

Fruit:

Bananas / lb	\$0.33
Grapes / lb	\$0.99-\$1.29
Lemons / each	\$0.25
Peaches / lb	\$0.79-\$0.99
Plums / lb	\$0.79
Strawberries / lb	\$1.50
Watermelon / each	\$2.00

Baking:

Jello	\$0.35
Pancake Mix	\$0.75
Sugar (4 lbs)	\$1.28

Beverages:

Juice Boxes	Free
Diet Pepsi	\$0.80

Canned Goods:

Baked Beans	\$0.44
Chicken	\$0.80
Soups	\$0.40-\$0.60
Spaghetti Sauce	\$0.50-\$1
Tomato Paste	\$0.07
Tomato's	\$0.40
Tuna	\$0.50
Vegetables	\$0.45-\$0.52

Carbs/Breads/Boxed:

Biscuits	Free-\$0.20
Brownie / Cake Mix	\$0.50
Cereal	\$1.00
Crackers	\$1.00
Fruit Snacks	\$0.50
Granola Bars	\$0.50
Pasta	\$0.72
Tortillas	\$1.00

Condiments:

Ketchup	\$0.40
Mustard	Free
Salad Dressing	\$0.60

Dairy:

Cheese / 2 lbs	\$3.00-\$4.00
Milk / gallon	\$1.99
Sour Cream / 8-16oz	\$0.30

Frozen Foods:

Dinners	\$1.50
French Fries	\$2.00
Pizza (Red Baron type)	\$3.00
Veggies	Free-\$0.88

Meats:

Bacon	\$1.50
Chicken Breast (Boneless) / lb	\$1.99
Chicken Breast (Split) / lb	\$0.99
Chicken Legs / lb	\$0.59
Chicken (Whole) / lb	\$0.89
Hamburger / lb	\$1.79-\$1.99
Pork Chops / lb	\$1.99
Pork Roast / lb	\$1.99
Roast / lb	\$2.50

Household:

Aluminum Foil	\$0.75
Cleaning Supplies	\$0.50
Dish Soap	Free-\$0.50
Dishwasher Soap (Cascade)	\$4.00
Dryer Sheets	\$2.00
Hand Soap	Free-\$0.25
Laundry Detergent (30-32 load)	\$2.50-\$4.00
Paper Plates	\$0.50
Paper Towels / roll	\$0.45-\$0.75
Toilet Paper (Charmin 9 roll)	\$5.00-\$7.00
Ziploc Bags	\$1.00

Personal Care:

Body Wash	\$1.00
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FREE ITEMS:

Air Freshener	Razors
Antacid	Shampoo
Band aids	Shaving Cream
Cough Drops	Soap
First Aid Cream	Toothbrushes
Pain-Reliever	Toothpaste
Anti-Bacterial Soap	Mouthwash
Deodorant (free-\$0.75)	Floss
Lotion	
Petroleum Jelly	

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