

CravingTheSavings.com - week of 6/23-6/29/10

FRUIT	Albertsons	Aldi	Central Market	Fiesta	Kroger	Market Street
Apples, Cameo						
Apples, Gala						
Apples, Pink Lady						
Berries, Blackberries					2.50/ 5.6 oz #	.97/ 5.6 oz
Berries, Blueberries	2.99/18 oz 1.99/pint				2.50/pint	
Berries, Cherries		1.69/lb			2.99/lb	
Berries, Raspberries					2.50/ 6 oz #	
Berries, Strawberries	2.99/ 2lb 1.99/lb	.99/lb			1.59/lb 2.50/lb #	
Coconuts						
Grapes, Green Seedless	1.99/lb			1.29/lb		
Grapes, Red Seedless	1.99/lb			1.29/lb	.99/lb	
Kiwi						
Mango				.99 ea (jumbo) .33 ea (Tommy Atkins)	1.25 ea (jumbo)	
Melon, Cantaloupe				.99 ea (large)	1.67 ea (jumbo)	
Melon, Galia, Crenshaw, Canary, Casaba, Santa Claus or						
Melons, Honeydew						
Nectarines, White						
Nectarines, Yellow		.29 ea				.97/lb
Papayas						
Peaches, White						
Peaches, Yellow	1.99/lb	.29 ea	1.49/lb *	.88/lb	1.77/lb	
Pears, Bosc						
Pineapple				2.99 ea	2.00 ea	2.50 ea
Plumcots	2.99/lb					
Plums		.29 ea				
Watermelon, Seedless	2.99 ea		3.99 ea *	3.88 ea		

Temporary Coding (I am working on graphic icons):

\* - locally-grown, # - organic, ~ - USA-grown (I started marking these late, so not all USA-grown produce are indicated)

VEGETABLES	Albertsons	Aldi	Central Market	Fiesta	Kroger	Market Street
Asparagus	2.99/lb				2.99/lb	
Avocados						
Bagged Salad, Blends	3.99 ea					
Bagged Salad, Earthbound Organic	3.99 ea (5 oz)					
Bagged Salad, Garden						
Bagged Salad, Romaine					2.00 ea	1.50 ea
Bagged Salad, Spinach						
Bell peppers, Green	.79 ea			.50 ea		
Bell peppers, Red or					1.50 ea	
Broccoli						
Carrots, Baby	2.50/2 lbs			.99/lb	1.25/lb	
Cauliflower						
Corn	.30 ea			.25 ea		
Cucumbers	.79 ea					.33 ea
Cucumbers, Seedless					1.25 ea	
Eggplant						
Fresh-cut organic herbs (10 varieties)			1.34 ea			
Lettuce, Organic						
Mustard Greens				.69 ea		
Mushrooms, White					2.99 /lb *	
Onions, Sweet Vidalia						
Onions, White	.99/lb			.59/lb		
Peppers, Jalapeno						
Potatoes				2.49/ 10lb bag (Russet) .69/lb (White)		
Spinach				.88 ea		
Tomatoes, Cherry						
Tomatoes, General			1.49/lb *	.69/lb		
Tomatoes, Hot House					1.99/lb	1.29/lb
Tomatoes, Roma						
Zucchini, Yellow or			.99/lb *			.99/lb *

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FRUIT	Sprouts	Sunflower Market	Super Target	Super Walmart	Tom Thumb	Whole Foods
Apples, Cameo		99/lb ~				
Apples, Gala		1.50/lb #				
Apples, Pink Lady		1.50/lb #				
Berries, Blackberries		1.50/ 5.6 oz				
Berries, Blueberries	2.00/pint	1.50 ea ~	1.99/pint		3.99/pint *	3.99/pint #
Berries, Cherries			2.49/lb			
Berries, Raspberries		1.50/ 6 oz				
Berries, Strawberries	2.00/lb	1.50/lb #		1.38/lb		
Coconuts		2.00 ea				
Grapes, Green Seedless	.69/lb		3.99/ 2lb	1.50/lb	1.28/lb	
Grapes, Red Seedless	.69/lb	.77/lb	3.99/ 2lb	1.50/lb	1.28/lb	
Kiwi			.33 ea			
Mango	.49 ea (large)	1.00 ea #		.50 ea		
Melon, Cantaloupe	.99 ea (large)	1.50 ea ~				
Melon, Galia, Crenshaw, Canary, Casaba, Santa Claus or		.88/lb				
Melons, Honeydew		1.50 ea				
Nectarines, White		.88/lb ~				
Nectarines, Yellow		1.50/lb #	2.49/ 2lb			
Papayas		2.00 ea ~				
Peaches, White		.88/lb ~				
Peaches, Yellow	.77/lb		2.49/ 2lb	1.28/lb	1.48/lb	
Pears, Bosc		.99/lb ~				
Pineapple	2.00 ea	2.00 ea				
Plumcots		.77/lb				
Plums	.99/lb		2.49/ 2lb			
Watermelon, Seedless				3.88 *	5.99/lb *	

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VEGETABLES	Sprouts	Sunflower Market	Super Target	Super Walmart	Tom Thumb	Whole Foods
Asparagus						
Avocados	.77 ea (Hass) ~	.88 ea (Hass)		.44 ea		
Bagged Salad, Blends				3.49/ 5oz #		
Bagged Salad, Earthbound Organic						
Bagged Salad, Garden					1.00 ea	
Bagged Salad, Romaine						
Bagged Salad, Spinach					1.00 ea	
Bell peppers, Green				.68 ea		
Bell peppers, Red or					.99 each	
Broccoli	.88/lb (crowns)	1.50/lb #				
Carrots, Baby		2.00/2 lbs	1.49/lb		.99/lb	
Cauliflower	1.25 ea	1.50/lb #				
Corn	.25 ea	50 ea ~		.25/ea *	.50 ea *	
Cucumbers		.88/lb				
Cucumbers, Seedless						
Eggplant	.88 ea ~					
Fresh-cut organic herbs (10 varieties)						
Lettuce, Organic		2.00 / 3 ct				1.69 ea (head)
Mustard Greens						
Mushrooms, White				1.49/ 8oz	1.99/ .5 lb* (whole or sliced)	
Onions, Sweet Vidalia		.99/lb			.99/lb	
Onions, White						
Peppers, Jalapeno				.78/lb		
Potatoes		1.00/2 lbs (Yukon Gold or Red Potatoes) 2.00/ 10lb bag (Russet)				
Spinach	.88 ea ~					
Tomatoes, Cherry		2.00/pint				
Tomatoes, General	.69/lb	.88/lb				
Tomatoes, Hot House					1.48/lb	
Tomatoes, Roma		1.50/lb #		.88/lb		
Zucchini, Yellow or					1.49/lb *	