

Prepare Your Grocery List Using The Price Points

It is super simple to use this Price Points sheet! Click on the bottom where it shows "Price Points" and it will take you to the sheet. Following the "Rules of Couponing" 1) Sales & Coupons and 2) Buy multiple items when on sale using coupons, the prices on the price sheet will guide you to know when to focus on stocking up.

1 - Get your grocery ads together and look for items on sale.

2 - Go to www.jenfreeman.com and click on the "Free Coupon Finder Database". You will want to look up and see if there are any coupons for the things you have your eye on this week.

3 - If there is a coupon for the item, copy it from the "Free Coupon Finder Database" and past it into the grocery list so you know where to go to grab that coupon.

4 - Use this "Price Points" sheet here to compare and check prices. If the sale price minus the coupon value falls in the "Buy" or "Stock Up" price column grab all your Sunday newspaper coupons and don't miss this deal. "Stock Up" price is when you want to buy extra to last you until the next sale and coupon match! The "Price Points" sheet has options to sort by item or category (just click the small arrow at the top of the column to sort).

5 - Clip your coupons!

6 - Print your grocery list and take only the coupons you are going to actually USE at the grocery store!

Bonus: Use the "Grocery List" tab at the bottom, you can start a quick wish list of items you may want to purchase this week or coming weeks when you find sales & coupons.

My Fav	Item	Average Sale Price	Buy	Stock-up	My price	Category	Notes	Note Coupons Here
	Air Freshner, spray	\$1.00	\$0.75	< \$0.60		Household		
	All Purpose Spray	\$2.50	\$1.75	< \$1.35		Cleaners		
	Almonds, canned flavored	\$1.99 ea.	\$1.65 ea.	< \$1.50 ea.		Snacks		
	Almonds, loose	\$5.00 lb.	\$4.75 lb.	< \$4.50 lb.		Baking		
	Antacid Rolls (Tums/Roloids)	\$1	\$0.75	< \$0.50		Health/Beauty		
	Antiperspirant/Deodorant	\$1.50	\$1.00	< \$0.59		Health/Beauty		
	Apples	\$1.25 lb.	\$.99 lb.	< \$.75 lb.		Produce		
	Apples, organic	\$2.49	\$2.25	< \$1.99		Produce, organic		
	Applesauce, 6-packs	\$1.5	\$1.3	< \$1.25 ea.		Grocery		
	Asparagus	\$1.99 lb.	\$1.59 lb.	< \$0.99 lb.		Produce		
	Avocado - medium	\$1.00	\$0.79	< \$0.50 ea.		Produce		
	Baby Food Jars	\$.40 ea	\$0.30	< \$0.25		Baby		
