

The “How Much Should I Spend?” Chart

Product	Acceptable Price	Goal Price*
Apples, oranges per pound	\$.89	\$.68
Baby carrots, per pound	\$1.25	\$.99
Bacon, per pound	\$1.99	\$1.50
Bananas per pound	\$.59	\$.33 - \$.49
Bread (whole wheat), one loaf	\$1.50	\$.49
Broccoli, per pound	\$.99	\$.78
Brownie Mix, Cake mix	\$.99	\$.49
Canned soup, per can	\$.89	\$.49
Cereal, per box	\$1	\$.50
Cheese, 2 pound block	\$4.49	\$3.99
Cheese, shredded, per pound	\$2.49	\$1.90
Chicken Breasts, per pound	\$2	\$1.79
Chips, per bag	\$1.99	\$1.69
Coffee, per pound	\$4	\$2.49
Crackers, per box	\$1	\$.50
Cream cheese, 8 ounces	\$1.29	\$.49
Dips and Dressings	\$2 each	\$1 each
Dish detergent, per bottle	\$.99	FREE
Eggs – per dozen	\$1.49	\$.99
Flour tortillas, per package	\$1.99	\$.99
Ground Beef, per pound	\$2.49	\$1.49
Gum and Mints	\$.49	FREE
Ice cream, per gallon	\$2.49	\$1.25
Juice, 64 ounces	\$1.49	\$.99
Ketchup, Mustard	\$.99 each	\$.49 each
Lean Pockets, one box	\$1.78	\$1.28
Lettuce, one bunch	\$1.29	\$.79
Mac & Cheese, Kraft	\$.79 each	\$.50 each
Mayonnaise	\$2.49	\$1.49
Microwave Popcorn,	\$1	\$.49

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box of 3		
Milk, one gallon	\$1.99	1.49
Peanut butter, 18 ounces	\$1.50	\$.49
Razor	\$3	\$.99
Refried beans, per can	\$.99	\$.79 or less
Shrimp, one pound	\$4.99 to 5.99	\$3.99
Soda – 12 pack	\$3	\$2.25 or less
Soda – 2 liter bottle	\$.99	\$.49
Sour Cream, 16 ounces	\$1.29	\$.89
Toilet Paper, 4-pack	\$1.68 (about \$.42 a roll)	\$.35**
Toothpaste and Toothbrushes	\$.50 each	FREE
Vegetables, Canned	\$.79 each	\$.59 each
Vegetables, Frozen	\$1.29 a pound	\$.88 a pound
Yogurt, 6 ounces	\$.45 each	\$.30 each