

GROCERY STORE LIST

Updated November 2021

Store _____ Location _____ Month _____ Year _____

#	Grocery Items	Price	
1.	RIBEYE STEAK Price per pound	_____	
2.	GROUND BEEF OR HAMBURGER MEAT Price per pound, lowest price (min 80% lean)	_____	
3.	PORK SAUSAGE 1 lb. pkg. package, Jimmy Dean or Owen brand	Size: _____ oz. Price: _____	
4.	FRYING CHICKEN Whole uncut: price per pound, lowest price	_____	
5.	CHUNK LIGHT TUNA 5 oz or 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.	WHOLE WHEAT BREAD 24 oz Arnold/Orowheat/Brownberry brand 100% whole wheat bread	Size: _____ oz. Price: _____	
14.	FRESH ORANGE JUICE 52 oz Tropicana or Florida Natural Brand, lowest price	_____	
15.	COFFEE, VACUUM-PACKED 11 to 11.5 oz. can or brick, Maxwell House, Hills Brothers, or Folgers	_____	
16.	SUGAR, WHITE 4-5 lb., cane or beet, lowest price sack	Size: _____ lbs. Price: _____	
17.	CORN FLAKES 18 oz., Kellogg's or Post Toasties	_____	
18.	SWEET PEAS 15oz. can, Del Monte or Green Giant	_____	
19.	PEACHES 15 oz. can, Hunt's, Del Monte, Libby's, halves or slices	_____	
20.	FACIAL TISSUE 144-count box, Kleenex brand	_____	
21.	DISHWASHING POWDER 63 count Cascade Complete pods (not powder, not liquid)	Size: _____ count Price: _____	
22.	EXTRA VIRGIN OLIVE OIL 15.5-18.0 oz bottle, Store brand	_____	
23.	FROZEN PREPARED FOOD 8 to 10 oz frozen chicken entrée, Healthy Choice or Lean Cuisine brand	_____	
24.	FROZEN CORN 12 oz. sack, whole kernel, lowest price	_____	
25.	POTATO CHIPS 8- 10 oz plain potato chips, Lay's brand	_____	
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 Lantus SoloStar Insulin, 1 Carton containing five pens	_____	
#	Miscellaneous Items	Price	
48.	TOOTHPASTE 6 oz. – 6.4 oz. tube, Crest or Colgate	_____	
49.	SHAMPOO 12.5oz or 15 oz. bottle, Alberto VO5 brand	_____	
56.	TENNIS BALLS (if available) Wilson or Penn brand, can of 3 extra-duty balls	_____	
59.	BEER (if available) Heineken's, 6-pack, 12 oz. containers,	_____	
60.	WINE (if available) 1.5 liter bottle white table wine, any brand, any style.	_____	

OTHER GOODS AND SERVICES LIST

Updated November 2021

Location _____ Month _____ Year _____

MISCELLANEOUS Price

- 43. HAMBURGER SANDWICH** _____
Quarter-Pounder w/ cheese (burger not combo)
- 44. PIZZA** _____
Medium plain cheese pizza
- 45. FRIED CHICKEN SANDWICH** _____
Regular Chicken Sandwich at Chickfila,
Popeyes, Kentucky Fried Chicken or Church's
Chicken
- 46. HAIRCUT** _____
Man's barbershop haircut, no styling
- 47. BEAUTY CARE** _____
Woman's haircut with shampoo and blow-dry
- 50. DRY CLEANING** _____
Man's two-piece suit
- 51. MAN'S DRESS SHIRT** _____
Cotton/polyester; pinpoint; white, long-sleeves
- 52. BOY'S JEANS** _____
Blue denim jeans -regular, relaxed or loose fit
- 53. WOMAN'S SLACKS** _____
Women's Black pants or Khakis
- 54. MAJOR APPLIANCE REPAIR** _____
Washing machine, including min labor
- 55. DIGITAL NEWSPAPER SUBSCRIPTION** _____
All access digital subscription, for large city
newspaper. Must have international section; no
print/ delivery.
- 56. MOVIES** _____
First-run, indoor, 6-10 pm Sat
- 57. TENNIS BALLS (if available)** _____
Wilson or Penn brand, can of 3 extra-duty balls
- 58. DROP-IN YOGA CLASS** _____
Drop-in rate for 1hr class

HOUSING Price

- 27. APARTMENT** _____
Monthly Rent 2 bedroom, 1.5 or 2 baths, unfurnished
- 28. HPOURCHASE: NEW HOME** _____
2400 sq ft, new house, full purchase price

TRANSPORTATION Price

- 36. AUTO MAINTENANCE** _____
Cost to Balance all 4 wheels
- 37. GASOLINE** _____
1 gallon unleaded

Health Care Item Price

- 38. OFFICE VISIT, OPTOMETRIST** _____
Full vision eye exam for established adult patient
- 39. OFFICE VISIT, DOCTOR** _____
General practitioner average charge for
established adult patient
- 40. OFFICE VISIT, DENTIST** _____
Teeth cleaning for established adult patient