



Stockpiling Price List

Grocery Items	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Bagels		\$2.50	\$2.00	\$1.50	
BBQ Sauce		\$1.50	\$1.00	\$0.50 - Free	
Bread		\$2.00	\$1.50	\$1.00	
Breakfast/Cereal Bars		\$2.50	\$1.50	\$1.00	
Brown Sugar	2 lbs.	\$2.50	\$2.00	\$1.50	\$0.74 per lb.
Brownie Mixes		\$1.50	\$1.00	\$0.50 - Free	
Cake Mixes		\$1.24	\$1.00	\$0.50	
Canned Beans		\$0.68	\$0.50	\$0.25	
Canned Pasta		\$0.74	\$0.50	\$0.25	
Canned Fruit		\$0.98	\$0.60	\$0.40	
Canned Pasta Sauce		\$1.33	\$1.00	\$0.50	
Canned Soup (Progresso, Healthy Choice)		\$1.84	\$1.00	\$0.50	
Canned Tomato Paste		\$0.44	\$0.33	\$0.20	
Canned Tomatoes		\$0.68	\$0.75	\$0.50	
Canned Vegetables		\$0.68	\$0.60	\$0.45	
Cereal		\$2.54	\$2.00	\$1.25	
Chicken Broth		\$0.78	\$0.65	\$0.25	
Chocolate Chips	12 ounce bag	\$2.68	\$2.00	\$1.50	
Coffee	1 lb. (16 ounces)	\$9.98	\$6.98	\$3.99	\$0.25 per Ounce
Cookies		\$2.38	\$1.50	\$1.00	
Crackers		\$2.50	\$1.50	\$1.00	
Croutons		\$1.28	\$0.75	\$0.50	
Crystal Light On the Go		\$2.00	\$1.50	\$1.00	
Flour	5 lb.s	\$2.50	\$2.00	\$1.25	\$0.25 per pound
Fruit Snacks		\$2.00	\$1.50	\$0.75	
Fruit Snacks		\$2.00	\$1.50	\$1.00	
Hamburger/Hot Dog Buns	8 Count	\$1.25	\$1.00	\$0.50	
Honey	12 Ounce	\$2.82	\$1.97	\$1.50	\$0.13 per Ounce
Jelly		\$1.88	\$1.50	\$1.00	
Juice (100% - 64 oz. Bottle)		\$2.98	\$2.00	\$1.00	
K-Cups	18 ct.	\$10.98	\$8.00	\$7.20	\$0.40 each or Less
Ketchup		\$1.00	\$1.00	\$0.50 - Free	
Macaroni & Cheese		\$0.98	\$0.69	\$0.40	
Mayonnaise		\$1.76	\$1.50	\$1.00	
Mustard		\$1.08	\$1.00	\$0.50 - Free	
Oatmeal (Instant)		\$2.88	\$2.00	\$1.15	



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Oats		\$2.42	\$1.75	\$1.00	
Olive Oil	16 ounce	\$4.72	\$3.72	\$2.50	
Pasta		\$1.08	\$0.50	\$0.25-Free	
Peanut Butter		\$2.58	\$2.00	\$1.00	
Rice - Brown per pound		\$0.78	\$0.60	\$0.40	
Rice - White per pound		\$0.78	\$0.60	\$0.40	
Salad Dressing		\$2.00	\$1.50	\$1.00	
Seasonings		\$0.98	\$0.50	\$0.25	
Soft Drinks (12 Pack Cans)		\$3.98	\$2.50	\$2.00	
Soft Drinks (2-Liters)		\$1.38	\$1.00	\$0.75	
Sugar	5 lbs.	\$3.08	\$2.15	\$1.50	\$0.30 per lb.
Tomato Sauce		\$0.34	\$0.25	\$0.15	
Tortillas		\$1.68	\$1.00	\$0.67	
Tuna Canned or Pouch	Canned Tuna	\$0.67	\$0.50	\$0.30	
Vanilla	1 ounce	\$2.88	\$2.00	\$1.50	
Vegetable Oil	48 ounce	\$2.78	\$2.00	\$1.50	\$0.03 per ounce
Water Bottles	(16.9 oz. 24 Pack)	\$3.98	\$3.00	\$2.00	\$0.08 per bottle



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Frozen Foods	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Frozen Dinners	Single Serve	\$1.97	\$1.50	\$1.00	
Frozen Juices		\$1.18	\$1.00	\$0.75	
Frozen Pizzas		\$2.50	\$3.00	\$2.00	
Frozen Potatoes		\$1.97	\$1.47	\$1.00	
Frozen Vegetables		\$0.98	\$0.75	\$0.50	
Ice Cream (Half Gallon)	1.75 qt.	\$3.38	\$2.00	\$1.50	
Waffles	8 Count	\$1.97	\$1.47	\$1.00	