	Baby Food Jars, Organic	\$0.50	\$0.45	< \$0.40		Baby, organic		
	Baby Shampoo, bath, lotion	\$1.35	\$1.25	< \$1.00		Baby		
	Baby wipes, any size	\$0.04 ea	\$0.03 ea	< \$0.02 ea.		Baby	Price per wipe	
	Bacon 12-16 oz.	\$4.00	\$3.50	< \$2.00		Meat		
	Bacon, Turkey	\$3.00	\$2.50	< \$1.99		Meat		
	Bananas	\$0.59 lb.	\$0.48 lb.	< \$0.39 lb.		Produce	Watch red-banded produce mark-downs	
	Band-Aids	\$1.25	\$1	< \$0.75		Health/Beauty		
	Bath soap (per bar)	\$0.50	\$0.40	< \$0.25		Health/Beauty		
	Bath tissue - per single roll	\$0.30	\$0.27	< \$0.25		Paper Products	Packages may be double+rolls, use single roll price point and multiply. Or calculate \$0.02 per foot	
	Batteries (per battery)	\$1.00	\$0.75 ea	< \$0.50 ea.		Miscellaneous		
	BBQ sauce 18 oz.	\$1.00	\$0.88	< \$0.50		Condiments		
	Beans - canned 16 oz.	\$0.75	\$0.65	< \$0.50		Canned		
	Beans - Refried 16 oz.	\$0.75	\$0.50	< \$0.40		Canned		
	Beef: Chuck Roast, tip	\$3.48lb	\$2.99 lb.	< \$2.99 lb.		Meat		
	Beef: Ground 83% lean	\$1.99 lb.	\$1.69 lb.	< \$1.49 lb.		Meat		
	Beef: Ground 93% lean	\$2.69 lb.	\$2.25 lb.	< \$2.00 lb.		Meat		
	Beef: Round Steak	\$5.28lb	\$4.49lb	< \$3.99 lb.		Meat		
	Bell Peppers	\$1.00 ea	\$0.75 ea	< \$0.50 ea.		Produce		
	Berries - Black, Blue or Raspberries	\$2.50 lb.	\$1.99 lb.	< \$1.49 lb.		Produce		
	Biscuits - Canned	\$1.35	\$1.25	< \$1.15		Refrigerated		
	Bleach, 96 oz	\$1.98	\$1.40	< \$1.25		Household		
	Bread, Premium	\$2.00 lb.	\$1.75	< \$1.50		Grocery		
	Bread, Sandwich	\$1.50	\$1.25	< \$1.00		Grocery		
	Broccoli crowns	\$1.50 lb.	\$1.29 lb.	< \$0.99 lb.		Produce		
	Broth - canned 14 oz.	\$0.85	\$0.75	< \$0.50		Canned		
	Broth, 32 ounce	\$2.00	\$1.50	< \$1.00		Canned		
	Brownie mix	\$1.25	\$0.99	< \$0.75		Baking		
	Buns, Hamburger/Hot Dog	\$1.25	\$1.00	< \$0.80		Grocery		
	Butter 1 lb.	\$2.75	\$2.50	< \$1.99 lb.		Dairy		
	Butter, Organic 1 lb.			< \$4.99 lb.		Dairy		
	Cabbage, green	\$1.00 lb.	\$.75 lb.	< \$0.45 lb.		Produce		
	Cake mix	\$1.00	\$0.80	< \$0.60		Baking		
	Candy Bars, single serve	\$0.50	\$0.35	< \$0.30		Snacks		
	Canned fruit 15 oz.	\$0.99	\$0.80	< \$0.65		Canned		
	Canned Vegetables	\$0.75	\$0.65	< \$0.50 ea.		Canned		
	Canned Vegetables (store brand)	\$0.65	\$0.60	< \$0.50 ea.		Canned		
	Cantelope, Jumbo	\$2.50	\$2.00	< \$1.50 ea.		Produce		
	Capri Sun 10 pack	\$1.99	\$1.75	< \$1.50		Beverage		
	Carrots	\$1.25	\$0.99 lb.	< \$0.50 lb.		Produce		

