

Realistic Stockpiling: Stock Up Price List

How would I define stockpiling? *Stockpiling is buying in bulk when an item is at its lowest price (so you already have it when it's not on sale).*

The following are my stock up prices (I buy more when it is this price or lower). The list is not exhaustive, but gives a place to start. Also consider:

- FREE is always a stock up price. Remember, those are perfect to donate too!
- Prices reflect the final price after applying weekly sale price, coupons, store promotions and rebates.
- Prices based on based on Midwest (Ohio) pricing and fluctuates with the economy

Produce

Bananas: \$0.35 lb
Bell Peppers: \$0.50 ea
Grapes: \$0.99 lb
Strawberries: \$1.50
Blueberries: \$1.50
Bagged Salad: \$1
Carrots- FREE - \$0.50
Watermelon- \$3.99
Broccoli- \$1.25

Dairy

Gallon Milk: \$1.99
1 lb. Butter: \$1.99
8 oz Cheese: \$1.50
1 doz. Eggs: \$1
Sour Cream: \$0.40
Shredded Cheese: \$1.25
Block Cheese: \$1.25
Butter Spread: Free - \$1
Yogurt Cups: \$0.25

Meat

Ground Beef: \$1.99 lb
Roast: \$2.50 lb
Bacon: \$2.50
Pork Chops: \$1.99 lb
Pork Roast: \$1.99 lb
Canned Chicken: \$0.75
Canned Tuna: \$0.50
Whole Chicken: \$0.88 lb
Boneless Chicken Breast: \$1.79 lb
Whole Turkey: \$0.39 lb

Frozen

Frozen Dinners: \$1.50
Frozen French Fries: \$2
Ice Cream: \$2
Frozen Pizza: \$3
Vegetables: FREE - \$0.75
Frozen Waffles: \$1.75

Grocery

Veggies (tomatoes too): \$0.50
Baked Beans: \$0.50
Ketchup: \$0.70
Mayonnaise: \$1
Mustard: FREE
Salad Dressing: \$1.25
Cookies: \$0.50
Crackers: \$1
Popcorn: \$0.25 per bag
Soup: \$0.065
Fruit Snacks- \$1
Canned Biscuits: \$0.60
Breads and Buns- \$0.99
Croutons- Free to \$0.50
Pasta Sauce- \$1
Tomato Paste: \$0.20
Pasta: FREE to \$0.50
Brownie Mix: \$0.50
Cake Mix: \$0.50
Cereal: \$1 or less
Sugar and Flour: \$1.40
Coffee- \$3 per bag (\$0.19 per oz)
Mac n Cheese: \$0.40

Household and Cleaning

Toilet Paper- \$0.01 per sq ft.
Foil: \$1.25
Paper Towels: \$0.50 per roll
Food Storage Bags: \$1
Trash Bags: \$5
Dish Soap: FREE to \$0.50
Spray Cleaners: \$0.50 - \$1
Laundry Detergent: \$2.50
Napkins: \$1.75 (250 ct)
Toilet Bowl Cleaner: \$0.50

Health and Beauty

Toothpaste: FREE
Toothbrush: FREE
Deodorant: FREE
Diapers: \$0.09 - \$0.11 per
Razors: FREE - \$1.50
Feminine Products: \$2
Hair Stylers: \$1
Cough Drops: FREE
Shampoo or Conditioner:
FREE

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