

An Exercise In *Frugality* ~ Stock Up Price List

ITEM	Good Price (3 months)	Stock-Up Price (6 months)	Shelf Life	Freezer Life
Produce				
Apples	\$0.79/lb	\$0.50/lb	1 week	4 months
Avocado	\$0.50 each	\$0.35 each	3-5 days	6 months
Bananas	\$0.35/lb	\$0.25/lb	5 days	3 months
Broccoli	\$0.65/lb	\$0.50/lb	3-5 days	12-18 months
Cantaloupe	\$1.25	\$1.00	7-10 days	10-12 months
Carrots	\$.99/lb	\$0.75/lb	2-3 weeks	12-18 months
Corn (cob)	\$0.20	\$0.10	1-2 days	8 months
Cucumbers	\$.50	\$.25	1 week	---
Grapes	\$0.89/lb	\$0.79/lb	5-7 days	10-12 months
Lemons/Limes	\$0.30	\$0.20	2-3 weeks	3-4 months
Lettuce	\$0.95	\$0.75	1 week	---
Onions	\$0.39/lb	\$0.25/lb	2-3 weeks	10-12 months
Oranges	\$0.75/lb	\$0.50/lb	2-3 weeks	10-12 months
Peaches	\$0.95/lb	\$.75/lb	3-5 days	10-12 months
Pears	\$0.95/lb	\$0.75/lb	1-3 days	10-12 months
Peppers (bell)	\$0.50	\$0.35	1-2 weeks	10-12 months
Potatoes 5lb	\$2.00	\$1.00	1-2 weeks	10-12 months
Raspberries	\$1.99/pint	\$1.49/pint	2-3 days	10-12 months
Strawberries	\$1.99/lb	\$1.49/lb	2-3 days	10-12 months
Tomatoes	\$0.89/lb	\$0.69/lb	2-3 days	2 months
Watermelon	\$5.00	\$3.50	2 weeks	10-12 months

Refrigerated				
Cookie Dough	\$0.95	\$0.75	1-2 months	3-4 months
Creamer (liquid 1pt)	\$0.50	\$0.35	2 weeks	---
Crescent rolls (can)	\$0.50	\$0.35	1-2 months	2-3 months
Deli meat	\$3.00/lb	\$2.00/lb	3-5 days	1-2 months
Eggs (dozen)	\$0.75	\$0.50	3-5 weeks	1 year
Orange juice 48oz	\$1.00	\$0.75	7-10 days	8-12 months

Dairy				
Butter	\$2.00/lb	\$1.50/lb	1 month	6-9 months
Cheese	\$1.50/lb	\$1.00/lb	3-4 weeks	6 months
Cream Cheese	\$1.00	\$0.75	1-2 weeks	2 months
Milk (gallon)	\$2.00	\$1.75	sell by + 1 wk	3 months
Sour cream (16oz)	\$1.00	\$0.85	2 weeks	---
Yogurt	\$0.30	\$0.20	sell by + 1 wk	1-2 months
Greek yogurt	\$0.45	0.3	sell by + 1 wk	1-2 months
Whipping cream	\$1.00	\$0.75	sell by + 1 wk	4 months

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Freezer				
Frozen dinners	\$1.00	\$0.50	---	3-4 Months
Frozen potatoes	\$0.90	\$0.75	---	10-12 months
Hot pockets	\$1.35	\$1.00	---	6 months
Ice cream	\$1.50	\$1.00	---	1-2 months
Juice concentrate	\$1.00	\$0.50	---	1 year
Pizza	\$2.50	\$2.00	---	18 months
Vegetables	\$0.65	\$0.50	---	10-12 months

Canned Goods				
Apple sauce	\$1.25	\$1.00	12-18 months	---
Beans	\$0.45	\$0.30	2-5 years	---
Cranberry sauce	\$0.45	\$0.25	2-5 years	---
Corn/green beans	\$0.35	\$0.25	2-5 years	---
Peaches/Pears	\$1.00	\$0.75	2-5 years	---
Pineapple	\$0.75	\$0.50	2-5 years	---
Pumpkin	\$0.65	\$0.50	2-5 years	---
Salsa	\$0.65	\$0.45	12-18 Months	---
Soup (cream of)	\$0.35	\$0.25	2-5 years	---
Soup (regular)	\$0.50	\$0.35	2-5 years	---
Tomatoes	\$0.45	\$0.35	12-18 months	---
Tuna	\$0.35	\$0.25	3-5 years	---

General Grocery				
Baking Mixes	\$0.25	\$0.15	12-18 months	---
Energy bars	\$0.50	\$0.25	sell by + 1 mo	---
Fruit snacks	\$0.50	\$0.35	6-8 months	---
Granola Bars	\$0.65	\$0.50	6-8 months	---
Jelly	\$1.00	\$0.75	2 years	---
Peanut Butter	\$0.75	\$0.45	2 years	---
Preserves	\$1.25	\$1.00	2 years	---
Pasta	\$0.25	Free	3+ years	---
Pasta Sauce	\$0.50	\$0.25	12-18 months	---