My Fav	Item	Average Sale Price	Buy	Stock-up	My price	Category	Notes	Note Coupons Here
	Cashews	\$5.00	\$4.00	< \$3.00		Snacks		
	Cat Food, Dry 3# bag	\$2.5	\$2	< \$1.50		Pets		
	Cat Food, Wet Canned	\$0.35	\$0.25	< \$0.23		Pets		
	Cat Litter, 14lb Jug (clumping)	\$4.5	\$3.75	< \$3.50 ea		Pets		
	Cat Litter, 20# Bag (non clumping)	\$8	\$6	< \$5.00		Pets		
	Cat Treats	\$0.75	\$0.5	< \$0.35		Pets		
	Celery	\$1.50 ea	\$1.25 ea	< \$.99 ea.		Produce		
	Cereal - Post, Kellogg's, GM	\$2.00	\$1.50	< \$1.25		Grocery		
	Cheese	\$2.50 lb.	\$2.00 lb.	< \$1.50 lb.		Dairy		
	Cheese - shredded parmesan 8 oz.	\$2.50	\$1.99	< \$1.50		Dairy		
	Cheese, American Sliced 16 cnt	\$2.49	\$2.25	< \$1.99		Dairy		
	Cheese, Cream block	\$1.99	\$1.75	< \$1.50 ea.		Dairy		
	Cheese, Shredded	\$1.75	\$1.50	< \$1.25 lb.		Dairy		
	Cherries	\$2.99 lb.	\$2.49 lb.	< \$2.19		Produce		
	Chex Mix	\$1.00	\$0.80	< \$0.50		Snacks		
	Chicken: Bone-in Split-fryer Breast	\$2.00 lb.	\$1.75 lb.	< \$1.50 lb.		Meat		
	Chicken: Bone-in Thighs	\$2.00 lb.	\$1.49 lb.	< \$0.99 lb.		Meat		
	Chicken: Whole Fryer	\$1.65 lb.	\$1.25 lb.	< \$1.00 lb.		Meat		
	Chicken: Wings	\$2.50 lb.	\$2.29 lb.	< \$2.00 lb.		Meat		
	Chicken: Boneless Skinless Breast	\$2.50 lb.	\$2.25 lb.	< \$1.99 lb.		Meat		
	Chicken: Canned	\$1.75	\$1.50	< \$1.25		Meat/Canned		
	Chicken: Ground	\$3.00 lb.	\$2.99 lb.	< \$2.50 lb.		Meat		
	Chili - canned 15 oz.	\$1.35	\$1.25	< \$0.99		Canned		
	Chips - Name brand 9-13 oz.	\$2.00	\$1.50	< \$1.00		Snacks		
	Chips - Store brand 9-13 oz.	\$1.50	\$1.25	< \$1.00		Snacks		
	Chocolate chips - name brand	\$2.00	\$1.75	< \$1.49		Baking		
	Chocolate chips - store brand	\$1.49	\$1.25	< \$1.00		Baking		
	Clementines (Cuties) 3# box	\$5.00	\$4.50	< \$4.00		Produce		
	Coffee Bagged, 12 oz	\$4.50	\$3.75	< \$3.00		Beverage		
	Coffee Creamer, Liquid	\$1.98	\$1.50	< \$1.00		Beverage		
	Coffee K-Cups	\$0.50ea	\$0.45 ea	< \$0.40 ea.		Beverage		
	Coke or Pepsi 12 packs	\$3.00	\$2.50	< \$2.00		Beverage		
	Coke or Pepsi 2 liters	\$1.25	\$1.00	< \$0.79		Beverage		
	Conditioner	\$1.49	\$1.00	< \$0.50		Health/Beauty		
	Cookie mix	\$1.50	\$1.00	< \$0.50		Baking		
	Cookies, packages	\$2.00	\$1.50	< \$1.25		Snacks		
	Corn on the cob	\$0.35 ea	\$0.25 ea	< \$0.20 ea.		Produce		
	Cough Drops	\$1.00	\$0.75	< \$0.50		Health/Beauty		
	Crackers, Nabisco Boxed	\$2.25	\$1.99	< \$1.75		Grocery		
	Crackers, Saltines 4pk	\$2.50	\$1.99	< \$1.50		Grocery		
	Cranberries, canned	\$1	\$0.8	< \$0.75		Grocery		
	Cream cheese	\$1.99	\$1.50	< \$1.00 ea.		Dairy		
	Cream soups - Campbells	\$0.79	\$0.69	< \$0.50		Canned		
	Cream soups - store brand	\$0.65	\$0.50	< \$0.40		Canned		
	Cucumbers	\$0.99	\$0.79	< \$0.50		Produce		
	Cucumbers, English	\$1.50ea	\$1.25 ea	< \$1.00 ea.		Produce		
	Deli Meat -Oscar Mayer 9 oz	\$2.99	\$2.50	< \$2.00		Meat		
	Dental Floss	\$1.00	\$0.75	< \$0.50		Health/Beauty		
	Dental Picks, package	\$2.00	\$1.50	< \$1.25		Health/Beauty		
	Diapers, Size 1-3 brand name	\$0.20	\$0.18	< \$0.16 ea.		Baby	Per diaper	
	Diapers, Size 1-3 store brand	\$0.17	\$0.15	< \$0.13 ea.		Baby	Per diaper	
	Diapers, Size 4-5 brand name	\$0.25	\$0.23	< \$0.21 ea.		Baby	Per diaper	
	Diapers, Size 4-5 store brand	\$0.20	\$0.18	< \$0.16 ea.		Baby	Per diaper	

