



# Stockpiling Price List

Grocery Items	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Bagels					
BBQ Sauce					
Bread					
Breakfast/Cereal Bars					
Brown Sugar					
Brownie Mixes					
Cake Mixes					
Canned Beans					
Canned Pasta					
Canned Fruit					
Canned Pasta Sauce					
Canned Soup (Progresso, Healthy Choice)					
Canned Tomato Paste					
Canned Tomatoes					
Canned Vegetables					
Cereal					
Chicken Broth					
Chocolate Chips					
Coffee					
Cookies					
Crackers					
Croutons					
Crystal Light On the Go					
Flour					
Fruit Snacks					
Fruit Snacks					
Hamburger/Hot Dog Buns					
Honey					
Jelly					
Juice (100% - 64 oz. Bottle)					
K-Cups					
Ketchup					
Macaroni & Cheese					
Mayonnaise					
Mustard					
Oatmeal (Instant)					



# Stockpiling Price List

Grocery Items	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Oats					
Olive Oil					
Pasta					
Peanut Butter					
Rice - Brown per pound					
Rice - White per pound					
Salad Dressing					
Seasonings					
Soft Drinks (12 Pack Cans)					
Soft Drinks (2-Liters)					
Sugar					
Tomato Sauce					
Tortillas					
Tuna Canned or Pouch					
Vanilla					
Vegetable Oil					
Water Bottles					



# Stockpiling Price List

Frozen Foods	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Frozen Dinners					
Frozen Juices					
Frozen Pizzas					
Frozen Potatoes					
Frozen Vegetables					
Ice Cream (Half Gallon)					
Waffles					

Refrigerated / Dairy	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Block Cheese (8 oz. Block)					
Butter Sticks (1 lb.)					
Coffee Creamer					
Cookie Dough					
Cream Cheese					
Eggs (Dozen)					
Milk (Gallon)					
Orange Juice (64 oz.)					
Shredded Cheese (8 oz. Bag)					
Sour Cream					
Spreadable Butter					
Yogurt Cups					



# Stockpiling Price List

Meats - Beef	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Ground Beef 80/20					
Ground Chuck					
Lean Ground Beef 90/10					
Pot Roast					

Meats - Steak	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Cube Steak					
Round Steak					
Strip Steak					

Meats - Chicken	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Boneless Skinless Chicken Breast					
Split Fryer Breast					
Chicken Thighs					

Meats - Turkey	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Whole Frozen Turkey					

Meats - Pork	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Bone In Pork Chops					
Pork Chops					
Pork Tenderloin					

Meats - Fish	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Salmon Fillet					
Shrimp					
Tilapia Fillets					



# Stockpiling Price List

Produce	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Apples					
Baked Potatoes					
Bananas					
Bell Peppers					
Broccoli					
Cantaloupe					
Carrots					
Baby Carrots					
Corn on the Cob					
Cucumbers					
Grapefruit					
Grapes					
Lettuce (Iceberg)					
Lettuce (Romaine)					
Lettuce (Green Leaf)					
Onions					
Oranges					
Peaches					
Pineapple					
Raspberries					
Russet Potatoes					
Spinach					
Strawberries					
Tomatoes					



# Stockpiling Price List

Household Prices	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
All Purpose Cleaners					
Aluminum Foil					
Bleach					
Dish Soap					
Dishwasher Detergent					
Fabric Softener (Liquid)					
Fabric Softener Sheets					
Facial Tissues					
Glass Cleaner					
Hand Soap					
Laundry Detergent					
Paper Plates					
Paper Towels (Per Roll)					
Toilet Bowl Cleaner					
Toilet Paper (Price Per Double Roll)					
Trash Bags (22 Ct. Kitchen)					
Ziploc Bags (Freezer)					
Ziploc Bags (Storage)					



# Stockpiling Price List

Personal Care	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Band Aids					
Body Lotion					
Conditioner					
Cough Drops					
Contact Solution					
Cough Medicine					
Dental Floss					
Deodorant					
Feminine Products					
Hair Color					
Liquid Hand Soap					
Lip Balm					
Neosporin					
Mouthwash					
Pain Reliever					
Qtips					
Razors (Disposable)					
Razors (Re-useable)					
Shampoo					
Shaving Cream					
Shaving Gel					
Soap (Single Bar)					
Sunblock					
Tampons					
Toothpaste					
Toothbrushes					
Whitening Rinse					



# Stockpiling Price List

Baby Items	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Baby Food Jars					
Baby Powder					
Baby Shampoo					
Baby Wash					
Diaper Cream					
Formula (Premium)					
Formula (Store Brand)					
Lotion					

Store Brand Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Store Brand - Size 1					
Store Brand - Size 2					
Store Brand - Size 3					
Store Brand - Size 4					
Store Brand - Size 5					

Premium Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Diapers - Size 1					
Diapers - Size 2					
Diapers - Size 3					
Diapers - Size 4					
Diapers - Size 5					

Training Pants	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Store Brand - Training Pants 2T-3T					
Store Brand - Training Pants 4T-5T					
Pull Ups - 2T-3T					
Pull Ups - 4T-5T					

Wipes	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Wipes Tub					
Wipes Refill					

Swim Diapers	Size	Retail Price	Buy Price	Stock Up Price	Unit Price
Small Swim Diapers					
Medium Swim Diapers					
Large Swim Diaper					