



Grocery Price Guidebook

Welcome to the BargainBlessings.com Grocery Price Guidebook! After six years of close tracking prices at the grocery store, I'm very excited to release this resource to attendees of Bargain Blessings couponing workshops.

One of the most important things to understand about saving at the grocery store is that not everything that is on sale is a good buy. My hope is that this guidebook will help you to be able to determine when the time is right to buy and when it is best to hold off.

~Jennie, BargainBlessings.com

Here are a few tips on how to best use this guidebook:

*Don't Pay More Than Price: This price point is a general goal price by product. Keep in mind that if you are just a beginning couponer these prices might seem very low to you and that is completely normal. If you are a more experienced couponer, your price point might be slightly lower than these prices.

*Rock Bottom Price: Wondering just how low prices can go when you're shopping strategically? This would be an item's "Rock Bottom Price Point". If you spot an item that hits these very low prices it is usually a great opportunity to stock up!

*Prices will vary depending on your region. This Price Guidebook is intended to be a general price reference.

*I have only included items in this guidebook that have enough price data in recent years to support a target price point. Use the space left at the bottom of each section to fill in price points for the items that you buy most often.

Produce

Item	Don't Pay More Than Price	Rock Bottom Price
Apples (lb)	\$1.49	\$0.77
Apples, Organic (lb)	\$1.88	\$0.83
Apricots (lb)	\$1.88	\$0.99
Asparagus (lb)	\$2.49	\$0.99
Avocados (each)	\$1.25	\$0.50
Avocados, Organic (each)	\$1.50	\$0.88
Bananas (lb)	\$0.50	\$0.39
Bananas, Organic (lb)	\$0.88	\$0.59
Bell Peppers, Organic: Green (each)	\$1.19	\$0.75
Bell Peppers: Green (each)	\$0.69	\$0.33
Bell Peppers: Red, Yellow, Orange (each)	\$1.25	\$0.34
Blackberries (4-6oz)	\$2.00	\$0.88
Blueberries (4-6oz)	\$1.75	\$0.88
Celery, Bunch (each)	\$1.00	\$0.48
Celery, Bunch, Organic (each)	\$1.50	\$0.89
Cherries, Red (lb)	\$3.48	\$1.67
Cherries, Red, Organic (lb)	\$3.99	\$2.99
Clementines (lb)	\$1.25	\$0.69
Corn on the Cob (each)	\$0.40	\$0.17
Cucumbers (each)	\$0.69	\$0.33
Eggplant (each)	\$1.50	\$0.77
Eggplant, Organic (each)	\$2.00	\$0.99
Grapefruit (lb)	\$0.88	\$0.33
Grapefruit Organic (lb)	\$1.00	\$0.50
Grapes (lb)	\$1.88	\$0.67
Grapes, Organic (lb)	\$2.50	\$1.49
Green Beans (lb)	\$1.49	\$0.88
Green Beans Organic (lb)	\$2.50	\$2.00
Honeydew Melon (lb)	\$0.59	\$0.40
Honeydew Melon, Organic (lb)	\$0.99	\$0.79
Jalapenos (lb)	\$1.25	\$0.88
Kale (each)	\$1.00	\$0.77
Kale, Organic (each)	\$1.99	\$1.29
Lemons (each)	\$0.25	\$0.33
Lettuce, Iceberg (each)	\$1.00	\$0.79
Lettuce, Iceberg, Organic (each)	\$1.99	\$1.50
Lettuce, Red or Green Leaf (each)	\$1.29	\$0.88
Lettuce, Red or Green Leaf, Organic (each)	\$2.00	\$0.99
Lettuce, Romaine (each)	\$1.29	\$0.88
Lettuce, Romaine, Organic (each)	\$2.00	\$0.99
Limes (each)	\$0.33	\$0.20
Mango (each)	\$0.99	\$0.33
Mango, Organic (each)	\$1.50	\$0.69
Minneola (lb)	\$1.25	\$0.77
Mushrooms, 8oz	\$2.00	\$1.25
Nectarines (lb)	\$1.77	\$0.88
Nectarines, Organic (lb)	\$2.49	\$1.25
Onions, Green (bunch)	\$0.69	\$0.34
Onions, Green, Organic (bunch)	\$1.25	\$0.59
Onions, Yellow (lb)	\$0.66	\$0.33
Onions, Yellow, Organic (lb)	\$1.50	\$0.50

