

GROCERY STORE LIST

Updated December 2022

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. | ALMOND MILK 1/2-gallon Silk or Blue Diamond brand, 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 20 oz Nature's Own or Sara Lee brand 100% whole wheat bread | Size: _____ oz. Price: _____ | |
| 14. | FRESH ORANGE JUICE 52 oz Tropicana, Simply, 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 124-144-count box, Kleenex or Puffs 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 or Pepsi, excluding deposit if any | _____ | |
| # | Health Care Item | Price | |
| 36. | NON-PRESCRIPTION DRUGS Advil Tablet, 200 mg. 100 Tablets | _____ | |
| 37. | PRESCRIPTION DRUGS Lantus SoloStar Insulin, 1 Carton containing five pens | _____ | |
| # | Miscellaneous Items | Price | |
| 43. | TOOTHPASTE 6 oz. – 6.4 oz. tube, Crest or Colgate | _____ | |
| 44. | SHAMPOO 12.5oz or 15 oz. bottle, Alberto VO5 brand | _____ | |
| 52. | TENNIS BALLS (if available) Wilson or Penn brand, can of 3 extra-duty balls | _____ | |
| 54. | BEER (if available) Heineken's, 6-pack, 12 oz. containers, | _____ | |
| 55. | WINE (if available) 1.5 liter bottle white table wine, any brand, any style. | _____ | |

OTHER GOODS AND SERVICES LIST

Updated December 2022

Location _____ Month _____ Year _____

MISCELLANEOUS Price

a. HAMBURGER SANDWICH _____

Quarter-Pounder w/ cheese (burger not combo)

b. PIZZA _____

Medium plain cheese pizza

c. FRIED CHICKEN SANDWICH _____

Regular Chicken Sandwich at Chickfila, Popeyes, Kentucky Fried Chicken or Church's Chicken

d. HAIRCUT _____

Man's barbershop haircut, no styling

e. BEAUTY CARE _____

Woman's haircut with shampoo and blow-dry

45. DRY CLEANING _____

Man's two-piece suit

46. MAN'S DRESS SHIRT _____

Cotton/polyester; pinpoint; white, long-sleeves

47. BOY'S JEANS _____

Blue denim jeans -regular, relaxed or loose fit

48. WOMAN'S SLACKS _____

Women's Black pants or Khakis

49. MAJOR APPLIANCE REPAIR _____

Washing machine, including min labor

50. DIGITAL NEWSPAPER SUBSCRIPTION _____

All access digital subscription, for large city newspaper. Must have international section; no print/ delivery.

51. MOVIES _____

First-run, indoor, 6-10 pm Sat

52. TENNIS BALLS (if available) _____

Wilson or Penn brand, can of 3 extra-duty balls

56. 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. HOUSE PURCHASE: NEW HOME _____

2400 sq ft, new house, full purchase price

TRANSPORTATION Price

31. AUTO MAINTENANCE _____

Cost to Balance all 4 wheels

32. GASOLINE _____

1 gallon unleaded

Health Care Item Price

33.OFFICE VISIT, OPTOMETRIST _____

Full vision eye exam for established adult patient

34.OFFICE VISIT, DOCTOR _____

General practitioner average charge for established adult patient

35. OFFICE VISIT, DENTIST _____

Teeth cleaning for established adult patient