

REFRIGERATED PRODUCTS

<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>
Butter - 4 Sticks	\$0.75/box	\$0.50/box
Butter - spreadable	\$0.75/container	\$0.50/container
Cheese, shredded or block	\$1.50/package	\$0.75/package
Cheese, slices (16 ct)	\$0.75/package	\$0.50/package
Cheese, string (8 ct.)	\$1.50/package	\$0.75/package
Cheese, cream 8 oz	\$0.75/package	\$0.50/package
Coffee Creamer - 1 pint	\$0.99 each	\$0.60 each
Deli Meat - ham, turkey, etc	\$2.99/lb	\$2.50/lb.
Juice (carton) \$1.50/carton	\$1.00/carton	
Lunchables -w/drink or fruit	\$1.00/each	\$0.50/each
Rolls - crescent/sweet - 6 ct	\$0.60/each	\$0.40/each
Sour Cream - 8 oz.	\$1.25/each	\$0.75/each
Yogurt, individual cups	\$0.25/each	\$0.20/each
Yogurt - 2 or 4 pk	\$1.00/each	\$0.50/each

FREEZER PRODUCTS

Bagelfuls/toaster strudels	\$1.00/box	\$0.75/box
Breakfast meals - individual	\$1.00/box	\$0.75/box
French Fries/hashbrowns	\$1.25/bag	\$1.00/bag
Frozen dinners	\$1.00 each	\$0.75 each
Hot/Lean pockets - 2 ct	\$1.25/box	\$1.00/box
Ice Cream - 1 qt.	\$1.99/carton	\$1.50/carton
Juice, concentrate	\$1.00/can	\$0.75/can
Pancakes/Waffles	\$1.25/package	\$0.75/package
Pizza - whole	\$2.50/each	\$2.00/each
Pizza rolls - 15 ct	\$0.75/box	\$0.50/box
Vegetables - bagged	\$0.75/bag	\$0.50/bag

MEAT

Bacon	\$2.00/package	\$1.00/package
Beef, ground	\$2.09/lb.	\$1.99/lb.
Chicken breast, bone in	\$1.19/lb.	\$0.99/lb.
Chicken breast, boneless/skinless	\$1.99/lb.	\$1.69/lb.
Chicken thighs/drumsticks	\$0.89/lb	\$0.69 lb
Hot dogs	\$0.75/package	\$0.50/package
Pork Chops, boneless	\$1.50/lb.	\$1.25/lb.
Roast, chuck	\$2.29/lb.	\$1.99/lb.
Sausage	\$1.99/lb.	\$1.49/lb.
Steak	\$3.99/lb.	\$3.99/lb.
Tuna Fish (canned)	\$0.35/can	FREE
Tuna Fish, pouches	\$0.50/pouch	\$0.25/pouch



****FREE TASTES GOOD
STOCK-UP PRICE
SPREADSHEET! ****

www.freetastesgood.com

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**SIDE DISHES,
PASTA, AND RICE**

<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>
Hamburger helper	\$0.60/box	\$0.40/box
Hormel ready-made meals	\$1.00/package	\$0.75/package
Macaroni & Cheese	\$1.00/package	\$0.50/package
Pasta, dried	\$0.50/box	\$0.25/box
Potatoes, boxed	\$0.50/box	\$0.25/box
Rice mixes	\$0.50/box	\$0.25/box
Rice, white/brown	\$0.75/package	\$0.25/package
Stuffing mix	\$0.50/box	\$0.25/box
Applesauce, individual	\$0.75/each	\$0.50/each
Fruit cups - 4 pack	\$1.00/each	\$0.50/each
Fruit Crisps - 2 pack	\$0.75/each	\$0.50/each
Mandarin oranges, canned	\$0.50/can	\$0.25/can
Peaches/pears, canned	\$1.00/can	\$0.50/can
Pineapple, canned	\$0.60/can	\$0.50/can

**CANNED
GOODS**

Beans, canned	\$0.50/can	\$0.25/can
Beans, Chili ready-to-serve	\$0.75/can	\$0.40/can
Broth, can	\$0.50/can	\$0.25/can
Broth, container	\$0.75/ container	\$0.50/container
Cream of soups	\$0.40/can	\$0.25/can
Soups (Healthy Choice, etc)	\$0.60/can	\$0.50/can
Soups, boxed	\$0.40/box	\$0.20/box
Tomatoes, canned	\$0.50/can	\$0.40/can
Vegetables	\$0.50/can	\$0.25/can

