

2025 Grocery Buy Price Table

Note: These prices reflect actual sale prices I've found in Virginia grocery stores (Food Lion, Kroger, etc.) in late 2024-2025. National averages are significantly higher - ground beef averages over \$6/lb nationally - but regional sales can still hit these targets. Your local prices may vary considerably. The 'Goal Price' column shows what I wait for before stocking up.

Item	2025 Baseline Price	Goal Price	Your Price / Notes
Proteins			
Boneless Chicken Breast	\$2.99–\$4.49	\$1.99	
Bone-In Chicken Thighs	\$0.99–\$1.49	\$0.99	
Ground Beef (80% lean)	\$4.99–\$6.99	\$2.99–\$3.99	
Boneless Pork Chops	\$1.99–\$3.49	\$1.99	
Pork Shoulder (Bone-In)	\$0.99–\$1.49	\$0.99	
Pork Loin	\$1.99–\$2.99	\$1.99	
Chuck Roast	\$5.99	\$5.99	
Lunch Meat (Deli)	\$4.99–\$7.99	\$4.99	
Canned Tuna (5 oz)	\$0.79–\$1.29	\$0.79	
Other Proteins			
Dairy & Eggs			
Milk (1 gallon)	\$3.49–\$4.49	\$3.49	
Eggs (18 ct)	\$1.99	\$1.99	
Butter (1 lb)	\$3.99–\$5.49	\$3.99	
Cheddar Cheese (8 oz block)	\$1.99–\$2.99	\$1.99	
Mozzarella Cheese (8 oz block)	\$1.99–\$2.99	\$1.99	
Parmesan Cheese (shelf-stable 8 oz)	\$2.99–\$4.99	\$3.99	
Sour Cream (16 oz)	\$1.49–\$2.49	\$1.49	
Cottage Cheese (16 oz)	\$1.99–\$2.99	\$1.99	
Yogurt	\$1.00–\$2.50	\$1.00	

Other Dairy			
Produce			
Potatoes (Russet, 5 lb)	\$3.49–\$4.99	\$3.49	
Onions (Yellow, 3 lb)	\$2.49–\$3.49	\$2.49	
Carrots (1 lb)	\$0.99–\$1.49	\$0.99	
Celery (1 bunch)	\$1.49–\$2.49	\$1.49	
Cabbage (per lb)	\$0.49–\$0.99	\$0.49	
Bell Peppers (each)	\$0.99–\$1.49	\$0.99	
Mushrooms (8 oz)	\$1.49–\$2.49	\$1.49	
Apples (per lb)	\$1.49–\$2.49	\$1.49	
Bananas (per lb)	\$0.59–\$0.69	\$0.59	
Lettuce (head)	\$1.49–\$2.49	\$1.49	
Spinach (bag)	\$1.99–\$2.99	\$1.99	
Tomatoes (Roma, per lb)	\$1.49–\$2.49	\$1.49	
Citrus Fruits (per lb)	\$1.29–\$2.49	\$1.29	
Other Produce			
Grains & Breakfast Staples			
Brown Rice (1 lb dry)	\$1.50–\$2.50	\$1.99	
White Rice (1 lb dry)	\$1.00–\$2.00	\$1.49	
Quinoa (1 lb dry)	\$4.00–\$6.00	\$4.00	
Rolled / Old-Fashioned Oats (42 oz)	\$3.50–\$5.00	\$3.50	
Steel-Cut Oats (1 lb)	\$3.00–\$4.50	\$3.00	
Instant / Quick Oats (10–12 ct packs)	\$2.50–\$4.00	\$2.50	
Grits (1 lb, plain)	\$1.50–\$2.50	\$1.50	
Breakfast Cereals (12–18 oz, basic)	\$2.50–\$4.50	\$2.50	

Other Grains			
Pantry / Baking Staples			
All-Purpose Flour (5 lb)	\$2.49–\$3.49	\$2.49	
Bread Flour (5 lb)	\$3.49–\$4.49	\$3.49	
Cake Flour (2 lb)	\$3.99–\$5.99	\$3.99	
Whole Wheat Flour (5 lb)	\$3.49–\$4.49	\$3.49	
Cornmeal (5 lb)	\$2.49–\$3.49	\$2.49	
Granulated Sugar (4 lb)	\$2.49–\$3.49	\$2.49	
Brown Sugar (4 lb)	\$2.99–\$3.99	\$2.99	
Powdered Sugar (4 lb)	\$2.99–\$3.99	\$2.99	
Baking Powder (8 oz)	\$1.49–\$2.49	\$1.49	
Baking Soda (1 lb)	\$0.79–\$1.29	\$0.79	
Cornstarch (16 oz)	\$1.49–\$2.49	\$1.49	
Cocoa Powder (8 oz)	\$2.99–\$4.99	\$2.99	
Arrowroot Powder (8 oz)	\$4.99–\$6.99	\$4.99	
Yeast (3-pack)	\$1.99–\$2.99	\$1.99	
Vanilla Extract (2 oz)	\$3.99–\$5.99	\$3.99	
Maple Syrup (12 oz)	\$7.99–\$9.99	\$7.99	
Honey (12 oz)	\$6.99–\$8.99	\$6.99	
Chocolate Chips (12 oz)	\$2.99–\$4.49	\$2.99	
Other Pantry Items			
Spices & Seasonings			
Salt (26 oz)	\$0.79–\$1.29	\$0.79	
Black Pepper (2 oz)	\$1.99–\$3.49	\$1.99	
Garlic Powder (3 oz)	\$1.09–\$2.19	\$1.09	
Onion Powder (3 oz)	\$1.09–\$2.19	\$1.09	
Chili Powder (2 oz)	\$1.09–\$2.19	\$1.09	

