

# Passionate Penny Pincher

# STOCK UP

# price list

## BABY NEEDS

Baby Food	\$ .45 – .55	per jar
Baby Wash or Shampoo	\$ 1.00 – 1.50	per 16 oz bottle
Diapers	\$ .10 – .18	per diaper

## BAKING PRODUCTS

Baking Powder	\$ .50 – 1.00	per can
Baking Soda	\$ .50 – 1.00	per box
Brownie Mixes	\$ .50 – 1.00	per box
Cake Mixes	\$ .50 – 1.00	per box
Corn Starch	\$ .50 – 1.00	per container
Flour	\$ 1.25 – 1.50	per 5 lb bag
Frosting	\$ 1.00	per container
Salt	\$ .50 – 1.00	per container
Sugar	\$ 1.49 – 1.99	per 4 lb bag
Yeast	\$ .50 – 1.00	per 3 pack strip

## BREADS

Bread	\$ .99	per loaf
Buns (hamburger)	\$ .99	per 8 ct pkg
Buns (hot dog)	\$ .99	per 8 ct pkg

## CLEANING SUPPLIES

Dish Detergent	\$ 2.00 – 3.00	per 30 loads
Dishwashing Soap	\$ .50 – 1.00	per 12 oz bottle
Laundry Detergent	\$ .03 – .04	per ounce
Liquid Fabric Softener	\$ 1.00 – 2.00	per 40 loads
Lysol Wipes	\$ .02 – .03	per wipe
Bottled Cleaners	\$ .50 – 1.00	per 24 oz bottle
Toilet Bowl Cleaner	\$ 1.00 – 1.50	per 24 oz cntr

## DAIRY

Butter	\$ 2.00 – 2.50	per lb
Cheese (cream)	\$ 1.00 – 1.25	per 8 oz
Cheese (shredded)	\$ 1.49 – 1.99	per 8 oz
Eggs	\$ .29 – .49	per dozen
Margarine	\$ .50 – 1.00	per 15 oz
Milk	\$ .99 – 1.99	per gallon
Sour Cream	\$ .75 – .99	per 8 oz

## GROCERIES

Canned Tomatoes	\$ .50 – .75	per 16 oz can
Cereal	\$ 1.00 – 1.75	per 12-16 oz box
Dressing (salad)	\$ .50 – 1.50	per 12 oz bottle
Ketchup	\$ .50 – 1.00	per 12 oz bottle
Mayonnaise	\$ 1.00 – 1.75	per 24 oz cntr
Mustard	\$ .50 – 1.00	per 8 oz bottle
Pasta	\$ .50 – 1.00	per 14 oz box
Sauce (spaghetti)	\$ 1.00 – 1.49	per 45 oz jar
Sauce (steak)	\$ 1.00 – 1.49	per 15 oz bottle
Syrup	\$ 1.00 – 2.00	per 24 oz bottle
Tomato Paste	\$ .50 – .75	per 6 oz can
Vegetables (frozen)	\$ .50 – 1.00	per 11 oz bag
Waffles (frozen)	\$ 1.00 – 1.50	per 12 oz box

## MEAT

Beef (ground)	\$ 2.99 – 3.99	per lb
Beef Roast	\$ 2.49 – 3.99	per lb
Beef Stew Meat	\$ 2.49 – 3.49	per lb
Chicken (boneless skinless breasts/tenderloins)	\$ 1.99	per lb
Chicken (split breasts)	\$ 1.19	per lb
Chicken (whole)	\$ .69 – .99	per lb
Fish (fresh)	\$ 3.99	per lb
Fish (frozen)	\$ 2.99	per lb
Pork Chops (bone-in)	\$ 1.99 – 2.99	per lb
Pork Chops (boneless)	\$ 1.99 – 2.99	per lb
Pork Roast	\$ 1.99 – 2.99	per lb

## ORGANIC

Beef (ground)	\$ 3.99	per lb
Chicken Breast	\$ 2.99	per lb
Apples	\$ 1.29 – 1.49	per lb
Bananas	\$ .59	per lb
Grapes	\$ 1.99	per lb
Strawberries	\$ 1.99	per pint

## PAPER PRODUCTS

Toilet Paper	\$ .001 – .002	per sheet
Paper Plates	\$ 1.00 – 2.00	per 45 ct
Paper Towels	\$ .67 – .75	per roll

## PRODUCE

Remember produce prices vary seasonally; prices listed are based on their lowest price when fresh fruits and vegetables are in season.

Apples	\$ .99 – 1.19	per lb
Bananas	\$ .39 – .49	per lb
Cantaloupe	\$ .99 – 1.50	per cantaloupe
Grapes	\$ .89 – 1.39	per lb
Green Peppers	\$ .75	per lb
Lettuce	\$ .99 – 1.39	per head
Peaches	\$ .99 – 1.39	per lb
Strawberries	\$ .99	per pint
Watermelon	\$ 2.99 – 3.99	per watermelon

## SNACKS

Chex Mix	\$ .75 – 1.25	per 12 oz bag
Cookies	\$ 1.50 – 2.00	per package
Crackers	\$ 1.00 – 1.50	per box
Popcorn	\$ 1.00 – 1.25	per box of 3

## TOILETRIES

Dental Floss	\$ .50 – .75	per container
Deodorant	\$ .50 – 1.50	per stick
Shampoo, Conditioner, Hair spray	\$ .50 – 1.50	per bottle
Barsoap	\$ .50 – 1.50	per 3 pack
Handsoap	\$ .50 – 1.50	per 12 oz bottle
Toothpaste	\$ .50 – 1.50	per 4 oz tube

\*Note that these prices are after using coupons, and will vary by region and store. These are intended as a guideline only to help you pinch those pennies every time you shop!