My Fav	Item	Average Sale Price	Buy	Stock-up	My price	Category	Notes	Note Coupons Here
	Diffusers, (Febreze, Airwick)	\$1.25	\$1.00	< \$0.75		Household		
	Dinty Moore beef stew 24 oz.	\$2.00	\$1.75	< \$1.50		Canned		
	Dish soap 18 oz.	\$1.00	\$0.80	< \$0.50		Cleaners		
	Dishwasher detergent 75 oz. powder	\$2.50	\$2.00	< \$1.50		Cleaners		
	Dishwasher detergent tabs 20 ct.	\$2.98	\$2.25	< \$1.75		Cleaners		
	Disinfectant Wipes	\$2.00	\$1.75	< \$1.65		Cleaners		
	Dog Food, Dry 3# bag	\$3	\$2.5	< \$1.50		Pets		
	Dog Food, Wet 11-15 oz can	\$0.9	\$0.8	< \$0.50		Pets		
	Dog Food, Wet small can	\$0.4	\$0.35	< \$0.25		Pets		
	Dog Treats, Crunchy (Milkbones)	\$2.5	\$2	< \$1.75		Pets		
	Dog Treats, Pouch (Snausages)	\$3	\$2	< \$1.25		Pets		
	Drink Mixes, powder (Crystal Light)	\$1.89	\$1.50	< \$1.00		Beverage		
	Dryer sheets 40 ct.	\$2.00	\$1.50	< \$1.00		Cleaners		
	Egg noodles 16 oz.	\$1.50	\$1.00	< \$0.75		Grocery		
	Eggs - 18 pack	\$2.00	\$1.50	< \$1.25		Dairy		
	Eggs - dozen	\$1.50	\$1.25	< \$0.99		Dairy		
	Enchilada sauce 10 oz.	\$1.00	\$0.75	< \$0.50		Canned		
	Energy Bars, Power Bars	\$1.00	\$0.90	< \$0.75 ea.		Grocery/Snacks		
	Energy Drinks, Canned	\$1.50	\$1.25	< \$1.00 ea.		Beverage		
	Fabric Softner (liquid) 60-70 oz	\$3.50	\$3.00	< \$2.75		Cleaners		
	Feminim Pads, 28 cnt	\$3.50	\$2.75	< \$1.50		Health/Beauty		
	Feminim Panty Liners	\$0.99	\$0.75	< \$0.50		Health/Beauty		
	Feminim Tampons, 36 cnt	\$2.99	\$1.99	< \$1.25		Health/Beauty		
	Flour 4# bags	\$1.50	\$1.25	< \$0.99		Baking	\$0.25 per pound	
	Foil (25 ft)	\$1.35	\$1.00	< \$0.25		Household		
	Formula, Premium 23.4 ounce	\$23.44	\$18.75	< \$14.00		Baby	\$0.59 per ounce	
	Formula, Store Brand 36 ounce	\$17.98	\$10.98	< \$8.98		Baby	\$0.25 per ounce	
	Frosting	\$1.50	\$1.25	< \$1.00		Baking		
	Frozen Juice Concentate	\$1.18	\$1.00	< \$0.75		Beverage		
	Frozen Pizza - premium	\$5	\$4	< \$3.50		Frozen		
	Frozen pizza, small or store brand	\$3	\$2.00	< \$1.50		Frozen		
	Frozen Vegetables, 16 oz	\$1.25	\$1	< \$0.89		Frozen		
	Fruit snacks 8-10 ct.	\$1.80	\$1.25	< \$0.99		Snacks		
	Garbage bags 30 ct.	\$4.00	\$3.00	< \$2.70		Household	Price at \$0.09 per bag for stock-up	
	Gatorade, Powerade, Propel	\$1.00	\$0.75	< \$0.50		Beverage		
	Glass Cleaner	\$2.84	\$1.50	< \$1.25		Cleaners		
	Granola bars 6-10 ct.	\$1.25	\$1.00	< \$0.75		Snacks		
	Grapefruit, large Texas Red	\$1 ea	\$0.75ea	< \$0.50 ea.		Produce		
	Grapes - seedless	\$2.00 lb.	\$1.49 lb.	< \$0.99 lb.		Produce		
	Green Beans, fresh	\$1.25 lb.	\$0.99 lb.	< \$0.75 lb.		Produce		
	Grits, instant multipack	\$1.40	\$1.00	< \$0.70		Grocery		
	Hair Gel, Stylers & Sprays	\$1.25	\$1.00	< \$0.75		Health/Beauty		
	Hamburger/Tuna/Chicken Helper	\$1.25	\$1.00	< \$0.80		Grocery		
	Herb Bunches - Cilantro, Parsley	\$1.50 ea	\$1.00 ea	< \$0.75 ea.		Produce		
	Honey 16 oz.	\$3.00	\$2.50	< \$2.00		Grocery		
	Hot Dogs	\$1.99	\$1.50	< \$1.25		Meat		
	Hot Dogs: Premium	\$4.99	\$3.99	< \$3.50		Meat		
	Hot Sauce, Bottle	\$1	\$0.9	< \$0.75		Grocery		
	Ice Cream, 1/2 gallon	\$3.38	\$3	< \$2.75		Grocery		
	Jello or Pudding Cups	\$0.70	\$0.50	< \$0.35		Snacks	Per cup	
	Jelly / Jam / Preserves 18 ounce	\$1.88	\$1.50	< \$1.50		Grocery		
	Juice Boxes, 4pk	\$1.50	\$1.25	< \$1.00		Beverage		

