

### CHEAPEST Prices on PRODUCE (January 10 – January 16)

Product	Color	Store	Product Of	Price	Size	Flyer Unit	Alt. Unit	Notes
Apples – McIntosh		Giant Tiger		\$1.88	3	lb		
Apples – Fuji		Freshco		\$1.00	1	lb		
Bananas		RCSS	Guatemala	\$0.57	1	lb	1.26/kg	
Blackberries		No Frills	Mexico	\$1.00	170	G		
Blueberries		Metro	Chile	\$2.50	1	pint		2/\$5.00
Broccoli		Food Basics	USA	\$0.88	each			
Carrots		No Frills	Ontario	\$1.00	3	lb		
Cauliflower		WalMart	USA	\$2.47	each			
Celery		Sobeys	USA	\$2.00	each			
Cherries		Food Basics		\$2.97	1	lb		
Clementines		Freshco	Morocco	\$3.00	5	lb		
Cucumbers – English		WalMart	Mexico	\$0.97	each			
Grapefruit		No Frills	USA	\$1.00	4			4/\$1.00
Lettuce – Iceburg		Sobeys	USA	\$1.49	each			
Mushrooms – Whole		Food Basics	Ontario	\$0.88	each			
Onions	Yellow	No Frills	Ontario	\$1.00	3	lb		3/\$5.00
Oranges – Seedless		WalMart	USA	\$2.97	4	lb		
Oranges- Naval		RCSS	USA	\$0.78	1	lb		
Pineapple – Whole		No Frills	Costa Rica	\$1.00	each			
Peaches		WalMart	Chile	\$1.97	1	lb	4.34/kg	
Pears		RCSS	USA	\$0.98	1	lb	2.16/kg	
Peppers	Green	WalMart	USA	\$0.97	1	lb	2.14/kg	
Potatoes – Farmers	White	RCSS	Canada	\$2.47	10	lb		
Strawberries		Freshco	USA	\$2.00	1	lb		
Sweet Potatoes		WalMart	Ontario	\$0.67	1	lb	1.48/kg	
Tomatoes – On theVine		RCSS	Mexico	\$1.48	1	lb	3.26/kg	
Watermelon – Mini		Food Basics	Guatemala	\$1.97	each			

**CHEAPEST Prices on MEAT and FISH (January 10 – January 16)**

Product	Type of Meat	Store	Price	Size	Unit	Notes
Fresh Boneless Skinless Chicken Breasts	Chicken	Freshco	\$2.00	1	lb	
Atlantic Salmon Fillet	Fish	Loblaws	\$6.99	1	lb	
Fresh Boneless Pork Chops	Pork	WalMart	\$5.00	4	Pack	
Fresh Lean Ground Pork	Pork	WalMart	\$3.50	500	g	
OceanPrime Basa Fillets	Fish	WalMart	\$7.00	1.13	kg	
Lean Ground Beef	Beef	Food Basics	\$1.97	1	lb	
Extra Lean Ground Chicken	Chicken	Food Basics	\$2.97	each		
Boneless Blade Roast	Beef	Food Basics	\$3.99	1	lb	
Fresh Chicken Legs	Chicken	No Frills	\$1.00	1	lb	
Fresh Whole Pork Picnic Shoulder	Pork	Freshco	\$1.00	1	lb	
Pork Tenderloin Value Pack	Pork	Metro	\$2.99	1	lb	
Boneless Stewing Beef	Beef	Metro	\$2.99	1	lb	

**CHEAPEST Prices on DIAPERS, WIPES and FORMULA (January 10 – January 16)**

Product	Store	Type	Price	Count	\$ per Diaper	Size	Notes
Pampers	WalMart		34.47	180	0.19		
Goodnites/Pull Ups	WalMart		15.93				
Huggies	RCSS		34.47	192	0.18		
Easy Ups/UnderJams	WalMart		15.93				
Pampers Wipes	RCSS		19.43	12X			
Huggies Wipes	RCSS		19.43	13X			
Enfamil	RCSS		25.97				
Similac	WalMart		25.86				

**CHEAPEST Prices on POP, MILK and TP (January 10 – January 16)**

Product	Store	Price	Size	Unit	Notes
Coke or Pepsi	Loblaws	\$3.33	12	Cans	3/\$9.99
Coke or Pepsi	Rexall	\$2.00	6x710	ml	
Cashmere	Sobeys	\$3.99	12	dbl rolls	
Charmin	Food Basics	\$3.97	8	dbl rolls	

**CHEAPEST Prices on CHEESE, BREAD and PET FOOD (January 10 – January 16)**

Product		Store		Price	Size	Unit		Notes
Villagio		Food Basics		\$1.99	1	Loaf		
Maxx Scoop Litter		Food Basics		\$4.99	7	kg		
Pedigree Dog Food		WalMart		\$14.98	8	kg		
Beneful Dog Food		Food Basics		\$16.99	9	kg		
Meow Mix		WalMart		\$4.97	2	kg		
Purina Cat Chow		Food Basics		\$5.99	2	kg		
Iams Cat Food		WalMart		\$8.98	1.4	kg		