

## CPHN Market Basket Prices (\$), by food group

Items	Safeway	Fred Meyer	QFC	Albertsons	Whole Foods	Metropol. Market	PCC
Frozen yogurt, low-fat desert, 1 qt.	3.57	3.31	3.71	3.71	8.28	10.26	7.38
Yogurt, fat-free, 32 oz.	3.49	1.79	2.99	2.69	2.84	3.59	2.99
American cheese slices, 12 oz.	3.49	1.69	5.34	2.49	4.99	4.19	6.89
Butter, salted, grade AA, stick, 16 oz.	4.04	2.59	3.99	3.39	2.79	3.79	2.79
Cheddar cheese, natural, 8 oz.	3.79	2.99	3.79	3.99	2.99	4.29	5.49
Ice cream, prepackaged, bulk, regular, 1.75 qt.	3.99	3.09	3.99	2.99	4.99	17.96	5.49
Milk, fresh, skim, ½ gal.	2.29	1.79	1.99	2.19	1.89	1.99	2.69
Milk, fresh, 2%, ½ gal.	2.29	1.79	1.99	2.19	2.19	1.99	2.69
Milk, fresh, whole, ½ gal.	2.29	1.79	1.99	2.19	2.19	1.99	2.69
Yogurt, natural, fruit flavored, 6 oz.	0.75	0.57	0.72	0.65	0.89	0.83	0.95
Yogurt, natural, fruit flavored, reduced fat , 6 oz.	0.75	0.57	0.72	0.65	0.89	0.83	0.95
Tofu, regular (not lite), 14 oz.	2.49	1.99	2.34	2.99	1.67	2.69	2.49
Salmon, canned, 14.75 oz.	2.39	3.23	3.99	3.29	2.99	3.79	6.86
Salmon, fresh, per lb.	9.99	4.49	6.99	6.99	10.99	19.99	7.99
Trout, fresh, per lb.	7.99	3.99	5.99	5.99	5.99	4.99	4.79
Almonds, 9 oz.	4.99	4.99	4.49	5.05	3.68	5.99	3.68
Sunflower seeds, 5.25 oz.	1.29	1.13	1.79	1.99	0.82	1.39	0.84
Walnuts, 7 oz.	3.49	3.29	3.69	3.50	5.68	3.69	1.91
Bacon, sliced, 16 oz.	3.49	3.84	5.89	4.99	6.79	4.79	7.85
Beans, dried, any type, 16 oz.	1.22	0.99	1.99	2.14	1.99	1.99	1.12
Beef liver, per lb.	1.81	0.99	1.49	1.99	4.49	2.49	2.69
Bologna, all beef or mixed, 16 oz.	1.99	1.79	5.04	2.39	9.46*	4.49	9.12*
Chicken breast, bone-in, per lb.	2.49	1.99	3.49	2.39	5.34	4.69	3.99
Chicken, fresh, whole, per lb.	1.59	0.79	1.89	0.99	1.89	2.69	2.19

