

April 5th, 2010 Grocery Comparrison

#1 Basic Package - \$27 -GSF	Albertson's	Von's	G.S.F.	Avg. Savings
3 lbs. B/S Chicken Breast	\$7.99	\$7.50		
1 lbs. Ground Beef 80%	\$3.49	\$3.29		
1 lbs. Ground Turkey	\$1.99	\$1.49		
1.5 Beef Stew Meat	\$6.06	\$6.44		
1.5 lbs. Chicken Fajita Meat Seasoned	\$4.19	\$5.24		
1 pint Sour Cream	\$1.89	\$1.79		
1 bag Fresh Potatoes	\$1.99	\$2.99		
1 ea. Fresh Celery sleeved	\$1.69	\$1.89		
1 lbs. Fresh Carrots	\$0.59	\$0.79		
1 bag Fresh Organges	\$2.68	\$1.76		
1 bag Fresh Apples	\$3.60	\$2.99		
2 ea. Fresh Lemons	\$0.69	\$0.59		
Pkg Cost:	\$36.85	\$36.76	\$27.00	\$9.81
#2 Veggie Package - \$17 -GSF				
1 doz. Medium Eggs	\$1.69	\$1.99		
8 oz. Shredded Cheddar	\$2.19	\$2.99		
1 bag Fresh Potatoes	\$1.99	\$2.99		
1 ea. Fresh Broccoli Bunch	\$2.79	\$1.74		
2 ea. Fresh Italian Squash	\$1.69	\$1.49		
1 ea. Fresh Lettuce	\$1.69	\$0.99		
2 ea. Fresh Bell Peppers	\$3.38	\$2.58		
1 lbs. Fresh Baby Peeled Carrots	\$1.99	\$2.00		
5 ea. Fresh Kiwi Fruit	\$2.45	\$2.50		
5 ea. Fresh Oranges	\$2.25	\$2.64		
1 lbs. Fresh Strawberries	\$2.99	\$0.97		
2 ea. Fresh Mangos	\$3.78	\$3.98		
Pkg Cost:	\$27.19	\$24.87	\$17.00	\$9.03

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#3 Breakfast Package - \$22 - GSF				
1 doz. Medium Eggs	\$1.69	\$1.99		
8 oz. Shredded Cheddar Cheese	\$2.49	\$2.99		
1 lbs. Bacon	\$3.25	\$3.49		
1.5 lbs. Breakfast Sausage	\$3.00	\$3.00		
2 lbs French Toast Sticks	\$6.00	\$6.50		
1/2 doz Blueberry Bages	\$2.50	\$4.00		
8 oz. Cream Cheese	\$1.69	\$1.69		
18 oz. Instant Oatmeal	\$1.39	\$1.99		
1 pkg. Pancake Mix	\$1.45	\$1.00		
Pkg Cost:	\$23.46	\$26.65	\$22.00	\$3.06
#4 Lunch Box - \$25 - GSF				
12 oz. Deli Turkey "Buddig Heart Smart"	\$3.99	\$3.99		
12 oz. Deli Ham "Buddig Heart Smart"	\$3.99	\$3.99		
1 lbs. Cotto Salami "Farmland"	\$2.39	\$3.79		
1 lbs. Bologna "Farmland"	\$3.59	\$3.79		
1 lbs. Sliced Cheddar Cheese	\$5.58	\$5.98		
1 jar Creamy Peanut Butter	\$1.80	\$1.56		
1 jar Strawberry Preserves	\$3.04	\$3.04		
(6) 4 oz. Strawberry Yogurt	\$2.40	\$1.92		
(8) 8 oz. Juice Boxes	\$3.79	\$2.99		
1 ea. Fresh Lettuce	\$1.69	\$0.99		
1 bag Fresh Apples	\$3.60	\$2.99		
1 lbs. Fresh Baby Peeled Carrots	\$1.99	\$2.00		
Pkg Cost:	\$37.85	\$37.03	\$25.00	\$12.44
#5 Steak Package - \$22 - GSF				
4.5 lbs. USDA Select T-Bones 6/12 oz	\$34.46	\$29.21		
Pkg Cost:	\$34.46	\$29.21	\$22.00	\$9.84
#6 Mega Meat Pack - \$35 - GSF				
2 lbs. USDA Choice Beef Roast	\$8.98	\$8.98		
1.5 lbs. Beef Stew Meat	\$6.06	\$6.44		

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3 lbs. Chicken Breasts B/S	\$7.99	\$7.50		
2 lbs. Carne Asada Meat not seasoned	\$10.00	\$9.00		
3 lbs. Hamburger Patties 84/16 lean	\$10.00	\$8.40		
1.5 lbs. Italian Sausage	\$5.25	\$4.50		
1 lbs. All Beef Hot Dogs	\$3.00	\$3.00		
Pkg Cost:	\$51.28	\$47.82	\$35.00	\$14.55
Total Price for all pkg's from GSF-	\$148.00			
	\$211.09	\$202.34	\$148.00	\$58.72
Indicates we could not find the item				
Average Savings from 2 store totals.				