

**CONSUMERS' ASSOCIATION OF CANADA, SASKATCHEWAN BRANCH**

**Saskatoon Food Basket**

**September 30, 2009**

<b>Item</b>	<b>Unit</b>	<b>Canada Safeway</b>	<b>Extra Foods</b>	<b>Saskatoon Coop</b>	<b>Sobey's</b>	<b>Super Store</b>
Ground Beef, Lean	kg	5.49	6.38	7.19	5.97	4.99
Stewing Beef	kg	11.00	9.10	8.36	9.49	6.49
Chicken Thighs, Bone-in, Skin-on	kg	8.58	7.99	6.15	7.95	7.99
Salmon, Pink, canned, cheapest	213g	2.29	1.65	1.99	1.99	1.77
Milk, 2%, cheapest	1L	1.55	1.34	1.65	1.65	1.34
Cottage Cheese, 2%, cheapest	500g	3.49	2.98	3.49	3.49	2.58
Cheez Whiz, Original	500g	4.99	3.97	5.49	5.99	3.97
Eggs, Grade "A" Large, cheapest	doz.	2.37	1.89	2.29	2.29	1.89
Margarine, Becel, Soft Tub, Original	454g	3.99	4.19	3.39	3.99	3.77
Butter, cheapest	454g	3.98	2.99	3.98	3.98	2.99
Bananas	lb.	0.78	0.69	0.79	0.70	0.69
Grapes, Green, seedless	lb.	1.99	0.95	1.69	1.00	0.95
Apples, McIntosh	lb.	1.99	0.98	1.79	1.48	0.98
Onions, Red, bulk	lb.	1.49	1.28	1.49	1.28	1.28
Lettuce, Iceberg or Head	ea.	1.29	1.28	1.29	1.48	1.28
Tomatoes, On the Vine	lb.	1.49	1.48	1.69	1.88	1.25
Carrots, bulk	lb.	0.99	0.95	0.99	0.78	0.98
Cucumber, Long English	ea.	0.99	1.28	1.29	1.44	1.28
Potatoes, Red, bulk	lb.	1.29	1.09	0.99	0.98	0.88
Broccoli, bunches	lb.	1.23	1.67	1.69	1.68	1.67
Peppers, Green	lb.	1.99	1.27	3.49	1.48	1.27
Corn, Niblet Style, Green Giant	341ml	1.25	1.24	1.49	1.49	1.24
Orange Juice, Minute Maid, frozen	355ml	2.09	1.76	1.99	2.09	1.76
Bran Flakes, Kellogg's, All-Bran Cereal	775g	5.98	2.99	5.29	5.98	2.99
Macaroni, Catelli, Ready Cut	900g	2.80	2.89	2.99	2.99	2.49
Cream of Mushroom Soup, cheapest	284ml	0.89	0.48	0.88	0.89	0.48
Soda Crackers, cheapest	450g	2.84	2.28	3.29	2.29	2.87
Peanut Butter, Kraft, Smooth	500g	4.39	3.79	3.79	3.99	3.29
Lean Cuisine, dinners	285g	3.99	4.79	3.50	4.29	4.19
Flour, Robin Hood, All Purpose	2.5kg	5.99	4.98	4.49	4.99	3.99
Sugar, Rogers, White, Granulated	2kg	4.19	2.98	3.79	3.29	2.98
Coffee, Nabob, Tradition	326g	4.99	3.28	4.49	4.99	3.28
Tea, Red Rose, Orange Pekoe	227g	4.99	4.79	4.79	4.28	4.19
	<b>TOTAL</b>	<b>107.64</b>	<b>91.65</b>	<b>101.95</b>	<b>102.53</b>	<b>84.04</b>

Note: Canada Safeway Club Card, President's Choice or store brands where applicable

Source:

Consumers' Association of Canada, Saskatchewan Branch

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[www.consumersask.com](http://www.consumersask.com)