Cinnamon (2 oz)	\$1.09–\$2.19	\$1.09	
Paprika (2 oz)	\$1.09–\$2.19	\$1.09	
Cumin (2 oz)	\$1.09–\$2.19	\$1.09	
Cayenne Pepper (2 oz)	\$1.09–\$2.19	\$1.09	
Ground Ginger (1–2 oz)	\$1.49–\$2.99	\$1.49	
Nutmeg (0.5–1 oz)	\$1.49–\$2.49	\$1.49	
Cloves (0.5–1 oz)	\$1.49–\$2.49	\$1.49	
Allspice (0.5–1 oz)	\$1.49–\$2.49	\$1.49	
Bay Leaves (0.25–0.5 oz)	\$1.09–\$1.99	\$1.09	
Oregano (0.75 oz)	\$1.09–\$2.19	\$1.09	
Basil (0.75 oz)	\$1.09–\$2.19	\$1.09	
Thyme (0.75 oz)	\$1.09–\$2.19	\$1.09	
Rosemary (0.75 oz)	\$1.09–\$2.19	\$1.09	
Sage (0.75 oz)	\$1.09–\$2.19	\$1.09	
Other Spices			
Oils, Vinegars & Condiments			
Vegetable Oil (48 oz)	\$3.49–\$5.49	\$3.49	
Canola Oil (48 oz)	\$3.49–\$5.49	\$3.49	
Olive Oil (16–17 oz)	\$6.99–\$9.99	\$6.99	
White Vinegar (16 oz)	\$0.99–\$1.49	\$0.99	
Apple Cider Vinegar (16 oz)	\$2.49–\$3.49	\$2.49	
Balsamic Vinegar (16 oz)	\$4.99–\$6.99	\$4.99	
Soy Sauce (15–20 oz)	\$2.49–\$3.49	\$2.49	
Worcestershire Sauce (10 oz)	\$2.49–\$3.49	\$2.49	
Ketchup (20 oz)	\$1.49–\$2.49	\$1.49	
Mustard (14 oz)	\$0.99–\$1.99	\$0.99	
Mayonnaise (16 oz)	\$2.49–\$3.49	\$2.49	

Pickles / Relish	\$2.49–\$3.99	\$2.49	
Other Condiments			
Beverages			
Coffee (ground, 11 oz)	\$4.99–\$7.99	\$4.99	
Tea Bags (20 ct)	\$2.49–\$3.49	\$2.49	
Orange Juice (64 oz)	\$2.49–\$3.49	\$2.49	
Apple Juice (64 oz)	\$2.49–\$3.49	\$2.49	
Sparkling Water (12-pack)	\$3.49–\$5.49	\$3.49	
Soft Drinks (2-liter)	\$1.49–\$2.49	\$1.49	
Other Beverages			
Snacks & Convenience			
Tortilla Chips (13 oz)	\$2.49–\$3.49	\$2.49	
Popcorn Kernels (1 lb)	\$1.49–\$2.49	\$1.49	
Granola Bars (6 ct)	\$2.49–\$3.49	\$2.49	
Frozen Vegetables (16 oz)	\$1.49–\$2.49	\$1.49	
Frozen Fruits (16 oz)	\$2.49–\$3.49	\$2.49	
Frozen Meals (single serve)	\$3.49–\$5.49	\$3.49	
Other Snacks / Convenience			
Canned / Jarred Goods			
Canned Tomatoes (14–28 oz)	\$1.29–\$2.49	\$1.29	
Tomato Paste (6 oz)	\$0.49–\$0.99	\$0.49	
Canned Beans (15 oz)	\$0.79–\$1.29	\$0.79	
Canned Corn (15 oz)	\$0.79–\$1.29	\$0.79	
Salsa (16–24 oz jar)	\$2.49–\$3.49	\$2.49	
Other Canned / Jarred			