Refrigerated / Dairy	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Block Cheese (8 oz. Block)		\$2.28	\$1.50	\$1.00	
Butter Sticks (1 lb.)		\$3.68	\$3.00	\$2.25	
Coffee Creamer		\$1.98	\$1.50	\$1.00	
Cookie Dough		\$2.50	\$1.50	\$1.00	
Cream Cheese		\$1.98	\$1.25	\$0.75	
Eggs (Dozen)		\$1.98	\$1.50	\$0.99	
Milk (Gallon)		\$4.13	\$3.25	\$3.00	
Orange Juice (64 oz.)	2.58 (59 fl. oz)		\$2.00	\$1.00	
Shredded Cheese (8 oz. Bag)		\$2.24	\$1.75	\$1.25	
Sour Cream		\$1.98	\$1.50	\$1.00	
Spreadable Butter		\$2.18	\$1.50	\$1.00	
Yogurt Cups		\$0.60	\$0.45	\$0.25	



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Meats - Beef	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Ground Beef 80/20		\$3.18	\$2.49	\$1.59	
Ground Chuck		\$3.48	\$1.99	\$1.99	
Lean Ground Beef 90/10		\$3.98	\$2.99	\$2.25	
Pot Roast		\$4.78	\$2.49	\$2.29	

Meats - Steak	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Cube Steak	per lb.	\$4.38	\$3.99	\$2.99	
Round Steak	per lb.	\$5.28	\$4.49	\$3.99	
Strip Steak	per lb.	\$8.58	\$6.99	\$5.99	

Meats - Chicken	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Boneless Skinless Chicken Breast	per lb.	\$1.97	\$1.79	\$1.39	
Split Fryer Breast	per lb.	\$1.74	\$1.25	\$0.99	
Chicken Thighs	per lb.	\$2.18	\$1.49	\$0.79	

Meats - Turkey	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Whole Frozen Turkey	per lb.	\$0.98	\$0.59	\$0.39	

Meats - Pork	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Bone In Pork Chops		\$2.49	\$1.79	\$1.59	
Pork Chops	per lb.	\$2.78	\$1.99	\$1.79	
Pork Tenderloin		\$2.98	\$2.99	\$2.59	

Meats - Fish	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Salmon Fillet	2 Ct.	\$4.94	\$2.49	\$2.25	
Shrimp	41-60 Ct.	\$5.00	\$2.99	\$2.49	
Tilapia Fillets	2 Ct.	\$4.48	\$1.99	\$1.79	



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Produce	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Apples	per lb.	\$1.57	\$0.98	\$0.50	
Baked Potatoes		\$0.98	\$0.78	\$0.50	
Bananas		\$0.54	\$0.44	\$0.35	
Bell Peppers		\$0.74	\$0.66	\$0.50	
Broccoli		\$1.78	\$1.49	\$0.99	
Cantaloupe		\$1.47	\$0.99	\$0.75	
Carrots	per lb.	\$1.84	\$1.50	\$1.00	
Baby Carrots	per lb.	\$1.24	\$0.98	\$0.75	
Corn on the Cob	per individual cob	\$0.54	\$0.33	\$0.25	
Cucumbers		\$0.78	\$0.50	\$0.33	
Grapefruit		\$0.62	\$0.50	\$0.33	
Grapes		\$1.98	\$1.49	\$0.78	
Lettuce (Iceberg)		\$1.18	\$1.00	\$0.75	
Lettuce (Romaine)		\$1.74	\$1.50	\$1.00	
Lettuce (Green Leaf)		\$1.74	\$1.50	\$1.00	
Onions	per lb.	\$1.28	\$1.00	\$0.69	
Oranges		\$0.50	\$0.33	\$0.25	
Peaches		\$1.98	\$1.47	\$0.98	
Pineapple		\$2.28	\$1.50	\$0.99	
Raspberries		\$2.98	\$2.49	\$1.99	
Russet Potatoes	5 lbs.	\$3.99	\$2.49	\$1.99	
Spinach		\$2.88	\$2.50	\$1.99	
Strawberries	per lb.	\$2.48	\$1.50	\$0.99	
Tomatoes		\$1.48	\$1.00	\$0.75	



Stockpiling Price List

Household Prices	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
All Purpose Cleaners		\$2.84	\$1.50	\$0.50	
Aluminum Foil		\$0.98	\$0.50	\$0.30	
Bleach	96 ounces	\$1.98	\$1.40	\$1.00	
Dish Soap		\$0.97	\$0.50	Free	
Dishwasher Detergent	20 loads	\$2.98	\$1.49	\$1.00	\$0.005/Load
Fabric Softener (Liquid)	65 ounces	\$3.16	\$1.50	\$1.00	
Fabric Softener Sheets	160 ct.	\$3.98	\$2.98	\$2.00	\$0.13 each
Facial Tissues		\$0.97	\$0.50	\$0.25	
Glass Cleaner		\$2.84	\$1.50	\$0.75	
Hand Soap		\$0.96	\$0.50	\$0.25	
Laundry Detergent	32 loads	\$4.97	\$2.00	\$1.00	\$0.032/Load
Paper Plates		\$1.96	\$0.75	\$0.50	
Paper Towels (Per Roll)	8 Rolls	\$5.97	\$4.97	\$3.99	\$0.50/Roll
Toilet Bowl Cleaner		\$1.97	\$1.50	\$0.50	
Toilet Paper (Price Per Double Roll)	9 Rolls	\$4.97	\$3.00	\$2.00	\$0.01 per sq. ft.
Trash Bags (22 Ct. Kitchen)		\$5.17	\$3.50	\$2.50	\$0.11/Bag
Ziploc Bags (Freezer)	30 Ct. Gallon	\$4.38	\$3.00	\$2.00	\$0.067/Bag
Ziploc Bags (Storage)	100 Ct. Sandwich	\$2.98	\$2.00	\$1.50	\$0.015/Bag



