

**ACCRA COST OF LIVING INDEX
GROCERY STORE PRICE REPORT**

Use for up to 5 stores

Updated July 2011

| | | Store #1 | Store #2 | Store #3 | Store #4 | Store #5 |
|---------------|--|--------------|------------|------------|------------|------------|
| Item # | Grocery Items | Price | | | | |
| 1 | T-BONE STEAK Price per pound | \$ _____ | _____ | _____ | _____ | _____ |
| 2 | GROUND BEEF OR HAMBURGER _____ Price per pound, lowest price (min 80% lean) | _____ | _____ | _____ | _____ | _____ |
| 3 | PORK SAUSAGE Size: _____ oz. 1 lb. pkg. package, Price: _____ Jimmy Dean or Owen brand | _____ oz. | _____ oz. | _____ oz. | _____ oz. | _____ oz. |
| 4 | FRYING CHICKEN _____ Whole uncut: price per pound, lowest price | _____ | _____ | _____ | _____ | _____ |
| 5 | CHUNK LIGHT TUNA _____ 5 oz or 6 oz. can, Starkist or Chicken of the Sea | _____ | _____ | _____ | _____ | _____ |
| 6 | WHOLE MILK _____ 1/2 gallon, lowest price | _____ | _____ | _____ | _____ | _____ |
| 7 | EGGS _____ 1 dozen, grade A or AA, large | _____ | _____ | _____ | _____ | _____ |
| 8 | MARGARINE _____ 1 lb., Blue Bonnet or Parkay, stick form | _____ | _____ | _____ | _____ | _____ |
| 9 | PARMESAN CHEESE, GRATED _____ 8 oz. canister, Kraft brand | _____ | _____ | _____ | _____ | _____ |
| 10 | POTATOES _____ 5 lb. sack, white or red, lowest price | _____ | _____ | _____ | _____ | _____ |
| 11 | BANANAS _____ Price per pound | _____ | _____ | _____ | _____ | _____ |
| 12 | ICEBERG LETTUCE _____ Head (approximately 1-1/4 lb.) | _____ | _____ | _____ | _____ | _____ |
| 13 | WHITE BREAD Size: _____ oz. Price loaf with lowest Price: _____ | _____ oz. | _____ oz. | _____ oz. | _____ oz. | _____ oz. |
| 14 | FRESH ORANGE JUICE _____ 59 or 64 oz. Tropicana or Florida Natural Brand | _____ | _____ | _____ | _____ | _____ |
| 15 | COFFEE, VACUUM-PACKED _____ 11 to 11.5 oz. can or brick, Maxwell House, Hills Brothers, or Folgers | _____ | _____ | _____ | _____ | _____ |
| 16 | SUGAR, WHITE Size: _____ lbs. 4-5 lb., cane or beet, Price: _____ lowest price sack | _____ lbs. | _____ lbs. | _____ lbs. | _____ lbs. | _____ lbs. |
| 17 | CORN FLAKES _____ 18 oz., Kellogg's or Post Toasties | _____ | _____ | _____ | _____ | _____ |
| 18 | SWEET PEAS _____ 15oz. can, Del Monte or Green Giant | _____ | _____ | _____ | _____ | _____ |

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|---------------|--|--|---------------------------|---------------------------|---------------------------|---------------------------|
| Item # | Grocery Items | Price | | | | |
| 19 | PEACHES 29 oz. can, Hunt's, Del Monte, Libby's, halves or slices | _____ | _____ | _____ | _____ | _____ |
| 20 | FACIAL TISSUE 200-count box, Kleenex brand | _____ | _____ | _____ | _____ | _____ |
| 21 | DISHWASHING POWDER 75 oz., Cascade brand powder, not liquid | Size: _____ oz. Price: _____ | _____ oz. _____ | _____ oz. _____ | _____ oz. _____ | _____ oz. _____ |
| 22 | CANOLA OIL 48 oz. bottle Store brand | _____ | _____ | _____ | _____ | _____ |
| 23 | FROZEN PREPARED FOOD 8 to 10 oz frozen chicken entrée Healthy Choice or Lean Cuisine Brand If the size is larger than 10, please report the size | _____ | _____ | _____ | _____ | _____ oz. |
| 24 | FROZEN CORN 16 oz. sack, whole kernel, lowest price | _____ | _____ | _____ | _____ | _____ |
| 25 | POTATO CHIPS 13.75 OR 20 oz plain regu LAY's potato chips | Size: _____ oz. Price: _____ | _____ oz. _____ | _____ oz. _____ | _____ oz. _____ | _____ oz. _____ |
| 26 | SOFT DRINK 2 liter Coca-Cola, excluding deposit if any | _____ | _____ | _____ | _____ | _____ |
| Item # | Health Care Item | Price | | | | |
| 41 | NON-PRESCRIPTION DRUG Advil Tablets, 200 mg. 100 Tablets | _____ | _____ | _____ | _____ | _____ |
| 42 | PRESCRIPTION DRUG Lipitor 20 mg., 30 tablets | _____ | _____ | _____ | _____ | _____ |
| 48 | TOOTHPASTE 6 oz. – 6.4 oz. tube, Crest or Colgate | _____ | _____ | _____ | _____ | _____ |
| 49 | SHAMPOO 15 oz. bottle, Alberto VO5 brand | _____ | _____ | _____ | _____ | _____ |
| 58 | TENNIS BALLS (if available) Wilson or Penn brand, can of 3 extra-duty balls | _____ | _____ | _____ | _____ | _____ |
| 60 | BEER (if available) Heineken's, 6-pack, 12 oz. containers, excluding any deposit | _____ | _____ | _____ | _____ | _____ |
| 61 | WINE (if available) Livingston Cellars or Gallo brand Chablis or Chenin Blanc, 1.5 liter bottle | _____ | _____ | _____ | _____ | _____ |