Item	Don't Pay More Than Price	Rock Bottom Price
Oranges (lb)	\$0.88	\$0.33
Oranges, Organic (lb)	\$1.00	\$0.63
Parsley, Bunch (each)	\$0.69	\$0.50
Peaches, Yellow (lb)	\$1.49	\$0.47
Peaches, Yellow, Organic (lb)	\$2.15	\$0.75
Pears (lb)	\$0.99	\$0.48
Pears, Organic (lb)	\$1.88	\$1.00
Peppers, Mini, Pint	\$2.50	\$2.00
Pineapples (each)	\$2.50	\$1.00
Plums (lb)	\$1.49	\$0.49
Plums, Organic (lb)	\$1.69	\$0.99
Pomegranates (each_	\$1.99	\$1.00
Potatoes, Red (lb)	\$0.59	\$0.29
Potatoes, Red, Organic (lb)	\$0.99	\$0.59
Potatoes, Russet (lb)	\$0.60	\$0.16
Potatoes, Russet, Organic (lb)	\$0.79	\$0.39
Radishes, Bunch	\$0.50	\$0.34
Raspberries, 6oz	\$2.00	\$1.00
Romaine Hearts, Organic, 3pk	\$2.99	\$1.99
Salad Blends	\$0.50	\$2.50
Spinach, Bunched (each)	\$0.99	\$0.50
Spinach, Bunched, Organic (each)	\$2.40	\$0.99
Squash, Acorn (lb)	\$0.99	\$0.49
Squash, Butternut (lb)	\$0.99	\$0.49
Strawberries, 16oz	\$2.00	\$0.97
Strawberries, Organic, 16oz	\$3.50	\$1.94
Tomatoes, Cherry or Grape, 1 Pint	\$2.00	\$0.99
Tomatoes, Cherub or Cocktail 10.50oz	\$2.00	\$0.99
Tomatoes, Grape, Organic, 1 Pint	\$2.99	\$1.50
Tomatoes, On the Vine (lb)	\$1.79	\$0.88
Tomatoes, One the Vine, Organic (lb)	\$1.99	\$1.25
Tomatoes, Roma (lb)	\$1.00	\$0.50
Tomatoes, Roma, Organic (lb)	\$1.50	\$1.00
Watermelon, Mini, Personal (each)	\$2.50	\$1.99
Watermelon, Organic, Mini, Personal (each)	\$3.49	\$1.99
Watermelon, Seedless (lb)	\$0.40	\$0.17
Yams (lb)	\$1.00	\$0.49
Yams, Organic (lb)	\$1.20	\$0.79
Zucchini (lb)	\$1.00	\$0.88
Zucchini, Organic (lb)	\$1.99	\$0.99

Meat and Fish

Item	Don't Pay More Than Price	Rock Bottom Price
Bacon (lb)	\$2.99	\$1.99
Beef: 100% Grass Fed Organic Ground (lb)	\$5.99	\$3.99
Beef: 7-Bone (lb)	\$2.49	\$1.69
Beef: 80% Lean Ground (lb)	\$2.49	\$1.77
Beef: 85% Lean Ground (lb)	\$2.75	\$2.00
Beef: 90% Lean Ground (lb)	\$2.99	\$2.15
Beef: 93% Lean Ground (lb)	\$3.99	\$2.49
Beef: 96% Lean Ground (lb)	\$4.33	\$2.99
Beef: Bottom Round Roast (lb)	\$3.99	\$2.49
Beef: Chuck Roast or Steak (lb)	\$3.99	\$2.88
Beef: Cross Rub Roast (lb)	\$2.99	\$1.88
Beef: London Broil (lb)	\$3.99	\$2.88
Beef: New York Strip Steak (lb)	\$5.99	\$4.99
Beef: Petite Sirloin Steak (lb)	\$3.50	\$2.33
Beef: Ribeye, Bone-in (lb)	\$6.99	\$4.99
Beef: Ribeye, Boneless (lb)	\$8.99	\$5.99
Beef: Sirloin Tip Rump, Eye or Round Roast (lb)	\$3.99	\$1.99
Beef: T-Bone Steak (lb)	\$6.99	\$4.97
Beef: Top Sirloin Steak (lb)	\$4.99	\$2.97
Chicken: Breast, Boneless, Skinless (lb)	\$2.49	\$1.67
Chicken: Quarters (lb)	\$0.99	\$0.60
Chicken: Sausage (lb)	\$2.99	\$1.99
Chicken: Thighs (lb)	\$1.57	\$0.79
Chicken: Whole (lb)	\$1.29	\$0.77
Chicken: Whole, Organic (lb)	\$2.99	\$1.99
Crab Legs (lb)	\$9.99	\$7.99
Fish: Cod, Farm Raised (lb)	\$4.99	\$2.50
Fish: Cod, Wild Caught (lb)	\$6.99	\$5.00
Fish: Haddock, Wild Caught (lb)	\$7.99	\$4.99
Fish: Mahi, Mahi (lb)	\$5.99	\$3.97
Fish: Orange Roughy, Wild Caught (lb)	\$7.99	\$4.99
Fish: Salmon, Farm Raised (lb)	\$6.99	\$4.99
Fish: Salmon, Wild Caught (lb)	\$11.99	\$5.99
Fish: Swordfish Steaks (lb)	\$6.99	\$4.99
Fish: Tilapia (lb)	\$3.98	\$2.50
Lobster Tail (each)	\$5.00	\$3.99
Lobster, Whole, Wild Caught (each)	\$6.99	\$5.00
Pork: Ham, Shank Portion (lb)	\$1.49	\$0.99
Pork: Ham, Spiral Cut (lb)	\$2.25	\$0.99
Pork: Loin Half Ribs	\$2.99	\$0.99
Pork: Loin or Sirloin Chops, Assorted (lb)	\$2.49	\$1.29
Pork: Loin Roast, Boneless, Tenderloin (lb)	\$2.99	\$1.67
Pork: Loin, Baby Back Ribs (lb)	\$3.49	\$2.25
Pork: Sausage (lb)	\$2.50	\$1.97
Pork: Shoulder Blade Roast (lb)	\$1.49	\$0.88
Pork: Sirloin Tip Roast (lb)	\$3.99	\$2.99
Pork: Spare Ribs	\$2.77	\$1.69
Shrimp, Raw (lb)	\$5.99	\$2.97
Turkey: Breast, Frozen (lb)	\$2.49	\$0.99
Turkey: Fresh (lb)	\$1.79	\$0.99
Turkey: Frozen (lb)	\$1.29	\$0.79
Turkey: Ground (20oz)	\$3.69	\$1.99