My Fav	Item	Average Sale Price	Buy	Stock-up	My price	Category	Notes	Note Coupons Here
	Juice: Bottled 64 oz.	\$1.50	\$1.25	< \$1.00		Beverage		
	Kale, Organic bunch	\$1.50 ea	\$1.25 ea	< \$1.00 ea		Produce		
	Ketchup 24 oz.	\$1.75 ea	\$1.50 ea	< \$1.25		Condiments		
	Ketchup, 10 oz.	\$1	\$0.75	< \$0.75		Grocery		
	Kool Aid packets	\$0.20	\$0.15	< \$0.10		Beverage		
	Laundry Detergent Pods	\$0.27ea	\$0.23 ea	< \$0.20ea		Cleaners		
	Laundry Detergent, 40 oz (All/Purex)	\$2.50	\$1.50	< \$1.30		Cleaners		
	Laundry Detergent, 40 oz (Tide)	\$3.99	\$2.40	< \$2.00		Cleaners	\$0.05 per ounce best pricing	
	Lettuce - bagged 16 oz.	\$1.50	\$1.00	< \$0.80 ea		Produce		
	Lettuce - iceberg head	\$1.50 ea	\$1.00 ea	< \$0.75 ea		Produce		
	Lettuce - Leaf, Romain	\$1.50 ea	\$1.25 ea	< \$1.00 ea		Produce		
	Light bulbs 4 pack	\$1.00	\$0.80	< \$0.60		Household		
	Lip Balm	\$1	\$0.50	< \$0.35		Health/Beauty		
	Lipton Recipe Secrets	\$1.25	\$1.00	< \$0.75		Grocery		
	Lipton sides	\$1.00	\$0.75	< \$0.50		Grocery		
	London Broil	\$2.50 lb.	\$2.00 lb.	< \$1.75 lb.		Meat		
	Lotion	\$2.5	\$1.5	< \$0.99		Health/Beauty		
	Macaroni & Cheese - Kraft	\$0.80	\$0.60	< \$0.50		Grocery		
	Macaroni & Cheese - store brand	\$0.50	\$0.35	< \$0.25		Grocery		
	Mandarin oranges 11 oz.	\$0.75	\$0.50	< \$0.40		Produce		
	Mandarin Oranges, canned	\$1	\$0.75	< \$0.50		Grocery		
	Mangos	\$1.00	\$0.75	< \$0.50 ea		Produce		
	Margarine tub 16 oz.	\$1.00	\$0.80	< \$0.50		Dairy		
	Marshmallows	\$1.25	\$1	< \$0.85		Baking		
	Marshmallows 10 oz.	\$1.25	\$1.00	< \$0.75		Grocery		
	Maxi pads 18 ct.	\$2.00	\$1.50	< \$1.00		Health/Beauty		
	Mayonnaise 32 oz.	\$2.50	\$1.75	< \$1.50		Condiments		
	Microwave popcorn 3 pack	\$1.00	\$0.75	< \$0.50		Snacks		
	Milk - 64 oz. soy	\$2.00	\$1.50	< \$1.00		Dairy		
	Milk - evaporated 12 oz.	\$1.00	\$0.75	< \$0.50		Baking		
	Milk - gallon	\$3.75	\$3.50	< \$3.00		Dairy		
	Milk - sweetened, condensed	\$2.00	\$1.50	< \$0.75		Baking		
	Milk (Soy or Coconut) 1/2 gallon	\$3.50 ea	\$2.99ea	< \$2.50 ea		Dairy		
	Milk, Organic 1/2 gallon	\$4.00 ea	\$3.75 ea	< \$3.50 ea		Dairy		
	Miracle whip 32 oz.	\$1.75	\$1.50	< \$1.00		Frozen		
	Mouthwash - 500ml	\$2.50	\$1.49	< \$0.75		Health/Beauty		
	Muffin mix - basic	\$0.75	\$0.50	< \$0.35		Baking		
	Muffin mix - deluxe	\$1.50	\$1.00	< \$0.75		Baking		
	Mushrooms - canned 4 oz.	\$0.75	\$0.50	< \$0.40		Canned		
	Mustard - French's	\$0.99	\$0.79	< \$0.50		Condiments		
	Nabisco crackers 7-10 oz.	\$2.25	\$1.99	< \$1.75		Snacks		
	Nail Polish	\$1.5	\$1.00	< \$0.50		Health/Beauty		
	New York steak	\$5.99 lb.	\$4.99 lb.	< \$3.99 lb.		Meat		
	Oatmeal - Lg canister	\$2.50	\$2.25	< \$1.75		Baking		
x	Oatmeal - pouches	\$2.00	\$1.50	< \$1.00		Grocery		
	Off! Bug Repellant	\$4	\$2.5	< \$1.99		Health/Beauty		
	Olive oil 17 oz.	\$4.99	\$3.99	< \$3.00		Baking		
	Onions, white or yellow	\$1.00 lb	\$0.75 lb	< \$0.50 lb		Produce		
	Orange juice 64 oz. - Minute Maid	\$2.50	\$2.00	< \$1.50		Beverage		
	Oranges	\$1.00 lb.	\$0.79 lb.	< \$0.50 lb.		Produce		
	Pain Relievers, tablets 50cnt	\$1	\$0.75	< \$0.50		Health/Beauty		
	Pancake mix 32 oz.	\$2.00	\$1.50	< \$1.00		Baking		
	Paper Napkins	\$1.25	\$0.85	< \$0.70		Household	per package	

