

CONSUMERS' ASSOC. OF CANADA, SK. BRANCH							
Saskatoon Food Basket							
Oct. 2, 2006							
Item:	Unit	Extra Foods	Saskatoon Co-op	Sobey's	Canada Safeway	Super Store	
Ground Beef, Lean	kg	\$5.18	\$5.49	\$5.97	\$5.49	\$5.18	
Stewing Beef	kg	7.48	8.99	7.95	9.24	10.98	
Beef, Inside Round Steak	kg	9.23	10.15	9.27	11.22	9.78	
Chicken Breasts, Bone/Skinless	kg	15.99	14.74	13.90	14.97	18.49	
Pork Chops, Centre Cut, Bone in	kg	7.88	10.74	9.49	10.78	7.54	
Pink Salmon, Canned	213g	1.99	1.59	1.38	1.78	1.28	
Milk, 2% + Recycle, cheapest	1L	1.09	1.19	1.13	1.13	1.09	
Eggs, Grade "A" Large, cheapest	Doz.	1.98	2.09	2.09	2.04	1.78	
Butter, cheapest	454g	3.42	3.59	3.43	3.43	3.42	
Parmesan Cheese, Kraft, grated	250g	6.89	5.99	6.77	7.49	5.97	
Oranges	lb.	1.28	1.49	1.28	1.89	1.28	
Apples, McIntosh	lb.	1.28	1.39	1.28	1.69	1.28	
Bananas	lb.	0.55	0.59	0.57	0.59	0.56	
Lemons	Ea.	0.33	0.49	0.48	0.50	0.33	
Grapes, Green, Seedless	lb.	1.88	2.99	1.98	2.49	1.48	
Orange Juice, Conc., Frozen, M.M.	355ml	0.99	1.69	1.57	1.25*	1.26	
Potatoes, Red, 10 lb. Bag	Ea.	3.98	5.99	4.98	5.99*	3.98	
Peppers, Green	lb.	1.48	1.89	1.48	1.99	1.48	
Lettuce, Romaine	Ea.	1.28	1.29	1.68	1.69	1.28	
Carrots, bulk	lb.	0.88	0.99	0.98	0.99	0.88	
Onions, White, Jumbo	lb.	0.88	0.99	1.08	0.98	0.88	
Mixed Veg., Green Giant, frozen	1kg	1.98	2.99	2.48	3.00*	2.47	
Flour, Robin Hood, All Purpose	2.5kg	4.78	4.49	4.27	5.49	3.67	
Sugar, White, Granulated	2kg	2.29	2.99	2.48	2.99	1.87	
Baking Powder, Magic	450g	4.39	4.79	4.98	5.29*	4.68	
Baking Soda, Arm & Hammer	500g	0.99	1.19	1.29	.99*	1.29	
All Bran Cereal, Kellogg's	525g	3.39	4.49	3.88	5.49	2.97	
Granola Bars, Nature Valley	210g	2.39	2.99	2.50	3.49	1.97	
Graham Wafers, Honey Maid	400g	3.89	3.69	3.18	3.29*	3.18	
Soda Crackers, Christie, Salted	450g	3.19	2.79	2.57	3.29	2.67	
Soup, Campbell's, Mushroom	284ml	0.74	0.75	0.93	0.99	1.07	
Kraft Dinner, The Original	225g	0.68	0.99	1.02	.69*	1.00	
JELL-O, Jelly Powders	85g	1.09	0.60	0.78	.89*	0.93	
Strawberry Jam, Kraft	500ml	4.39	3.99	3.48	3.99	3.99	
Coffee, Nabob, Trad. Reg. Grind	326g	3.47	3.49	3.48	3.49*	4.97	
Tea Bags, Red Rose, Orange Pekoe	227g	3.99	4.79	3.88	4.99	3.48	
Milk, Carnation Evaporated	370ml	1.89	1.50	1.57	1.78	1.61	
TOTAL:		\$119.48	\$130.87	\$121.51	\$137.76	\$122.02	
* Canada Safeway Club Card Price							
Source: Consumers' Association of Saskatchewan							
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