Item	Don't Pay More Than Price	Rock Bottom Price

Grocery/Other Popular Items

Item	Don't Pay More Than Price	Rock Bottom Price
Almonds, Raw (lb)	\$3.99	\$2.99
Applesauce, 48oz Jar	\$2.25	\$1.25
Applesauce, Cups, 6ct	\$1.50	\$1.00
Baby Wipes, Name Brand (each)	\$0.02	\$0.01
Bags, Garbage, 84ct	\$6.00	\$5.00
Bags, Sandwich, 100ct	\$1.50	\$0.50
Band-Aids, 20-40ct	\$1.00	\$0.25
Batteries (each)	\$0.40	\$0.25
BBQ Sauce, Bottled	\$1.00	\$0.25
Beans, Canned, 15oz	\$0.75	\$0.50
Body Wash, 12oz	\$2.00	\$1.00
Bread, Premium Brand	\$2.50	\$2.00
Bread, Store Brand	\$1.00	\$1.00
Broth, Canned, 14.5oz	\$1.00	\$0.25
Brownie Mix, Boxed	\$1.00	\$0.50
Butter (lb)	\$1.75	\$1.00
Cake Mix, Boxed	\$1.00	\$0.25
Candy, Bagged (oz)	\$0.25	\$0.18
Cashews (lb)	\$5.99	\$3.99
Cat Food (lb)	\$0.65	\$0.45
Cereal, Brand Name, Boxed	\$1.50	\$0.25
Cheese, from Deli (lb)	\$3.99	\$2.99
Cheese, Shredded (oz)	\$0.25	\$0.13
Chips, Potato, Bagged	\$1.99	\$1.00
Chips, Tortilla, Bagged	\$1.99	\$1.00
Chocolate Chips, 10oz, Bagged	\$1.99	\$1.00
Cleaners, Bottled	\$1.50	\$1.00
Coffee (lb)	\$6.50	\$5.00
Coffee Creamer, Bottled	\$1.50	\$1.00
Crackers, Boxed	\$1.75	\$1.00
Cranberries, Dried (lb)	\$3.99	\$2.99
Dental Floss	\$0.25	\$0.00
Deodorant	\$1.50	\$0.25
Diapers, Name Brand (each)	\$0.20	\$0.10
Dish Detergent, Bottled	\$1.50	\$0.25
Eggs, Dozen	\$1.50	\$0.75
Flour, 5lb Bag	\$1.99	\$1.00
Granola (lb)	\$2.50	\$1.00

Item	Don't Pay More Than Price	Rock Bottom Price
Ice Cream, Gallon	\$2.99	\$1.99
Juice, Bottled, 64oz	\$1.99	\$1.00
Ketchup, 24oz	\$0.99	\$0.75
Laundry Detergent, 32-40 Loads	\$3.50	\$1.50
Lotion, Body, 10oz	\$1.50	\$0.75
Milk, 1/2 Gallon, Organic	\$2.50	\$2.25
Milk, Gallon	\$1.99	\$1.50
Mouthwash, 1 Liter	\$1.00	\$0.00
Oats (lb)	\$0.89	\$0.69
Oats, Organic (lb)	\$1.25	\$0.89
Orange Juice, 48oz	\$2.50	\$1.00
Paper Towel Rolls (each)	\$0.55	\$0.40
Pasta (lb)	\$0.75	\$0.00
Peanut Butter, 18oz	\$1.50	\$1.00
Pecans, Halves (lb)	\$6.99	\$4.99
Pizza, Frozen, Premium Brand	\$3.50	\$2.00
Razors, Premium Brand	\$2.50	\$1.00
Shampoo or Conditioner, Bottled	\$1.50	\$0.50
Soda, Canned, 12pk	\$2.50	\$1.50
Sugar, Bagged, 4lb	\$2.00	\$1.00
Toilet Paper Rolls, Single (each)	\$0.25	\$0.20
Toothpaste, Roll	\$0.50	\$0.00
Walnuts, Halves & Pieces (lb)	\$5.99	\$3.99
Water, Bottled, 24ct	\$2.50	\$1.99

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