FREE TASTES GOOD STOCK-UP PRICE SPREADSHEET

	<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>	
FRUIT PRODUCTS (CAN & PKG.)	Applesauce, individual	\$0.75/each	\$0.50/each	
	Fruit cups - 4 pack	\$1.00/each	\$0.50/each	
	Fruit Crisps - 2 pack	\$0.75/each	\$0.50/each	
	Mandarin oranges, canned	\$0.50/can	\$0.25/can	
	Peaches/pears, canned	\$1.00/can	\$0.50/can	
	Pineapple, canned	\$0.60/can	\$0.50/can	
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	SNACKS	Candy Bars	\$0.25/each	\$0.15/each
Candy - bagged		\$1.00/bag	\$0.50/bag	
Chips (Pringles)		\$0.80/ container	\$0.50/container	
Crackers (i.e. cheez-it, Ritz)		\$1.00/box	\$0.60/box	
Cookies (Pkgd i.e Keebler, oreo)		\$1.00/package	\$0.75 package	
Fruit Snacks		\$0.75/box	\$0.50/box	
Granola Bars		\$1.00/box	\$0.75/box	
Gum		\$0.35/pack	\$0.20/pack	
Popcorn (microwave)		\$0.50/box	\$0.25/box	
Potato Chips (Pringles or bags)		\$0.75/ bag/container	\$0.50/ bag/container	
Pretzel	\$1.00/bag	\$0.75/bag		
Pudding Snack 4-packs	\$0.75/package	\$0.50/package		
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BREAKFAST PRODUCTS	Cereal	\$1.00/box	\$0.75/box	
	Cereal bars	\$1.00/box	\$0.75/box	
	Oatmeal	\$1.00/container	\$0.50/container	
	Pancake Mix	\$1.00/box	\$0.75/box	
	Pop Tarts or similar - 6 ct	\$1.00/box	\$0.75/box	
	Syrup	\$1.00/bottle	\$0.75/bottle	
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HEALTH FOODS	Energy bars	\$0.50/each	\$0.25/each	
	Kashi/Organic cereal	\$1.50/box	\$1.00/box	
	Potato chips - Boulder/Kettle's	\$1.00/bag	\$0.50/bag	
	Silk Soy Milk -half gallon	\$1.50/carton	\$0.75/carton	

	<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>
CONDIMENTS-SAUCES	A-1 Sauce	\$1.25/bottle	\$0.75/bottle
	BBQ Sauce	\$0.25/bottle	FREE
	Hot Sauce	\$0.50/bottle	\$0.20/bottle
	Jelly	\$1.00/jar	\$0.75/jar
	Ketchup	\$0.75/bottle	\$0.25/bottle
	Mayo	\$1.00/jar	\$0.75/jar
	Mustard, yellow	\$0.50/bottle	\$0.20/bottle
	Peanut Butter	\$1.50/jar	\$0.75/jar
	Pickles	\$1.00/jar	\$0.75/jar
	Relish	\$0.50/jar	\$0.25/jar
	Salad dressing, 16 oz	\$0.75/bottle	\$0.25/bottle
	Salad Dressing, Marzetti	\$1.00/jar	\$0.75/jar
	Salsa - jar	\$1.00/jar	\$0.50/jar
	Soy Sauce	\$0.75/bottle	\$0.25/bottle
Spaghetti Sauce	\$0.75/jar	\$0.50/jar	
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BAKING	Brownie mixes	\$0.50/each	\$0.25 each
	Cake Mixes	\$0.50/each	\$0.25/each
	Chocolate Chips	\$1.00/bag	\$0.75/bag
	Cooking spray	\$1.00/bottle	\$0.50/bottle
	Evaporated milk	\$0.40/can	\$0.25/can
	Frosting	\$0.50/can	\$0.25/can
	Jell-o gelatin	\$0.25/box	\$0.15/box
	Muffin mixes	\$0.50/package	\$0.25/package
	Oil, Canola 48 oz	\$1.25/bottle	\$1.00/bottle
	Oil, Olive Oil 16 oz	\$3.25/bottle	\$2.75/bottle
Pudding, instant	\$0.35/box	\$0.20/box	
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DRINKS	Juice, 64 oz	\$1.25/each	\$0.75/each
	Juice, boxes (8-10 ct)	\$1.00/box	\$0.65/box
	Soda - 2 liter	\$0.50/each	\$0.25/each
	Sport drinks	\$0.50/bottle	\$0.25/bottle
	Tea, bagged	\$1.00/box	\$0.50/box
Water	\$0.40/bottle	\$0.25/bottle	

