

CHEAPEST Prices on PRODUCE (January 17 – January 23)

Product	Color	Store	Product Of	Price	Size	Flyer Unit	Alt. Unit	Notes
Apples – Royal Gala/Granny Smith		Food Basics	USA	\$0.88	1	lb	1.94/kg	
Apples – Empire		No Frills	Canada	\$1.00	1	kg		BAG
Apples – Fuji		Freshco	China	\$1.00	1	lb	2.20/kg	
Avocados		Loblaws	Mexico	\$2.50	each			2/\$5.00
Blackberries		Food Basics	USA	\$1.44	227	g		2/\$2.88
Blueberries		No Frills	Chile	\$1.00	4.4	oz		
Broccoli		RCSS	USA	\$1.48	each			
Carrots – Mini		No Frills	USA	\$1.00	340	g		BAG
Celery		WalMart	USA	\$1.27	each			
Cucumbers – English		Food Basics	USA	\$0.88	each			
Eggplant		Food Basics		\$0.88	each			
Grapes – Seedless	Red	Metro	Chile	\$2.99	1	lb	4.54/kg	
Grapefruit		RCSS	USA	\$0.98	each			
Lettuce – Iceburg		No Frills	USA	\$1.00	each			
Lettuce – Romaine Hearts		Food Basics	USA	\$1.88	1	bag		3/bag
Mangoes		Freshco	Peru	\$0.50	each			2/\$1.00
Oranges- Naval		Metro	USA	\$1.29	1	lb		
Pineapple – Whole		WalMart	Costa Rica	\$1.97	each			
Spinach		Freshco	USA	\$1.00	1	Bunch		
Strawberries		Sobeys	Guatemala	\$2.49	454	g		2/\$5.00
Tomatoes – Beefsteak		WalMart	Mexico	\$0.97	1	lb	2.14/kg	
Tomatoes – Grape		No Frills	Mexico	\$1.00	1	Pint		2/\$2.88
Watermelon – Mini		Loblaws	Guatemala	\$3.49	each			

CHEAPEST Prices on MEAT and FISH (January 17 – January 23)

Product	Type of Meat	Store		Price	Size		Unit	Notes
Pork Tenderloin	Pork	No Frills		\$1.00	1		lb	
Outside Round Roasts or Steaks	Beef	Food Basics		\$3.88	1		lb	
Fresh Mild or Hot Italian Sausage	Pork	Freshco		\$2.00	1		lb	
Fresh Salmon Fillets	Fish	Metro		\$2.99	each			
Chicken Breasts or Thighs	Chicken	Loblaws		\$3.99	1		lb	
Fresh Tilapia Fillets	Fish	WalMart		\$6.97	1		lb	
Pork Back Ribs	Pork	RCSS		\$2.88	1		lb	

CHEAPEST Prices on DIAPERS, WIPES and FORMULA (January 17 – January 23)

Product	Store	Type	Price	Count	\$ per Diaper	Size	Notes
Pampers	WalMart		36.53		0.16		LARGEST BOX
Goodnites/Pull Ups	WalMart		23.83				LARGEST BOX
Huggies	WalMart		36.53	222	0.16		LARGEST BOX
Easy Ups/UnderJams	WalMart		23.83				LARGEST BOX
Pampers Wipes	WalMart	12X	18.43				
Huggies Wipes	WalMart	12X	18.43				
Good Start	Target		25.99				
Enfamil	WalMart		26.43				
Similac	Loblaws		25.99				

CHEAPEST Prices on POP, MILK and TP (January 17 – January 23)

Product	Store	Price	Size	Unit	Notes
Coke or Pepsi	No Frills	\$1.00	2	L	
Coke or Pepsi	SDM	\$1.97	6x710	ml	LIMIT 4/2 DAYS only
Coke or Pepsi	Target	\$3.33	12	Cans	3/\$10.00
Charmin	Target	\$4.99	6 Mega	24 Reg Rolls	

CHEAPEST Prices on CHEESE, BREAD and PET FOOD (January 17 – January 23)

Product	Store	Price	Size	Unit	Notes
Dempsters Soft Slice	Food Basics	\$1.88	1	Loaf	
Weston Bread	No Frills	\$1.00	1	Loaf	
Black Diamond Cheese	Metro	\$4.88	500	g	
Whiskas Dry Cat Food	Food Basics	\$6.88	2	kg	
Friskies Dry Cat Food	Giant Tiger	\$3.96	1.5	kg	
Beneful Dog Food	WalMart	\$27.37	14	kg	
Purina Cat Chow	WalMart	\$5.68	2	kg	