.49	\$1.49

Soup, Baking & Snacks



Product	3 month price	6 month price
Soup		
Broth, canned 15 oz	\$0.75	\$0.49
Broth 32 oz, boxed	\$1.25	\$1
Condensed, cream of, for cooking	\$0.35	\$0.25
Soup, 16 oz ready to eat	\$0.59	\$0.39
Soup Mix, dry (onion, beef, etc)	\$0.33/envelope	\$0.25/envelope

Salty Snacks		
Chips	\$1.50	\$1
Crackers, boxed	\$1.25	\$0.75
Nuts, mixed	\$2.50/lb	\$2/lb
Nuts 8 oz (Almonds, Pistachios)	\$2/bag	\$1.50/bag
Pita Chips	\$1.25/bag	\$0.89/bag
Popcorn, boxed (6-pk)	\$1.25	\$1
Popcorn, kernel	\$1.50	\$1
Potato Chips	\$1.79	\$1.49
Tortilla Chips (Doritos/plain)	\$2/bag	\$1.50/bag

Baking		
Brownie or Cake Mix	\$0.50	\$0.39
Chocolate Chips, 16 oz bag	\$2	\$1.49
Cooking Spray	\$1.25/can	\$0.75/can
Evaporated Milk	\$1/can	\$0.69/can
Flour, 5 lb bag	\$2	\$1
Frosting	\$1	\$0.69
Jell-O/Gelatin	\$0.15/box	\$0.10/box
Marshmallows, bag	\$1	\$0.75
Nuts (packaged for baking)	\$3/lb	\$2.50/lb
Olive Oil, 16-24 oz	\$3	\$2.50
Oil 48 oz (canola, vegetable, etc)	\$2	\$1.29
Pudding, instant	\$0.30/box	\$0.20/box
Spices (Basil, Oregano, etc.)	\$1	\$0.50
Sweetened Condensed Milk	\$1	\$0.75
Sugar, 4 lb bag	\$1.49	\$1
Sugar, brown (2 lb box)	\$1.49	\$0.75
Sugar, powdered (2 lb)	\$1.49	\$0.75
Vinegar, white	\$1	\$0.50
Yeast, 3 pk strip	\$0.75	\$0.45

Household Items



Product	3 month price	6 month price
Air Fresheners/Candles		
Air Freshener, spray	\$0.75/can	\$0.45/can
Candle, small	\$0.50	\$0.25
Diffusers (Febreze, Airwick, etc)	\$1	\$0.75

Detergents (Laundry and Soap)		
Bleach, 128 oz	\$1.25	\$0.75
Bleach, 96 oz	\$1	\$0.75
Detergent, 32 load	\$2.50	\$1.50
Tide/Gain, 32 load (50 oz)	\$5	\$4
Tide, 100 oz liquid	\$10	\$6
Tide per ounce	\$0.10/oz	\$0.06/oz
Dryer Sheets	\$2	\$1
Fabric Softener (liquid) 60-70 oz	\$3.50	\$2.75
Dish Soap, liquid/bottle	\$1	\$0.50
Dishwasher Tablets	\$2.50/box	\$1.75/box

Surface Cleaners		
All Purpose, spray	\$1	\$0.69
Bathroom Cleaner, spray	\$1.25	\$1
Disinfectant Wipes	\$0.75/canister	\$0.50/canister
Glass Cleaner, spray	\$1	\$0.50
Toilet Cleaner	\$1	\$0.50
Swiffer (refills)	\$3.50	\$2.50

Paper Products		
Napkins	\$0.75/pk	\$0.50/pk
Paper or Plastic Cups	\$1/pk	\$0.50/pk
Paper Plates	\$1/pk	\$0.50/pk
Paper Towel, per roll	\$0.75	\$0.49
Paper Towel (8-pk)	\$5.50	\$4
Tissues (facial, Kleenex) 100 ct+	\$0.45	\$0.30
Toilet Paper, 2-ply (4-pk)	\$1	\$0.50
Toilet Paper (9-12 pk)	\$5	\$3.50
Trash Bags (30 ct) \$0.09/bag	\$2.50	\$2
Trash Bags (50 ct) \$0.09/bag	\$4.50	\$3
Utensils, disposable	\$1/pk	\$0.50/pk

Refrigerated & Frozen & Pets



Product	3 month price	6 month price
Refrigerated		
Bagels, 6 ct	\$1.25	\$1
Biscuits, canned	\$1.25	\$0.79
Cookie Dough	\$1	\$0.75
Creamer, pt	\$1	\$0.50
Creamer, qt	\$2	\$1.49
Crescent Rolls	\$1	\$0.50
Deli Meats (pre-packaged)	\$2.99/lb	\$2/lb
Eggs, 1 doz	\$1	\$0.75
Hummus	\$1.25	\$1
Orange Juice, 59 oz	\$2.50	\$1.99
Pie Crust	\$2	\$1.49
Pudding, 4 pk	\$1	\$0.69



Product	3 month price	6 month price
Freezer		
Bagels, 6 ct	\$1.75	\$1
Biscuits, bag	\$2	\$1
Chicken Tenders/Nuggets (bag i.e. Tyson)	\$3	\$3
French Fries, potatoes	\$2	\$1
Frozen Dinners	\$2	\$1
Vegetables, 1 lb bag/box	\$1	\$0.69
Fruit, 1 lb bag	\$2.49	\$1.49
Ice Cream/Frozen Yogurt, half gal/48 oz	\$3.00	\$2.00
Ice Cream/Frozen Yogurt, single serve	\$1.00	\$0.75
Juice Concentrate	\$1/can	\$0.75/can
Pie, whole	\$2.50 ea	\$2 ea
Pizza	\$4	\$2.50
Pocket Sandwiches	\$2/box	\$1.35/box
Waffles, 10-12 ct	\$1.25/box	\$0.75/box