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	Paper or Plastic Cups	\$1.50	\$1.50	< \$1.00		Household	\$0.10 per cup best pricing	
	Paper Plates	\$1.96	\$0.85	< \$0.65		Household		
	Paper towels - name brand premium	\$1.25	\$1.00	< \$0.85		Paper Products		
	Paper towels - store brand basic	\$0.99	\$0.65	< \$0.50		Paper Products		
	Pasta sauce - 26 oz.	\$1.50	\$1.00	< \$0.75		Grocery		
	Pasta, boxed 11-16 oz	\$1.25	\$1.00	< \$0.75		Grocery		
	Peaches	\$1.50 lb.	\$1.25 lb.	< \$0.99 lb.		Produce		
x	Peanut butter (Store Brand)	\$2.5	\$1.99	< \$1.50		Grocery		
x	Peanut butter 18 oz.	\$2.99	\$1.50	< \$1.00		Grocery		
x	Peanut Butter, Natural	\$3.5	\$2.75	< \$2.50		Grocery		
	Peanuts, canned	\$2.00 lb.	\$1.75 lb.	< \$1.49 lb.		Snacks		
	Pears, Asian (Apple Pears)	\$1.00 lb.	\$0.85 lb.	< \$0.50 lb.		Produce		
	Pears, d'anjou	\$1.39 lb.	\$1.25 lb.	< \$0.99 lb.		Produce		
	Pecans	\$6.00 lb.	\$5.00 lb.	< \$4.00 lb.		Grocery		
	Pickles 16 oz.	\$1.50	\$1.00	< \$0.50		Condiments		
	Pineapple, canned 20 oz.	\$1.25	\$0.99	< \$0.75 ea		Canned		
	Planters Trail Mix 6 oz.	\$1.50	\$1.00	< \$0.50		Grocery		
	Plastic Containers, pack	\$1.5	\$1.25	< \$1.00		Household		
	Plastic Utensils, disposable	\$1.00	\$0.75	< \$0.50		Household		
	Plastic/Cling Wrap (80 ft+)	\$1.5	\$1.25	< \$0.75		Household		
	Plums	\$1.50 lb.	\$1.25 lb.	< \$0.99 lb.		Produce		
	Popcorn, 3pk	\$1.5	\$1.25	< \$0.75		Snacks		
	Poptarts, 6-8 cnt	\$1.99	\$1.80	< \$1.60		Grocery		
	Pork (ribs, chops, tenderloin)	\$3.49 lb.	\$2.99 lb.	< \$2.50 lb.		Meat		
	Pork Roast (butt, shoulder)	\$2.99 lb.	\$2.49 lb.	< \$1.99 lb.		Meat		
	Potatoes, Boxed	\$1.25	\$1	< \$0.75		Grocery		
