

Stock-up Price List

ITEM	COST	SIZE	UNIT COST
Toiletries/Personal Care			
Bandages	\$0.50	30 ct	\$0.02 per bndg
Bar Soap	\$0.30	2 pk	\$0.15 per bar
Cough Drops	\$0.25	1 bag	\$0.25 per bag
Deodorant	\$0.50	1 stick	\$0.50 per stick
Floss	\$0.25	1 pk	\$0.25 per pkg
Liquid Soap	\$0.30	1 pump	\$0.30 per pump
Lotion	free		
Mouthwash	free		
Pain Reliever	\$1.00	1 bottle	\$1.00 per bottle
Razors	\$1.00	1 pkg	\$1.00 per pkg
Shampoo/Conditioner	\$0.50	1 bottle	\$0.50 per bottle
Shaving Cream	\$0.50	1 can	\$0.50 per can
Toothbrushes	\$0.20	1 brush	\$0.20 per brush
Toothpaste	free		

Baby Items			
Diapers	\$0.10	1 diaper	\$0.10 per diaper
Wipes	\$1.00	64 ct	\$0.02 per wipe

Refrigerated Items			
Butter	\$1.69	1 lb	\$0.11 per oz
Cheese	\$1.69	8 oz	\$0.21 per oz
Cream Cheese	\$0.50	8 oz	\$0.06 per oz
Eggs (farm-fresh, free-rng)	\$2.00	1 dozen	\$0.17 per egg
Eggs (regular)	\$1.29	1 dozen	\$0.11 per egg
Milk (rBGH free)	\$2.50	1 gallon	\$2.50 per gallon
Milk (organic)	\$3.98	1 gallon	\$3.98 per gallon
Sour Cream	\$0.99	16 oz	\$0.06 per oz
Yogurt	\$0.25	1 srv	\$0.25 per serving

Produce			
Bananas	\$.44	1 lb	\$.44 per lb
Fruit in Season	\$0.99	1 lb	\$0.99 per lb
Grapes	\$0.99	1 lb	\$0.99 per lb
Lemons	\$0.25	each	\$0.25 each
Salad (organic package)	\$1.99	16 oz	\$0.12 per oz
Salad (organic head)	\$1.59	1 head	\$1.59 per head
Strawberries	\$1.85	1 carton	\$1.85 per carton
Tomatoes	\$0.99	1 lb	\$0.99 per lb
Watermelon	\$2.99	1 melon	\$2.99 per melon
Carrots	\$0.99	1 lb	\$0.06 per oz

ITEM	COST	SIZE	UNIT COST
Frozen Food			
Frozen Vegetables	\$1.00	16 oz	\$0.06 per oz
Ice Cream	\$3.00	1 tub	\$3.00 per tub

Meat			
Beef, Ground (93% lean)	\$3.69	1 lb	\$3.69 per lb
Chicken (boneless/skinless)	\$5.99	3 lb bag	\$2.00 per lb
Roast	\$3.00	1 lb	\$3.00 per lb
Steak	\$2.00	1 lb	\$2.00 per lb

Dry/Canned Goods			
Bread (higher-quality)	\$1.49	1 loaf	\$1.49 1 loaf
Brownie Mix	\$0.39	1 box	\$0.39 per box
Tuna (can/pouch)	free or almost free		
Cereal	\$1.00	12 oz	\$0.08 per oz
Chocolate Chips	\$1.69	12 oz	\$0.14 per oz
Cookies	\$1.00	8 oz	\$0.13 per oz
Crackers	\$1.00	1 box	\$1.00 per box
Flour (organic wheat kernels)	\$0.69	1 lb	\$0.04 per oz
Flour (unbleached white)	\$0.50	1 lb	\$0.03 per oz
Hamburger/Hot Dog Buns	\$1.00	8 ct	\$0.13 per bun
Honey	\$3.00	16 oz	\$0.19 per oz
Jelly/Jam	\$1.00	32 oz	\$0.03 per oz
Ketchup	\$0.50	16 oz	\$0.03 per oz
Mayonnaise	\$1.00	30 oz	\$0.03 per oz
Mustard	free		
Oats	\$1.69	42 oz	\$0.04 per oz
Pasta	\$0.50	14.5 oz	\$0.03 per oz
Peanut Butter	\$1.00	15 oz	\$0.07 per oz
Salad Dressing	\$0.99	16 oz	\$0.06 per oz
Soup (canned)	\$0.15	10 oz	\$0.015 per oz
Spaghetti Sauce	\$1.00	26 oz	\$0.04 per oz
Sugar (turbinado)	\$1.34	1 lb	\$0.08 per oz
Tomato Paste	\$.15	6 oz	\$0.03 per oz
Tomato Sauce	\$.15	8 oz	\$0.02 per oz
Tortillas	\$.99	10 ct	\$0.10 per tortilla
Vanilla	\$6.88	16 oz	\$0.43 per oz

Cleaning Supplies/Paper Products			
Aluminum Foil	\$0.50	20-ft box	\$0.03 per foot
Dishwasher Detergent (tabs)	\$0.50	10 tabs	\$0.05 per tab
Dishwashing Soap	free		
Laundry Detergent	\$0.99	32 loads	\$0.03 per load
Toilet Paper	\$0.25	1 roll	\$0.25 per roll
Kitchen Trash Bags	\$2.98	32 bags	\$0.09 per bag
Zipper Bags (sandwich)	\$1.00	50 count	\$0.02 per bag
Zipper Bags (qt+ or freezer)	\$1.00	16 ct+	\$0.16+ per bag

Stock-up Price List

MY PRICE LIST

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Bandages			
Bar Soap			
Cough Drops			
Deodorant			
Floss			
Liquid Soap			
Lotion			
Mouthwash			
Pain Reliever			
Razors			
Shampoo/Conditioner			
Shaving Cream			
Toothbrushes			
Toothpaste			

Baby Items			
Diapers			
Wipes			

Refrigerated Items			
Butter			
Cheese			
Cream Cheese			
Eggs			
Milk			
Sour Cream			
Yogurt			

Produce			
Bananas			
Grapes			
Lemons			
Salad			
Strawberries			
Tomatoes			
Watermelon			
Carrots			

Frozen Food			
Frozen Vegetables			
Ice Cream			

ITEM	COST	SIZE	UNIT COST
Meat/Deli			
Beef, Ground			
Chicken (boneless/skinless)			
Roast			
Steak			

Dry/Canned Goods			
Bread			
Brownie Mix			
Tuna (can/pouch)			
Cereal			
Chocolate Chips			
Cookies			
Crackers			
Flour			
Hamburger/Hot Dog Buns			
Honey			
Jelly/Jam			
Ketchup			
Mayonnaise			
Mustard			
Oats			
Pasta			
Peanut Butter			
Salad Dressing			
Soup (canned)			
Spaghetti Sauce			
Sugar			
Tomato Paste			
Tomato Sauce			
Tortillas			
Vanilla			

Cleaning Supplies/Paper Products			
Aluminum Foil			
Dishwasher Detergent			
Dishwashing Soap			
Laundry Detergent			
Toilet Paper			
Kitchen Trash Bags			
Zipper Bags (sandwich)			
Zipper Bags (qt+ or freezer)			