FREE TASTES GOOD STOCK-UP PRICE SPREADSHEET

	<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>
BABY PRODUCTS	Baby food, jars	\$0.27/jar	\$0.20/jar
	Diapers (name brand)	\$0.17/diaper	\$0.13/diaper
	Wipes \$0.75/tub	\$0.50/tub	
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HEALTH CARE	Bandages	\$0.75/box	\$0.50/box
	First aid travel kits	\$0.50/each	\$0.25/each
	Ointment	\$1.00/tube	\$0.75/tube
	Pain relievers	\$1.00/bottle	\$0.50/bottle
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ORAL CARE	Floss	\$0.25/each	FREE
	Mouthwash	\$1.00/bottle	\$0.75/bottle
	Toothpaste	\$0.25/tube	FREE
	Toothbrush	\$0.25/each	FREE
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SKIN CARE- BATH PRODUCTS	Body lotion	\$0.75/bottle	\$0.50/bottle
	Facial pads/wash	\$2.00/each	\$1.25/each
	Men's body wash	\$1.25/each	\$0.75/bottle
	Soap, bar	\$0.25/each bar	\$0.15/each bar
	Soap, hand	\$0.50/each	\$0.25/each
Women's body wash	\$1.25/each	\$0.75/each	
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HAIR CARE	Conditioner	\$0.99/bottle	\$0.50/each
	Hair Color	\$1.75/box	\$1.25/box
	Hair Spray	\$1.25/bottle	\$0.75/bottle
	Shampoo	\$0.99/bottle	\$0.50/bottle
	Stylers	\$1.00/each	\$0.50/each
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HYGENIC & SHAVING	Deodorant	\$0.75/each	\$0.25/each
	Pads	\$0.50/package	\$0.25/package
	Razor, disposable	\$1.00/package	\$0.50/package
	Razor, high-quality	\$1.99/each	\$1.00/each
	Shaving cream/gel	\$0.65/can	\$0.25/can
Tampons	\$1.25/box	\$0.50/box	

	<u>PRODUCT</u>	<u>HIGHEST PRICE</u>	<u>STOCK-UP PRICE</u>
COSMETICS	Beauty Tools	\$1.00/each	\$0.50/each
	Eye shadow	\$1.00/each	\$0.50/each
	Eye liner	\$1.00/each	\$0.75/each
	Foundation	\$4.00/bottle	\$2.50/bottle
	Lipstick	\$1.50/each	\$0.75/each
	Mascara	\$1.25/each	\$0.75/each
	Nail polish	\$0.50/each	\$0.20/each
	Powder, loose	\$2.50/each	\$1.50/each
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PAPER PRODUCTS	Aluminum foil	\$0.75/each	\$0.50/each
	Napkins	\$1.00/package	\$0.50/package
	Paper plates	\$1.00/package	\$0.50/package
	Paper Towels	\$0.50/roll	\$0.25/roll
	Toilet Paper	\$0.35/roll (Scott)	\$0.20/roll
	Plastic containers - 2 ct	\$1.00/package	\$0.75/package
	Plastic wrap	\$1.00/box	\$0.75/box
	Tissues	\$0.50/box	\$0.40/box
	Wax Paper	\$1.00/box	\$0.75/box
	Ziplock bags	\$0.75/box	\$0.50/box
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ALL-PURPOSE CLEANERS	All-purpose sprays	\$0.75/bottle	\$0.50/bottle
	Bathroom cleaner/spray	\$0.75/bottle	\$0.50/bottle
	Disinfecting wipes	\$1.00/canister	\$0.50/canister
	Furniture cleaner - wood	\$1.25/can	\$1.00/can
	Glass cleaner	\$0.75/bottle	\$0.50/bottle
	Toilet bowl cleaner	\$0.75/bottle	\$0.50/bottle
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KITCHEN	Dishwasher tablets	\$1.00/box	\$0.50/box
	Liquid soap	\$0.75/bottle	\$0.25/bottle
	Sponges	\$0.50/each	\$0.25/each
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LAUNDRY	Bleach	\$1.30/bottle	\$0.75/bottle
	Detergent, 32+ loads	\$1.50/bottle	\$0.99/bottle
	Dryer Sheets	\$0.75/box	\$0.50/box
	Fabric Softener	\$1.50/bottle	\$0.75/bottle
	Pretreatment Solution	\$1.00/bottle	\$0.50/bottle