	Potatoes, Hasbrowns frozen	\$1.85	\$1.5	< \$1.25		Grocery		
	Potatoes, red	\$0.99 lb.	\$0.59 lb.	< \$0.44 lb.		Produce		
	Potatoes, russet	\$0.80 lb.	\$0.50 lb.	< \$0.25 lb.		Produce	Holidays: \$.99/ 5# bag	
	Potatoes, sweet	\$0.99 lb.	\$0.79 lb.,	< \$0.50 lb.		Produce		
	Ramen Noodles	\$0.25	\$0.2	< \$0.10 ea		Grocery		
	Razors Disposable	\$1.25	\$1.00	< \$0.50		Health/Beauty		
	Razors, Premium	\$4.50	\$3.50	< \$2.50		Health/Beauty		
	Rice - Minute 40 oz.	\$2.50	\$2.00	< \$1.50		Grocery		
	Rice - white	\$1.25 lb.	\$1.00 lb.	< \$0.50 lb.		Grocery		
	RiceARoni/PastaRoni	\$1.00	\$0.80	< \$0.50		Grocery		
	Salad dressing 16 oz.	\$1.50	\$1.00	< \$0.75		Grocery		
	Salsa 16 oz.	\$1.50	\$1.25	< \$1.00		Grocery		
	Sausage	\$2.25 lb.	\$1.99 lb.	< \$1.79 lb.		Meat		
	Shampoo	\$1.49	\$1.00	< \$0.50		Health/Beauty		
	Shaving Cream/Gel	\$1.50	\$1.25	< \$1.00		Health/Beauty		
	Soap, Liquid Body Wash	\$2.50	\$1.50	< \$1.00		Health/Beauty		
	Soap, Liquid Hand Pump 7.5 oz	\$1.25	\$1.00	< \$0.50		Health/Beauty		
	Soup, Progress or Chunky	\$1.50	\$1.25	< \$1.00 ea		Canned		
	Soups, Campbells	\$1.50	\$1.00	< \$0.85 ea		Canned		
	Soups, Tomato or Chicken Noodle	\$0.99	\$0.85	< \$0.50 ea		Canned		
	Sour cream 16 oz.	\$1.50	\$1.25	< \$1.00		Dairy		
	Spinach, 5 oz package	\$1.50	\$1.25	< \$1.00		Produce		
	Spiral cut ham	\$1.69 lb.	\$1.49 lb.	< \$1.29 lb.		Meat		
	Sports Drinks, per bottle	\$1.00	\$0.75	< \$0.70		Beverage		
	Strawberries	\$2.50 lb.	\$2.00 lb.	< \$1.50 lb.		Produce		
	Strawberries, Organic	\$3.75	\$3.50	< \$3.00 lb		Produce, Organic		
	Suddenly Salad/Kraft pasta salad	\$1.25	\$1.00	< \$0.75		Grocery		