Yogurt/Dairy		
Butter, stick 4-pk	\$1.25	\$0.75
Butter, tub (large or twin pk)	\$1.25	\$0.75
Cheese, 8 oz block	\$2	\$1.29
Cheese, sliced	\$2	\$1.29
Cheese, shredded 8 oz	\$2	\$1.29
Cheese, string	\$0.20 ea	\$0.10 ea
Cottage Cheese 16 oz	\$1.25	\$1
Cream Cheese 8 oz block	\$1	\$0.50
Milk, gal	\$2.50	\$2
Sour Cream, 16 oz	\$1	\$0.75
Yogurt, 32 oz	\$2	\$1.49
Yogurt, single serve Greek	\$0.45	\$0.35
Yogurt, single serve cups	\$0.33	\$0.25

Pet Supplies		
Cat Food, dry/bag 3 lb	\$2.00	\$1.50
Cat Food, canned (wet)	\$0.35	\$0.25
Cat Treats	\$0.25	FREE
Cat Litter, 14 lb jug (clumping)	\$3.50	\$3.00
Cat Litter, large bag (non-clump)	\$2.00	\$1.50
Dog Food, dry/bag 3lb	\$2.50	\$2.00
Dog Food, canned large 11-15 oz	\$0.80	\$0.50
Dog Food, canned small	\$0.35	\$0.25
Dog Treats, Crunchy (i.e. Milkbone)	\$2.50	\$1.00
Dog Treats, Pouch (i.e. Snusages, Jumbor)	\$2.00	\$1.00

Health & Beauty



Product	3 month price	6 month price
Oral Care		
Dental Floss	\$0.49	FREE
Mouthwash	\$1.25	\$0.75
Toothbrush, manual	\$0.50	FREE
Toothbrush, powered	\$2	\$1
Toothpaste	\$0.49	\$0.25 - FREE
Whitening Strips	\$8/box	\$5/box

Soap, Body Wash, Lotion		
Body Wash	\$1.50	\$1
Face Wash	\$1.75	\$1
Liquid Hand Soap	\$1	\$0.50
Lotion	\$1.50	\$0.99
Sunscreen, full size spay/lotion	\$5.00	\$4.00
Soap, bar	\$0.50/bar	\$0.25/bar
Soap, bar (small 3-pack)	\$1	\$0.50

Shaving & Deodorant		
Deodorant	\$0.75	\$0.49
Razors, disposable pk	\$1	FREE
Razors, refillable	\$2	\$1 - FREE
Shaving Cream/Gel	\$1.25	\$0.49 - FREE

Feminine Hygiene		
Lubricant	\$1	\$0.50
Pads, package	\$2	\$1.25
Pregnancy Tests, 2-pk	\$7	\$5
Tampons, package	\$2	\$1.25

First Aid		
Band-Aids	\$1	\$0.49
First Aid Creams	\$1	\$0.49
Off! Bug Repellant	\$2	\$1

Food Storage (Reynolds,, Glad, Ziploc etc.)		
Aluminum Foil (80 ft+)	\$2	\$0.50
Cling/Plastic Wrap (80 ft+)	\$1.25	\$0.50
Plastic Bags (freezer, sandwich, etc)	\$1.25/box	\$0.75/box
Plastic Containers, 2 ct	\$1/pk	\$0.75/pk
Wax/Parchment Paper	\$1	\$0.75

Product	3 month price	6 month price
Hair Care		
Shampoo/Conditioner 16 oz	\$1	\$0.75
Hair Color	\$2.50/box	\$1.50/box
Hair Gel, Stylers, Spray	\$1	\$0.75
Hair Elastics, 10+ ct pk	\$1	\$0.75

Beauty/Makeup		
Eye Shadow	\$1.49	\$1 - FREE
Foundation	\$3.50	\$2
Lip balm	\$0.25 ea	FREE
Lipstick	\$1.49	\$1
Mascara	\$1.49	\$1
Nail Files	\$0.35	FREE
Nail Polish	\$1	\$0.50

Baby		
Baby Food jars	\$0.25	\$0.15
Baby Food jars, organic	\$0.50	\$0.25
Diapers, brand name	\$0.18/diaper	\$0.13/diaper
Diaper Cream	\$0.99/tube	\$0.50/tube
Formula, large can	\$20	\$15
Wipes, any size/per wipe	\$0.04/wipe	\$0.02/wipe

Medicine Cold/Allergy/Stomach, etc		
Allergy/Cold, adult	\$2	\$1
Allergy/Cold, children's	\$2	\$1
Antacid (Tums, Rolaids, liquids, etc)	\$1	\$0.49
Cough Drops	\$0.49	FREE
Pain Reliever (Tylenol, Motrin, Advil)	\$2	\$0.49 - FREE

Miscellaneous (batteries, office supplies)		
Batteries, any/per battery	\$0.30/battery	\$0.20/battery
Light Bulbs, specialty	\$0.50/bulb	\$0.25/bulb
Light Bulbs, regular	\$0.25/bulb	FREE
Paper, 8.5x11 copy	\$1.50/ream	FREE after rebate
Tape, clear	\$0.35/roll	FREE