

CravingTheSavings.com - week of 7/14/10

PRODUCE	Albertsons	Aldi	Central Market	Fiesta	Kroger
<b>FRUIT</b>					
Apples			\$1.99/lb - O		
Apricots					
Berries, Blackberries					1.98 ea (Driscoll)
Berries, Blueberries	3.33/2 lb	1.29/pint	2.50/pint		2.48 /pint
Berries, Cherries	2.99/lb - US			2.99/lb - US	3.99/lb - O
Berries, Raspberries					1.99 ea (Driscoll)
Berries, Strawberries	3.33/2 lb	.99/lb	2.00/lb		1.59 / lb (Driscoll) 2.99/ 2 lb (Driscoll) 4.98 / 4 lb (Driscoll)
Clementines					4.99/3 lb bag
Grapes, Green Seedless	1.69/lb			.99/lb	
Grapes, Red Seedless					
Kiwi					
Mango				.33 ea (Tommy)	
Melon, Cantaloupe	1.99 ea			.99 ea	
Melons, Honeydew					
Melon, Watermelon (seedless)	3.33 ea			3.88 ea	1.60 (use \$.45 coupon - 6/6 RP) - Dulcinea
Nectarines, White					
Nectarines, White					
Nectarines, Yellow					
Oranges					
Peaches, White					
Peaches, Yellow	1.99/lb			.69/lb - US	
Pineapple		1.19 ea			
Plums					
Pluots					1.77/lb
<b>VEGETABLES</b>					
Avocados	.69/lb (Hass - ad says lb, but might be ea?)				.50 ea (small, Hass)
Bagged Salad, Blends					2.50 ea (Dole & Fresh Selections)
Bell peppers, Red	1.25 ea	1.49/3 pack (also yellow or			
Broccoli					1.50 ea (crowns)
Carrots, Baby					
Carrots				.99/ 1lb bag (Baby)	
Cauliflower			2.00 ea		
Celery					
Chard					
Corn					.50 ea
Cucumbers					

Coding:

L - locally-grown, O - organic, US - USA-grown

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PRODUCE	Albertsons	Aldi	Central Market	Fiesta	Kroger
Eggplant	1.25 ea (large)				
Kale					
Lettuce, Green Leaf					
Lettuce, Iceberg				.99 ea	
Lettuce, Organic Romaine					
Lettuce, Romaine					
Mushrooms, White					2.00/10 oz
Onions, Walla Walla			.99/lb - US		
Onions, White	.99/lb				
Onions, Yellow				.59/lb	
Peppers, Jalapeno					
Potatoes				1.50/lb (Yukon Gold)	
Spinach					
Tomatoes, Beefsteak					
Tomatoes, Cherry					2.00/12 oz
Tomatoes, Cluster	1.99/lb				
Tomatoes, Heirloom					
Tomatoes, Hot House				.99/lb	
Tomatoes, Roma					
Yams					
Zucchini, Yellow or Green					
<b>MEAT &amp; SEAFOOD</b>					
Chicken Tenders					
Shrimp					
Ground Beef					
<b>NUTS</b>					
Almonds					
Cashews					
<b>DAIRY</b>					
Eggs	.99 ea			.99 / 18 ct	
Yellow Cheddar					
Colby Jack					
Almond Milk					
Milk		1.88	1.49		

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<b>PRODUCE</b>	<b>Albertsons</b>	<b>Aldi</b>	<b>Central Market</b>	<b>Fiesta</b>	<b>Kroger</b>
<b>OTHER</b>					
Welch's 100% Grape Juice					1.49 ea (\$1 printable) - must buy as part of 10 items
Food Should Taste Good chips					