My Fav	Item	Average Sale Price	Buy	Stock-up	My price	Category	Notes	Note Coupons Here
	Sugar	\$.60 lb.	\$.50 lb.	< \$0.45 lb.		Grocery		
	Sugar - Brown (2#)	\$1.65	\$1.49	< \$0.80		Baking		
	Sugar - Powdered	\$1.50	\$1.25	< \$1.00 lb		Baking		
	Sunscreen, Full Size Spray/Lotion	\$5	\$4	< \$3.00		Health/Beauty		
	Swiffer refills	\$3.50	\$3.00	< \$2.50		Cleaners		
	Syrup 24 oz.	\$2.00	\$1.50	< \$1.00		Grocery		
	T-Bone steak	\$5.99 lb.	\$4.99 lb.	< \$3.99 lb.		Meat		
	Taco shells - boxed	\$1.00	\$0.75	< \$0.50		Grocery		
	Tampons 18 ct.	\$2.00	\$1.50	< \$1.00		Health/Beauty		
	Tea Bags, boxed	\$2.00	\$1.50	< \$1.00		Beverage		
	Toiletbowl Cleaner	\$1.97	\$1.50	< \$0.75		Cleaners		
	Tomato juice 46 oz. can	\$1.50	\$1.25	< \$1.00		Beverages		
	Tomato paste 6 oz.	\$0.60	\$0.50	< \$0.39		Canned		
	Tomato sauce 6 oz.	\$0.69	\$0.50	< \$0.49		Canned		
	Tomatoes	\$1.49 lb.	\$.99 lb.	< \$0.79 lb.		Produce		
	Tomatoes - canned 14.5 oz.	\$1.00	\$0.75	< \$0.50		Canned		
	Tomatoes, Roma	\$1.00 lb.	\$0.75 lb.	< \$0.50 lb.		Produce		
	Tomatoes, Vine	\$1.25	\$.99 lb.	< \$0.80 lb.		Produce		
	Toothbrush	\$1.50	\$1.00	< \$0.50		Health/Beauty		
	Toothpaste 4-6 oz.	\$1.50	\$1.00	< \$0.50		Health/Beauty		
	Tortilla Chips (Doritos)	\$2	\$1.75	< \$1.50		Snacks		
	Tortillas - Corn or Flour 10 cnt	\$1.99	\$1.50	< \$1.25		Grocery		
	Totinos pizza rolls 7.5 oz.	\$1.00	\$0.75	< \$0.50		Grocery		
	Tuna - 6 oz. canned	\$0.99	\$0.75	< \$0.60		Meat/Grocery		
	Tuna - 6 oz. canned Albacore	\$1.50	\$1.25	< \$0.99		Meat/Grocery		
	Tuna - Pouches	\$1.50	\$1.25	< \$1.00		Meat/Grocery		
	Turkey, Ground	\$2.50	\$1.99	< \$1.49 lb		Meat		
	Vegetable oil 48 oz (National Brand)	\$2.99	\$2.50	< \$1.99		Baking		
	Vegetable oil 48 oz. (Store Brand)	\$2.25	\$2.00	< \$1.79		Baking		
	Vegetables - canned 15 oz.	\$0.60	\$0.50	< \$0.40		Canned		
	Vegetables - frozen 12 oz.	\$1.25	\$1.00	< \$0.89		Grocery		
	Vinegar	\$1.25	\$1	< \$0.75		Baking		
	Walnuts	\$7.50 lb.	\$5.00 lb.	< \$4.00lb.		Grocery		
	Water, Bottled 16 ounce	\$0.25	\$0.20	< \$0.15		Beverage	Priced per 16 ounce bottle	
	Watermelon - Organic mini	\$4.50 ea	\$4.25 ea	< \$3.50 ea		Produce		
	Watermelon - seeded	\$.25 lb.	\$.20 lb.	< \$0.15 lb.		Produce		
	Watermelon - seedless	\$.39 lb.	\$.29 lb.	< \$0.20 lb.		Produce		
	Yeast 3 pack	\$1.50	\$1.00	< \$0.50		Baking		
	Yogurt - cups	\$0.50	\$0.40	< \$0.25		Diary		
	Yogurt - drinks/smoothies	\$1.00	\$0.75	< \$0.50		Dairy		
	Ziploc Plastic bags 25 ct.	\$1.00	\$0.75	< \$0.50		Household		
	Ziploc Plastic bags 50 ct.	\$2.00	\$1.50	< \$1.00		Household		
	Zucchini/Yellow Squash, small	\$1.25 ea	\$.98 ea	<\$0.79 ea		Produce	Priced per # <\$0.99	
	If you see an item/price that should be added/deleted/changed, just email Jen with suggestions.							

