

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

Use for up to 5 stores

Updated November 2009

		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 _____ 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: _____	_____ oz.	_____ oz.	_____ oz.	_____ oz.	_____ oz.
14	FRESH ORANGE JUICE _____ 64 oz. (1.89 liters) Tropicana or Florida Natural Brand	_____	_____	_____	_____	_____
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	_____ 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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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	_____	_____	_____	_____	_____