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PRODUCE	Market Street	Newflower Farmers Market	Sprouts	Super Walmart
<b>FRUIT</b>				
Apples				
Apricots		.88/lb - US		
Berries, Blackberries			2.50 ea	
Berries, Blueberries	1.77 pint	.88 - 6oz - US	2.50 ea	
Berries, Cherries			2.99/lb - US	2.98/lb
Berries, Raspberries				
Berries, Strawberries			2.50 ea	
Clementines			2.99/ 2 lb bag	
Grapes, Green Seedless		.99/lb.	.88/lb	1.50/lb
Grapes, Red Seedless				1.50/lb
Kiwi	.14 ea			
Mango			.49/lb (red)	.50 ea
Melon, Cantaloupe		.39/lb - US	.99 ea (large)	
Melons, Honeydew				
Melon, Watermelon (seedless)		.19/lb	1.49 ea	3.88 - L
Nectarines, White				
Nectarines, White		.88/lb - US	.88/lb - US	
Nectarines, Yellow			.88/lb - US	.98/lb
Oranges			.77/lb (valencia)	
Peaches, White		.88/lb - US	.77/lb	
Peaches, Yellow		1.50/lb - O/US	.77/lb	.98/lb
Pineapple		.99 ea		
Plums				.98/lb
Pluots				
<b>VEGETABLES</b>				
Avocados			.77 ea - US (hass)	
Bagged Salad, Blends	2.50 ea (Dole)	2.50 ea (Fresh Express)		
Bell peppers, Red				
Broccoli				
Carrots, Baby				
Carrots				
Cauliflower				
Celery		.99 ea - O		
Chard		1.50 ea - O/US		
Corn	.33 ea - L			.25 ea
Cucumbers		.88 ea (Hothouse)		

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PRODUCE	Market Street	Newflower Farmers Market	Sprouts	Super Walmart
Eggplant		.88 ea		
Kale		1.50 ea - O/US		
Lettuce, Green Leaf		.88 ea (red or green) - US		
Lettuce, Iceberg		.88 ea		
Lettuce, Organic Romaine		2.00/3-pack - O		
Lettuce, Romaine		.88 ea		
Mushrooms, White				
Onions, Walla Walla				
Onions, White	.99/lb			
Onions, Yellow				
Peppers, Jalapeno				.78/lb
Potatoes	.50/lb (red) -			
Spinach		.99 ea - O (bunched)		
Tomatoes, Beefsteak	.77/lb			
Tomatoes, Cherry				
Tomatoes, Cluster			.88/lb	
Tomatoes, Heirloom				
Tomatoes, Hot House		.88/lb		
Tomatoes, Roma				.88/lb
Yams		.99/lb - O (jewel or garnet)		
Zucchini, Yellow or Green		.88/lb (Grey, Italian or Yellow)	.99/lb	
<b>MEAT &amp; SEAFOOD</b>				
Chicken Tenders		2.99/lb "All Natural Tenders"	2.99/lb	
Shrimp		4.97 - 31/40 ct		
Ground Beef		1.99/lb "All Natural - 85% lean"		
<b>NUTS</b>				
Almonds			4.99/lb (varieties)	
Cashews		4.99/lb (roasted/unroasted, salted/unsalted,		
<b>DAIRY</b>				
Eggs		.99/dozen		
Yellow Cheddar		2.99/lb (mild)		
Colby Jack		2.99/lb		
Almond Milk			<a href="#">\$.95/32 oz (Smartsources.com -</a>	
Milk				

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PRODUCE	Market Street	Newflower Farmers Market	Sprouts	Super Walmart
<b>OTHER</b>				
Welch's 100% Grape Juice				
Food Should Taste Good chips				

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(otherwise noted)

PRODUCE	Tom Thumb	Whole Foods
<b>FRUIT</b>		
Apples		
Apricots		
Berries, Blackberries		3.99/lb - O/US
Berries, Blueberries		
Berries, Cherries	2.99/lb - US	3.99/lb - US
Berries, Raspberries		
Berries, Strawberries		
Clementines		
Grapes, Green Seedless		
Grapes, Red Seedless	.88/lb	
Kiwi		
Mango	.50/lb	
Melon, Cantaloupe	2.00 ea	
Melons, Honeydew		2.99 ea - US
Melon, Watermelon (seedless)		
Nectarines, White		
Nectarines, White		
Nectarines, Yellow		
Oranges		
Peaches, White		
Peaches, Yellow	.99/lb	
Pineapple	2.99 /lb	
Plums		
Pluots		
<b>VEGETABLES</b>		
Avocados		
Bagged Salad, Blends		
Bell peppers, Red		
Broccoli		
Carrots, Baby		
Carrots		
Cauliflower		
Celery		
Chard		
Corn		
Cucumbers		

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(otherwise noted)

PRODUCE	Tom Thumb	Whole Foods
<b>OTHER</b>		
Welch's 100% Grape Juice		
Food Should Taste Good chips		<a href="#">\$1.00 (\$1.00/1 printable)</a>

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