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Personal Care	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Band Aids		1.77 (20 ct.)	\$1.50	\$0.50	
Body Lotion		\$2.50	\$1.50	\$1.00	
Conditioner		\$1.46	\$1.00	\$0.50	
Cough Drops		\$1.18	\$0.75	\$0.25	
Contact Solution		3.98 (4 fl. oz)	\$3.00	\$2 - Free	
Cough Medicine		\$2.72	\$2.00	\$1 - Free	
Dental Floss		\$0.97	\$0.25	Free	
Deodorant		\$1.72	\$1.00	Free	
Feminine Products		2.86 (18 ct.)	\$2.00	\$1.00	
Hair Color		\$5.88	\$2.50	\$1.00	
Liquid Hand Soap		\$0.78	\$0.75	\$0.25 - Free	
Lip Balm		\$0.98	\$1.00	Free	
Neosporin		\$3.47	\$3.00	\$1.50	
Mouthwash		1.46 (500 ml)	\$1.50	\$0.50 - Free	
Pain Reliever		\$2.32	\$1.00	Free	
Qtips		\$2.97	\$3.00	\$2.00	
Razors (Disposable)		\$1.97	\$1.00	Free	
Razors (Re-useable)		\$3.98	\$3.00	\$1.50	
Shampoo		\$1.46	\$1.00	\$0.50	
Shaving Cream		\$1.96	\$1.50	\$0.50	
Shaving Gel		\$1.93	\$1.50	\$0.50	
Soap (Single Bar)	3 Bars	\$1.24	\$1.00	\$0.75	\$0.25 each
Sunblock		\$5.00	\$3.50	\$2.00	
Tampons	20 Count	\$2.77	\$1.50	\$1.00	
Toothpaste		\$1.50	\$0.50	Free	
Toothbrushes		\$1.50	\$1.00	Free	
Whitening Rinse		\$2.97	\$2.00	\$0.50	



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Baby Items	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Baby Food Jars		\$0.50	\$0.33	\$0.25	
Baby Powder		\$2.97	\$1.49	\$0.75	
Baby Shampoo		\$2.42	\$1.49	\$0.75	
Baby Wash		\$2.42	\$1.49	\$0.75	
Diaper Cream		\$3.97	\$1.99	\$1.00	
Formula (Premium)	23.4 oz.	\$23.44	\$18.75	\$14.00	\$0.59 per ounce
Formula (Store Brand)	36 oz.	\$17.98	\$10.78	\$8.99	\$0.249 per ounce
Lotion		\$2.42	\$1.49	\$0.75	

Store Brand Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Store Brand - Size 1	200 ct.	\$23.88	\$20.00	\$18.00	\$0.09
Store Brand - Size 2	96 ct.	\$13.97	\$12.00	\$10.00	\$0.10
Store Brand - Size 3	144 ct.	\$20.99	\$19.99	\$17.99	\$0.12
Store Brand - Size 4	124 ct.	\$20.99	\$19.99	\$17.99	\$0.14
Store Brand - Size 5	108 ct.	\$20.99	\$19.99	\$17.99	\$0.16

Premium Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Diapers - Size 1	40 ct.	\$9.47	\$7.00	\$5.00	\$0.12
Diapers - Size 2	36 ct.	\$9.47	\$7.00	\$5.00	\$0.14
Diapers - Size 3	31 ct.	\$9.47	\$7.00	\$5.00	\$0.16
Diapers - Size 4	27 ct.	\$9.47	\$7.00	\$5.00	\$0.18
Diapers - Size 5	23 ct.	\$9.47	\$7.00	\$5.00	\$0.21

Training Pants	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Store Brand - Training Pants 2T-3T	58 ct.	\$17.49	\$16.49	\$14.00	\$0.24
Store Brand - Training Pants 4T-5T	50 ct.	\$17.49	\$16.45	\$14.00	\$0.28
Pull Ups - 2T-3T	26 ct.	\$9.47	\$7.00	\$5.00	\$0.19
Pull Ups - 4T-5T	44 ct.	\$15.74	\$13.00	\$10.00	\$0.22

Wipes	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Wipes Tub	72 ct.	\$1.97	\$1.47	\$1.00	\$0.015
Wipes Refill	216 ct.	\$5.88	\$4.50	\$3.00	\$0.015

Swim Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Small Swim Diapers	20 ct.	\$9.97	\$7.00	\$5.00	\$0.25
Medium Swim Diapers	18 ct.	\$9.97	\$7.00	\$5.00	\$0.27
Large Swim Diaper	17 ct.	\$9.97	\$7.00	\$5.00	\$0.29