

Shopping List for a Family of Four: Prices in 2007 vs. 2008 vs. 2009						
Item	Amount	Servings	Brand	Price 2007	Price 2008	Price 2009
Onion	2 lbs.		Fresh	\$2.60	\$1.99	2.58
Red Onion	1 lb.		Fresh	\$1.29	\$1.49	1.49
Celery	1 bunch	Large	Foxy	\$1.59	\$1.99	1.79
Scallion	2 bunch		Fresh	\$1.38	\$1.38	1.38
Potatoes	3 lbs.	Baking	Fresh	\$2.37	\$2.97	2.67
Potatoes	5 lbs.	Yukon Gold	Fresh	\$2.99	\$4.99	2.49
Mushrooms	10 oz.		Store brand	\$1.99	\$1.99	1.99
carrots	2 lbs.		Store brand	\$1.79	\$1.79	1.79
Broccoli	1 lb		Fresh	\$1.49	\$1.49	1.49
garlic	2 heads		Fresh	\$0.99	\$0.99	0.99
Green Pepper	1 lb.		Fresh	\$1.49	\$1.49	1.59
Sweet Potatoes	3 lbs.		Fresh	\$2.37	\$2.97	2.97
Spinach	10 oz.	Fresh	Store brand	\$1.50	\$1.79	1.99
Romaine Lettuce	1 head		Fresh	\$1.49	\$1.79	1.50
Iceberg Lettuce	1 head		FOXY	\$1.49	\$1.49	1.49
Frozen Spinach	3 box	10 oz each	Store brand	\$3.00	\$3.00	3.00
Frozen Green Beans	2 box	9 oz. each	Store brand	\$2.00	\$2.00	2.00
Frozen Corn	1 box	10 oz.	Store brand	\$1.00	\$1.00	1.00
Turkey sliced	1 lb		Store brand	\$6.99	\$7.49	6.99
Roast beef sliced	1 lb		Store brand	\$8.49	\$8.99	8.99
Salmon	2 lb.		Fresh	\$15.98	\$15.98	17.98
Ground beef	1 lb	90% lean	Store brand	\$4.29	\$4.49	4.79
Chicken breasts	2 lb.		Perdue	\$9.98	\$9.98	10.58
Steak - top loin	2 lbs.		Top Round	\$9.98	\$9.98	9.98
Olive Oil	25.5 fl oz	EVOO	Store Brand	\$10.99	\$7.49	6.49
Black beans	15.5 oz can		Store Brand	\$0.40	\$0.60	0.80
Salsa	24 oz		Store Brand	\$2.50	\$2.29	1.50
Peanut butter	18 oz*		Skippy	\$2.19	\$2.70	2.76
Jelly	18 oz		Store Brand	\$1.59	\$1.59	1.59
Tuna	12 oz	solid white	Store Brand	\$2.78	\$2.78	3.29
Mayo	15 oz		Store Brand	\$2.39	\$2.29	2.69
Whole Tomatoes	28 oz can		Store Brand	\$1.20	\$1.20	1.20
Crushed Tomatoes	28 oz can		Store Brand	\$1.20	\$1.20	1.20
Diced Tomatoes	28 oz can		Store Brand	\$1.20	\$1.20	1.20

Cannellini Beans	15.5 oz can		Store Brand	\$0.50	\$0.60	0.80
Chili Powder	2.12 oz		McCormick	\$4.99	\$4.99	3.79
Refried Beans	16 oz		Old El Paso	\$1.39	\$1.25	1.33
Raw Peanuts	16 oz	dry roasted	Store Brand	\$2.79	\$3.29	2.50
Vegetable broth	64 fl oz		Store Brand	\$4.00	\$5.00	5.98
Juice Boxes	30 individual		Minute Maid	\$8.97	\$9.87	9.00
Apple Sauce	9 individual serv.		Store Brand	\$7.17	\$7.17	6.00
Fruit Cocktail	8 individual serv.		Store Brand	\$4.58	\$4.58	4.58
Bananas	6 lbs.		Fresh	\$3.24	\$3.84	4.14
Grapefruit	2		Fresh	\$1.98	\$3.00	2.66
Apples	12 lbs.		Granny Smith	\$15.48	\$19.92	12.00
Raisins	1 box	24 oz	Store Brand	\$3.79	\$3.99	3.89
Pears	2 lbs.		Anjou	\$2.58	\$3.58	3.58
Lemon	1		Fresh	\$0.50	\$0.67	0.67
Milk	3 Gallons		Store brand	\$11.67	\$12.27	6.57
Butter	1 lb		Store Brand	\$2.99	\$2.99	2.69
OJ	128 Fl oz		Tropicana	\$5.00	\$6.49	4.49
Eggs	2 doz	White	Store Brand	\$3.58	\$3.98	3.58
Cheddar Cheese	24 oz		Store Brand	\$6.59	\$5.99	5.99
Yogurts	8 individual serv.		Store Brand	\$4.00	\$4.00	3.60
Sour cream	8 oz		Store Brand	\$0.99	\$0.99	0.99
Monterey Jack cheese	10 oz		Store Brand	\$2.50	\$2.79	2.50
Pizza Dough	2 lbs		Calise	\$3.00	\$3.00	3.00
Mozz cheese	8 oz	Shredded	Store Brand	\$2.79	\$2.79	2.50
Iced Tea	64 fl oz		Paul Newman	\$2.00	\$2.00	2.00
Cereal	18 oz box	Corn Flakes	Store Brand	\$2.29	\$2.19	2.59
Whole Wheat Bread	3 loaves	60 slices	Store Brand	\$5.97	\$6.00	6.00
Tortillas	30		Mission Flour Size	\$6.87	\$6.87	8.07
Hot cereal	10 packets		Store Brand	\$2.00	\$2.19	2.50
Whole Wheat Crackers	1 box	15 oz	Ritz	\$2.99	\$2.50	3.99
White Rice	1 box	2 lb.	Carolina	\$2.00	\$2.59	2.66
Spagetti	1 lb		Store Brand	\$0.75	\$1.20	1.00
TOTAL				\$244.91	\$259.43	\$241.87
	* Peanut butter jar reduced to 16.3 oz in 2008, so price adjusted to 18 oz equivalent					