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Chops, boneless, per lb.	4.74	4.99	4.49	3.99	7.49	4.99	6.99
Chuck roast, USDA Choice, boneless , per lb.	4.49	2.99	4.74	4.79	4.99	4.99	4.69
Eggs, Grade A, 1 doz.	3.19	1.99	3.04	2.09	2.79	1.99	2.29
Frankfurters, all meat or all beef, 16 oz.	2.49	1.59	2.19	3.14	5.64	1.99	4.39
Ground beef, 100% beef, regular fat, per lb.	3.49	3.14	4.24	2.79	4.24	2.99	3.49
Ground beef, lean and extra lean, per lb.	4.99	4.29	4.74	4.84	4.99	5.99	3.99
Peanut butter, creamy, 18 oz.	2.74	2.49	2.74	2.99	2.84	3.29	4.94
Pork and beans, canned, 16 oz.	0.74	0.57	1.19	0.99	2.74*	0.89	3.29*
Pork shoulder, blade boston, bone-in , per lb.	2.89	1.99	2.99	1.99	4.34	2.99	4.99
Sausage, fresh, loose, 16 oz.	3.49	3.49	3.64	3.99	3.99	4.29	4.59
Steak, round, USDA choice, boneless, per lb.	5.24	4.49	5.24	4.74	4.79	5.99	5.99
Steak, sirloin, USDA choice, boneless, per lb.	6.99	3.49	7.99	5.49	7.49	12.99	3.99
Steak, t-Bone, USDA choice, bone-in, per lb.	10.24	9.74	10.99	6.49	13.99	12.99	9.99
Tuna, light, chunk, 6 oz.	1.04	0.59	1.19	1.09	1.39	1.19	1.79
Frozen pepperoni pizza, 20 oz.	4.96	4.73	5.99	3.26	7.68*	6.49	9.99*
Frozen lasagna entrée, beef, 11 oz.	2.99	1.00	1.99	1.99	4.69	3.89	4.69
Readytoserve soup, meat & vegetable, 10.5 oz.	0.99	0.79	1.09	1.79	1.59	1.99	2.50
Turkey, frozen, whole, per lb.	1.19	1.29	1.79	1.59	4.29*	1.79	5.99*
Rice, brown long grain, uncooked, 32 oz.	3.79	2.73	4.99	2.79	3.69	4.49	4.19
Whole wheat flour, 5 lb.	3.49	3.79	3.69	3.89	3.99	5.49	3.79
Oatmeal dry, 18 oz.	2.04	1.99	2.49	2.39	2.99	3.29	3.39
Bread, white, pan, 22 oz.	1.69	0.88	1.29	1.29	3.29	1.49	4.39
Bread, whole wheat, pan, 22 oz.	1.69	1.69	2.49	2.55	3.29	3.02	3.69
Cookies, chocolate chip, 15 oz.	3.49	3.09	4.19	4.12	4.36	4.19	5.39
Crackers, soda, salted, 15 oz.	2.69	0.99	2.69	1.99	2.99	2.59	6.32

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Cupcakes, chocolate, 14 oz.	3.99	3.99	3.99	3.99	10.98	10.93	3.33
Flour, white, all purpose, 5 lb.	3.09	2.29	2.64	3.09	3.99	2.99	4.99
Rice, white, long grain, uncooked, 32 oz.	3.79	2.49	4.09	2.69	3.69	2.99	4.69
Spaghetti, 16 oz.	1.44	1.19	2.39	1.89	1.34	1.99	2.99
Whole grain cereal, 15 oz.	2.59	2.39	3.84	3.28	3.47	2.49	4.29
Sweetened cereal (i.e. Froot Loops), 12 oz.	2.99	2.07	3.74	2.96	4.71	3.50	5.90
Corn tortillas, 14 oz.	1.75	1.79	2.09	1.69	2.69	3.49	3.14
Apples, red delicious, per lb.	1.99	0.98	1.99	1.14	1.99	1.99	1.29
Bananas, per lb.	0.89	0.69	0.89	0.88	0.99	0.89	1.19
Cherries, per lb.	8.99	4.99	6.99	6.99	8.99	6.99	7.99
Grapefruit, per lb.	1.64	1.29	1.99	1.49	2.49	1.49	1.69
Grapes, Thompson seedless, per lb.	2.99	2.99	3.99	3.24	3.49	3.99	2.49
Orange juice, frozen concentrates, 12 oz.	2.00	1.19	2.00	1.89	4.69	1.89	4.19
Oranges, navel or Valencia per lb.	1.49	0.99	1.74	1.14	1.49	1.29	1.29
Peaches, any variety, per lb.	2.99	2.49	3.99	3.99	4.99	4.99	2.99
Pears, Anjou, per lb.	2.19	1.49	1.99	1.49	1.99	1.99	1.99
Strawberries, 1 lb.	3.99	3.49	3.99	3.99	4.49	3.49	4.99
Potato chips, per 10.5 oz.	3.99	2.99	3.99	1.49	2.99	1.79	3.59
Acorn or butternut squash, per lb.	1.49	0.79	1.69	1.79	1.74	2.79	1.59
Pumpkin, canned, 15 oz.	2.19	1.76	2.39	1.69	1.19	1.99	2.59
Sweet potatoes, per lb.	1.99	0.98	1.99	1.49	2.49	1.29	2.49
Bok choy, fresh, each	1.49	0.79	1.59	1.29	2.24	1.99	3.99
Dark green leafy lettuce, fresh, each	1.79	1.49	1.69	1.99	1.99	2.99	2.49
Kale, fresh, each	1.99	1.29	2.49	2.49	2.49	1.99	2.49
Spinach, fresh, each	1.79	1.29	1.89	1.79	1.99	1.99	2.99

