

2020 PRICES IN BLACK

2022 PRICES IN RED



	Aldi	Food Lion	Harris Teeter	Publix	The Fresh Market
Celery	\$0.69 / \$1.69	\$1.29 / \$1.69	\$1.99 / \$2.49	\$1.99 / \$2.99	\$2.49 / \$2.99
Cucumber	\$0.55 / \$0.59	\$0.59 / \$0.89	\$0.79 / \$0.79	\$0.79 / \$0.79	\$1.49 / \$1.29
Cauliflower head	\$2.29 / NA	\$2.49 / \$2.89	\$3.79 / \$3.99	\$3.99 / \$3.99	\$3.99 / \$3.99
Butter (4 sticks)	\$1.79 / \$2.71 (Brand alternative)	\$6.19 / \$5.89 (Land of Lakes) \$2.50 / \$2.99 (Brand alt.)	\$5.79 / \$7.49 \$2.89 / \$3.39 (Brand alt.)	\$4.87 / \$4.99	\$4.99 / \$5.49
Eggs (Dozen large)	\$0.89 / \$1.40	\$1.29 / \$1.49	\$1.29 / \$1.59	\$2.09 / \$2.55	Not available (\$2.79)* / \$3.99*
Eggs (Dozen large, cage free)	\$2.25 / NA	\$3.99 / \$4.99	\$2.99 / \$3.49	\$3.69 / \$5.49	\$2.79 / \$3.49
Cheerios (12 oz.)	\$1.09 / \$1.15 (Brand alternative)	\$3.98 / \$4.99	\$3.99 / \$4.69	\$4.99 / \$4.49	\$3.99 / \$4.49
Ground Beef (80% lean, 1 lb)	\$2.79 / \$3.99	\$3.99 / \$4.79	\$3.99 / \$3.99	\$4.99 / \$3.69	\$5.99 / \$6.99
Heinz ketchup (20 oz.)	\$0.99 (Brand alternative, 38 oz.)	\$2.49 / \$2.88	\$2.69 / \$2.99	\$2.45 / \$2.89	\$3.99 / \$4.49 (32 oz.)
Laughing Cow cheese	\$2.87 / NA \$2.29 / \$2.79 (Brand alt.)	\$3.99 / \$4.49	\$4.99 / \$4.99	\$2.50 / \$3.59	Not available (\$2.50)* / NA
Nestle Toll House choc. chips (12 oz.)	\$2.48 / \$2.48	\$2.99 / \$2.99	\$3.79 / \$3.79	\$3.39 / \$3.55	\$3.49 / \$3.49
Tuna Bumble Bee solid white in water (5 oz.)	\$1.15 / \$1.15 (Brand alternative)	\$2.18 / \$1.99	\$2.39 / \$2.39	\$2.25 / \$2.24	\$3.99 / \$5.49 (Brand alternative)
Milk (1 gallon)	\$3.19 / \$2.93	\$2.99 / \$3.39	\$3.79 / \$2.89	\$3.29 / \$3.05	\$3.39 / \$3.69
Jif peanut butter (16 oz.)	\$1.15 / \$1.69 (Brand alt., 18 oz.)	\$2.59 / \$2.59 \$1.79 / \$1.99 (Brand alt.)	\$2.59 / \$2.59 \$1.49 / \$1.49 (Brand alt.)	\$2.43 / \$2.43 \$2.79 / \$2.79 (Brand alt.)	\$3.29 / \$3.29
2020 TOTAL	\$24.17	\$41.04	\$44.86	\$43.17	\$49.17
2022 TOTAL	\$29.94	\$44.94	\$48.16	\$46.73	\$56.76

*For items not available, we used a similar price (the eggs), or the lowest price at another store (Laughing Cow)