

APPENDIX 4: GROCERY STORE PRICING FORM

Updated November 2009

Store _____ Location _____ Month _____ Year _____

Grocery Items **Price**

- 1. **T-BONE STEAK** _____
Price per pound
- 2. **GROUND BEEF OR HAMBURGER MEAT** _____
Price per pound, lowest price
(min 80% lean)
- 3. **PORK SAUSAGE** Size: _____ oz.
16 oz. pkg. package, Price: _____
Jimmy Dean or Owen brand
- 4. **FRYING CHICKEN** _____
Whole uncut: price per pound, lowest price
- 5. **CHUNK LIGHT TUNA** _____
6.0 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: _____
- 14. **FRESH ORANGE JUICE** _____
64 oz (1.89 liters) Tropicana or
Florida Natural Brand, lowest price
- 15. **COFFEE, VACUUM-PACKED** _____
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
- 17. **CORN FLAKES** _____
18 oz., Kellogg's or Post Toasties

- 18. **SWEET PEAS** _____
15oz. can, Del Monte or Green Giant
- 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** Size: _____ oz.
75 oz., Cascade brand Price: _____
(**powder**, not liquid)
- 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
- 24. **FROZEN CORN** _____
16 oz. sack, whole kernel, lowest price
- 25. **POTATO CHIPS** Size: _____ oz.
13.75 or 20 oz plain potato chips,
Lay's brand Price: _____
- 26. **SOFT DRINK** _____
2 liter Coca-Cola, excluding deposit if any

Health Care Item **Price**

- 41. **NON-PRESCRIPTION DRUGS** _____
Advil Tablet, 200 mg. 100 Tablets
- 42. **PRESCRIPTION DRUGS** _____
Lipitor 20 mg., 30 tablets

Miscellaneous Items **Price**

- 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,
- 61. **WINE (if available)** _____
Livingston Cellars or Gallo brand Chablis
or Chenin Blanc, 1.5 liter bottle