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Broccoli, per lb.	1.99	1.74	1.99	0.79	2.99	0.99	1.99
Cabbage, per lb.	0.99	0.74	0.99	2.34	1.49	2.49	1.49
Carrots, short, 2 lb.	1.69	0.99	1.69	0.99	1.99	1.19	2.99
Corn, canned, 15 oz.	1.07	0.64	1.29	1.14	1.19	0.99	1.89
Cucumbers, each	1.29	0.99	1.14	1.49	2.49	1.99	2.99
Lettuce, iceberg, per lb.	1.79	0.78	1.79	2.49	1.99	2.69	2.49
Mushrooms , 8 oz.	2.49	1.99	2.64	0.69	2.74	0.99	3.99
Onions, dry yellow, per lb.	1.59	0.54	0.99	0.69	1.49	1.49	1.49
Peppers, sweet, each	2.50	0.79	2.00	2.99	2.25	4.39	4.99
Potatoes, frozen, French fried, 32 oz.	3.79	2.49	3.49	1.74	4.18	1.59	6.58
Potatoes, white, per lb.	1.49	1.04	1.59	2.39	1.99	2.59	1.79
Tomatoes, canned, whole, 28 oz.	1.94	1.59	2.09	1.59	1.29	1.99	2.99
Tomatoes, field grown, per lb.	1.54	0.99	1.99	3.89	2.99	3.99	2.99
Margarine, soft, tubs, 15 oz.	1.99	0.89	2.39	1.79	3.24	2.19	3.69
Margarine, stick, 16 oz.	1.44	0.79	1.34	1.19	2.69	1.69	4.19
Shortening, vegetable oil blends, 49 fl. Oz.	5.44	1.99	4.99	4.99	4.99	5.69	6.19
Ready-made salad dressing, ranch, 16 oz.	3.14	4.16	2.99	3.19	3.49	3.39	3.59
Cola, nondiet, cans, 12 pack	3.39	2.50	3.29	3.99	4.98	5.99	7.38
Cola, nondiet, per 2 liters	1.49	0.99	1.29	1.39	6.64*	1.99	1.59*
Hard candy, solid, 2.75 oz.	1.99	1.69	2.19	1.99	2.29	1.99	2.39
Chocolate bar, solid (i.e. Hershey bar), 1.55 oz.	0.89	0.75	0.89	0.79	2.89	0.89	2.29
Jelly, 18 oz.	3.29	2.79	2.69	2.79	4.34	2.99	4.89
Sugar, 5 lb.	3.09	2.99	2.84	3.29	5.49	3.29	16.45*
Malt beverages, 24 oz.	1.34	1.44	1.29	1.49	2.64	1.99	2.50
Wine, red and white table, 750 ml.	4.79	5.89	5.99	3.99	7.49	6.49	7.00

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Coffee, 100%, ground roast, 12 oz.	3.72	3.59	5.69	3.99	7.08	4.99	6.97
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