

Baking:

- Baking Powder
- Baking Soda (3.99/10lb)
- Bread Flour
- Brown Sugar
- Cocoa
- Corn Meal
- Dry milk
- Flour (.16/lb.=.79/5lb)
- Honey
- Molasses
- Oatmeal (\$1.30/lb)
- Powdered sugar
- Salt (\$1.66/lb)
- Sugar (.20/lb)
- Vinegar

Produce:

- Apples (.50/lb)
- Bananas (.39/lb)
- Berries (.417/oz)
- Broccoli (.99/lb)
- Carrots (.50/lb)
- Celery
- Grapes (.77/lb)
- Green peppers (.99/lb)
- Honeydew (.33/lb)
- Lettuce (.79/head)
- Onions (.248/lb)
- Oranges (1.49/lb)
- Pears (.99/lb)
- Plums (1.29/lb)
- Potatoes, Russet (.079/lb=.79/10lb)
- Raisins
- Red peppers (.99/lb)
- Winter squash (/69/lb)
- Yams, garnet (.79/lb)

Frozen:

- Ice Cream (2.00/.5 gallon)
- Juices (.10/oz)
- Vegetables (.67/lb)
- Fish
- Waffles

Beverages:

- Juice
- Tonic water (.50/ltr)
- Wine
- Soda
- Bottled water

Canned:

- Olives
- Refried beans (.68/can)
- Pickles (\$3.29/gallon)
- Soup, chicken/tomato (.33/11 oz)
- Spaghetti sauce (.99/26 oz, .038/oz)
- Tomatoes, diced (.05/oz = .79 can)
- Tomato sauce (.37/15 oz)
- Tuna (.048/oz)

Dairy:

- Butter (1.29/lb)
- Canola spread
- Cheese (jack, cheddar) (.188/oz)
- Cream cheese
- Cottage cheese (.109/oz)
- Eggs (.69/doz, .058 ea)
- Half and half
- Ice Cream (3.50/half gallon)
- Milk (1.95/gallon)
- Mozzarella (.218/oz)
- Parmesan
- Ricotta (.125/oz = 3.99/32oz)
- Sour Cream (.094/oz)
- Yogurt (.55 ea)

Meat:

- Bacon (2.50/lb)
- Cross rib beef roast (1.99/lb)
- Chicken breasts, boneless skinless (3.99/lb)
- Chicken, whole (.59/lb)
- Chicken thighs, drumsticks (.68/lb)
- Crab (3.99/lb)
- Ground beef (1.69/lb)
- Ground turkey
- Hot dogs
- Pork loin, boneless (1.98/lb)
- Pork roast (.99/lb)
- Pork spareribs (1.99/lb)
- Rib eye steaks (3.69/lb)
- Salmon filets (3.99/lb)
- Sausage (1.99/lb)
- Tri tips (3.99/lb)

Non Food:

- Aluminum foil (.022/sq ft)
- Cat food
- Clothes soap (.06/lb)
- Crest (.093/oz)
- Dishwasher soap (.040/oz)
- Freezer bags, 1 gallon (.059/ea)
- Kleenex (.005/ea)
- Paper towels (.75/ea)
- Plastic wrap (.008/sq ft)
- Sandwich bags (.020/ea)
- Toilet paper (.20/roll)
- Wax paper

Miscellaneous:

- Bread
- Cereal (\$1.89/box)
- Coffee (.11/oz)
- Olive oil (.147/oz)
- Peanut butter (.089 oz)
- Rice (.20/lb)
- Saltines (.093/oz)
- Tortillas