GROCERY STORE LIST

Updated December 2022

	Store		Location	Month	Year
#	Grocery Items	Price			
-	RIBEYE STEAK		18.	SWEET PEAS 15oz. can, Del Monte or Green Giant	
••	Price per pound		10	PEACHES	
2.	GROUND BEEF OR HAMBURGER ME Price per pound, lowest price (min 80% lean)	АТ	19.	15 oz. can, Hunt's, Del Monte, Libby's, halves or slices	
3	PORK SAUSAGE Size:	oz.	20.	FACIAL TISSUE 124-144-count box, Kleenex or Puffs brand	
0.	1 lb. pkg. package, Price: Jimmy Dean or Owen brand	02.	21	DISHWASHING POWDER Size:	count
4.	FRYING CHICKEN			63 count Cascade Complete pods (not powder , notliquid) Price:	
	Whole uncut: price per pound, lowest price		22.	EXTRA VIRGIN OLIVE OIL	
5.	CHUNK LIGHT TUNA 5 oz or 6.0 oz. can, Starkist or Chicken of t	he Sea		15.5-18.0 oz bottle, Store brand	
6.	ALMOND MILK			FROZEN PREPARED FOOD 8 to 10 oz frozen chicken entrée, Healthy	
_	1/2-gallon Silk or Blue Diamond brand, low	est price		Choice or Lean Cuisine brand	
7.	EGGS 1 dozen, grade A or AA, large			FROZEN CORN 12 oz. sack, whole kernel, lowest price	
8.	MARGARINE			POTATO CHIPS	
	1 lb., Blue Bonnet or Parkay, stick form		-	8- 10 oz plain potato chips, Lay's brand	
9. P	ARMESAN CHEESE, GRATED 8 oz. canister, Kraft brand	·		-	
10	POTATOES		-	SOFT DRINK 2 liter Coca-Cola or Pepsi, excluding depos	it if any
10.	5 lb. sack, white or red, lowest price		#	Health Care Item	Price
11.	BANANAS Price per pound			NON-PRESCRIPTION DRUGS Advil Tablet, 200 mg. 100 Tablets	
12.	ICEBERG LETTUCE		37.	PRESCRIPTION DRUGS	
	Head (approximately 1-1/4 lb.)			Lantus SoloStar Insulin, 1 Carton containir	ng five pens
13.	WHOLE WHEAT BREADSize:20 oz Nature's Own or Sara Lee	0z.	# 43.	Miscellaneous Items TOOTHPASTE	Price
	brand 100% whole wheat bread Price:			6 oz. – 6.4 oz. tube, Crest or Colgate	
14	FRESH ORANGE JUICE		44.	SHAMPOO	
14.	52 oz Tropicana, <mark>Simply</mark> , or			12.5oz or 15 oz. bottle, Alberto VO5 brand	
	Florida Natural Brand, lowest price		52.	TENNIS BALLS (if available) Wilson or Penn brand, can of 3 extra-duty	balls
15.	COFFEE, VACUUM-PACKED 11 to 11.5 oz. can or brick, Maxwell House Brothers, or Folgers	, Hills	54.	BEER <i>(if available)</i> Heineken's, 6-pack, 12 oz. containers,	
16	SUGAR, WHITE Size:	lbs.	FF	•	
10.	4-5 lb., cane or beet, lowest price sack Price:	i53.	55.	WINE <i>(if available)</i> 1.5 liter bottle white table wine, any brand, any style.	
17.	CORN FLAKES 18 oz., Kellogg's or Post Toasties				

OTHER GOODS AND SERVICES LIST

Updated December 2022

Location Month Year **MISCELLANEOUS Price** # Health Care Item **Price** # a. HAMBURGER SANDWICH 33.OFFICE VISIT, OPTOMETRIST Quarter-Pounder w/ cheese (burger not combo) Full vision eye exam for established adult patient **34.OFFICE VISIT, DOCTOR** b. PIZZA General practitioner average charge for Medium plain cheese pizza established adult patient c. FRIED CHICKEN SANDWICH **35. OFFICE VISIT, DENTIST** Regular Chicken Sandwich at Chickfila, Teeth cleaning for established adult patient 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