Salty Snacks				
Chips	\$1.00	\$0.50	2 months	---
Crackers	\$1.00	\$0.50	6-9 months	12 months
Microwave Popcorn	\$0.50	\$0.25	1 year	---
Tortilla Chips	\$1.00	\$0.75	3 months	---

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Household				
All Purpose Cleaner	\$0.50	\$0.25	---	---
Aluminum Foil	\$1.25	\$1.99	---	---
Bleach	\$0.75	\$0.50	---	---
Cleaning wipes	\$0.50	\$0.25	---	---
Dish Soap	\$0.75	\$0.50	---	---
Dishwasher Pacs	\$0.75	\$0.50	---	---
Fabric Softener	\$1.50	\$1.00	---	---
Facial Tissue	\$0.50	\$0.25	---	---
Gallon/quart Bags	\$0.75	\$0.50	---	---
Laundry Detergent	\$1.50	\$1.00	---	---
Paper Towels	\$0.50	\$0.25	---	---
Plastic Wrap/Wax	\$1.00	\$0.75	---	---
Sandwich Bags	\$1.00	\$0.75	---	---
Toilet paper	\$0.25/roll	\$0.15/roll	---	---

Baby Products				
Baby Food	\$0.35	\$0.25	---	---
Baby Formula	\$0.75/oz	\$0.50/oz	---	---
Baby Lotion	\$1.00	\$0.75	---	---
Baby Shampoo/wash	\$1.00	\$0.75	---	---
Diaper cream	\$1.00	\$0.75	---	---
Diapers	\$0.20/diaper	\$0.10/diaper	---	---

First Aid/Health				
Pain Reliever	\$1.00	Free	---	---
Band-aids	\$1.00	\$0.50	---	---
Cold Medicine	\$1.00	\$0.50	---	---
Cough Drops	\$0.75	Free	---	---
Ointment	\$1.00	\$0.50	---	---

Meat				
Bacon	\$2.00	\$1.50	---	---
Chicken (Whole)	\$0.99/lb	\$0.89/lb	---	---
Chicken Breasts	\$1.99/lb	\$1.50/lb	---	---
Chuck Roast	\$2.25/lb	\$1.99/lb	---	---
Ground Beef	\$1.89/lb	\$1.79/lb	---	---
Ham (whole)	\$0.99/lb	\$0.79/lb	---	1-2 months
Pork	\$1.79/lb	\$1.49/lb	---	---
Turkey (whole)	\$0.50/lb	\$0.30/lb	---	1 year

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Breakfast				
Cereals	\$0.75	\$0.50	6-12 months	---
Oatmeal	\$0.75	\$0.25	1-2 years	---
Pop Tarts	\$1.00	\$0.75	6-12 months	---
Syrup	\$1.00	\$0.75	indefinitely	---
Waffles	\$0.50	FREE	---	2 months

Baking				
Chocolate Chips	\$0.75	\$0.50	2 years	---
Cooking Spray	\$1.00	\$0.75	2 years	---
Evaporated Milk	\$0.50	\$0.25	1 year	---
Flour	\$1.50	\$1.00	1 year	2 years
Frosting	\$0.50	\$0.25	1 year	---
Oil (canola, etc)	\$1.50	\$1.00	2 years	---
Oil (olive)	\$3.00	\$2.50	2 years	---
Sugar (Any)	\$1.25	\$1.00	indefinitely	---

Sides				
Mac & Cheese	\$0.50	\$0.25	1 year	---
Pasta mix	\$0.50	FREE	1 year	---
Boxed Potatoes	\$0.50	\$0.25	12-18 months	---
Rice	\$0.50	\$0.25	indefinitely	---
Stuffing Mix	\$0.50	\$0.25	12-18 months	---

Beverages				
Juice 64oz	\$1.00	\$0.75	12-18 months	8-12 months
Soda 2l	\$1.00	\$0.50	date + 3 mos	---
Water 16oz	\$0.50	\$0.25	indefinitely	---
K-Cups	0.75 ea	\$0.50 ea	Date + 8 mos	---

Condiments				
BBQ Sauce	\$0.25	FREE	12 months	---
Ketchup	\$0.50	\$0.25	12 Months	---
Mayonnaise	\$1.00	\$0.75	date + 4 mos	---
Mustard	\$0.50	\$0.25	2 years	---
Salad Dressing	\$0.50	\$0.25	12-18 months	---

Oral Care				
Toothpaste/Brush	\$0.25	FREE	---	---
Floss	\$0.25	FREE	---	---

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Personal Care				
Bar Soap	\$0.50	FREE	~~~	~~~
Body Wash	\$0.75	\$0.50	~~~	~~~
Shampoo/cond.	\$0.50	\$0.25	~~~	~~~
Hair Color	\$2.00	\$1.50	~~~	~~~
Lotion	\$1.00	\$0.50	~~~	~~~
Deodorant	\$0.75	\$0.50	~~~	~~~
Razors	\$1.00	\$0.75	~~~	~~~
Shaving Cream	\$0.75	\$0.50	~~~	~~~
Pads	\$0.50	\$0.25	~~~	~~~
Tampons	\$1.00	\$0.75	~~~	~~~