

### CHEAPEST Prices on PRODUCE (April 4, - April 10, 2014)

| Product                    | Color | Store       | Product Of         | Price  | Size | Flyer Unit | Alt. Unit | Notes |
|----------------------------|-------|-------------|--------------------|--------|------|------------|-----------|-------|
| Apples - McIntosh          |       | Food Basics |                    | \$1,88 | 3    | lb         |           |       |
| Asparagus                  |       | Freshco     | Mexico             | \$1,79 | 1    | lb         | 3.95/kg   |       |
| Bananas                    |       | Food Basics |                    | \$0,57 | 1    | lb         |           |       |
| Broccoli                   |       | Loblaws     | Mexico             | \$1,99 | 1    | lb         |           |       |
| Cantaloupe                 |       | No Frills   | Guatemala          | \$1,47 | each |            |           |       |
| Cauliflower                |       | Food Basics | USA                | \$1,97 | each |            |           |       |
| Cucumbers – English        |       | No Frills   | Ontario            | \$0,67 | each |            |           |       |
| Coconuts                   |       | No Frills   | Dominican Republic | \$1,27 | each |            |           |       |
| Lettuce - Iceburg          |       | Freshco     | USA                | \$0,99 | each |            |           |       |
| Oranges - Seedless         |       | Freshco     | Morocco            | \$2,99 | 3    | lb         |           |       |
| Pineapple                  |       | Food Basics | Costa Rica         | \$1,88 | each |            |           |       |
| Strawberries               |       | Food Basics |                    | \$1,88 | 1    | lb         |           |       |
| Tomatoes - Hot House       |       | No Frills   | Mexico             | \$0,67 | 1    | lb         |           |       |
| Watermelon - Mini/Seedless |       | RCSS        | Guatemala          | \$2,98 | each |            |           |       |

### CHEAPEST Prices on MEAT and FISH (April 4, - April 10, 2014)

| Product               | Type of Meat | Store       |  | Price  | Size |  | Unit | Notes     |
|-----------------------|--------------|-------------|--|--------|------|--|------|-----------|
| Fresh Chicken Legs    | Chicken      | No Frills   |  | \$1,77 | 1    |  | lb   |           |
| Fresh Rainbow Trout   | Fish         | Metro       |  | \$8,99 | 1    |  | lb   |           |
| Fresh Chicken Breasts | Chicken      | Food Basics |  | \$1,88 | 1    |  | lb   |           |
| Boneless Pork Chops   | Pork         | Food Basics |  | \$3,99 | 1    |  | lb   |           |
| Lean Ground Beef      | Beef         | No Frills   |  | \$2,44 | 1    |  | lb   | Club Pack |
| Lean Ground Pork      | Pork         | No Frills   |  | \$2,77 | 1    |  | lb   |           |
| Pork Tenderloin       | Pork         | Sobeys      |  | \$3,49 | 1    |  | lb   |           |
| Whole Chicken         | Chicken      | RCSS        |  | \$1,98 | 1    |  | lb   |           |

**CHEAPEST Prices on DIAPERS, WIPES and FORMULA (April 4, - April 10, 2014)**

| Product             | Store   | Type | Price | Count   | \$ per Diaper | Size | Notes |
|---------------------|---------|------|-------|---------|---------------|------|-------|
| Pampers             | WalMart |      | 27,97 |         |               |      |       |
| Easy Ups/Pull Ups   | WalMart |      | 14,97 |         |               |      |       |
| Underjams/Goodnites | WalMart |      | 14,97 |         |               |      |       |
| Huggies             | WalMart |      | 26,97 | 128-156 |               |      |       |
| Pampers Wipes       | WalMart |      | 9,87  | 504     |               |      | 7x    |
| Enfamil Formula     | WalMart |      | 26,43 | 550-663 |               | g    |       |

**CHEAPEST Prices on POP, MILK and TP (April 4, - April 10, 2014)**

| Product       | Store   | Price  | Size  | Unit | Notes              |
|---------------|---------|--------|-------|------|--------------------|
| Coke or Pepsi | Rexall  | \$3,33 | 12    | Cans | Friday-Sunday ONLY |
| Coke or Pepsi | Metro   | \$0,99 | 2     | L    |                    |
| Coke or Pepsi | WalMart | \$2,99 | 6x710 | ml   |                    |

**CHEAPEST Prices on CHEESE, BREAD and PET FOOD (April 4, - April 10, 2014)**

| Product               | Store       | Price   | Size | Unit | Notes |
|-----------------------|-------------|---------|------|------|-------|
| Cracker Barrel Cheese | Food Basics | \$4,44  | 500  | g    |       |
| Iams Dry Cat Food     | WalMart     | \$29,98 | 7,25 | kg   |       |