

## AOA Supermarket Price Comparison "basket" 2009

AllOverAlbany.com

**spinach** - 6 oz baby spinach in a bag

**apples** - 1 lb macintosh

**bananas** - 1 lb

**deli turkey** - 1 lb of the cheapest posted

**deli cheese** - 1 lb American of the cheapest posted

**shampoo** - Pert Plus 750 mL

**tampons** - Tampax multi-pack 40 count

**chicken** - boneless, skinless chicken breast

**ground beef** - 1 lb 93% lean

**dog food** - Pedigree adult 20 lb bag

**toilet paper** - Scott 1000 4-pack

**dishwasher soap** - Cascade 75 oz

**laundry detergent** - Tide 100 fl oz (concentrated)

**dryer sheets** - Bounce 120 count

**soda** - Coke 2 liter

**potato chips** - Lays 11 oz bag

**cookies** - Oreos 18 oz bag

**soup** - Campbell's chicken noodle 10.75 oz can

**mayo** - Hellman's 30 oz

**pasta** - Barilla 1 lb box of spaghetti

**pasta sauce** - Prego 25 oz jar

**sandwich bags** - store brand 50 count

**garbage bags** - Glad tall drawstring kitchen 45 count

**frozen dinner** - Healthy Choice "simple selection"

**frozen vegetables** - store brand mixed vegetables 1 lb bag

**ice cream** - Haagen Dazs 1 pint

**cereal** - Cheerios 18 oz box

**sandwich bread** - store brand whole wheat loaf

**peanut butter** - Jif 18 oz jar

**jam** - Smuckers strawberry 12 oz jar

**coffee** - Folgers 34.5 oz container

**milk** - store brand skim 1 gallon

**eggs** - a dozen large store brand

**butter** - store brand 1 lb box

**yogurt** - Yoplait light 1 container

**beer** - Sam Adams bottles 12 pack

**orange juice** - Tropicana 64 oz

**cheese** - Cabot sharp cheddar 8 oz block

**crackers** - Triscuits 9.5 oz box

**toothpaste** - Crest regular 6.4 oz tube