



The Coupon

Challenge Stock Up Price

updated: 1/30/2017

Produce	
Apples (per lb)	\$0.88
Avocados (each)	\$0.50
Bananas (per lb)	\$0.29
Bell Peppers (each)	\$0.50
Blackberries	\$2.00
Broccoli (per lb)	\$1.60
Carrots (per lb)	\$1.00
Celery	\$1.25
Corn (per ear)	\$0.15
Cucumbers	\$0.50
Garlic (head)	\$0.99
Grapes (per lb)	\$1.50
Kale (per lb)	\$0.99
Lemons (each)	\$0.40
Lettuce (head)	\$1.20
Limes (each)	\$0.40
Onions (3lb bag)	\$1.99
Oranges (each)	\$0.25
Peaches (per lb)	\$0.99
Pears (per lb)	\$0.99
Plums (per lb)	\$1.50
Potatoes (per 5 lb)	\$1.99
Spinach (5 oz. bag)	\$1.00
Strawberries (per lb)	\$1.25
Sweet Potatoes (per lb)	\$0.50
Tomatoes (per lb)	\$1.99
Watermelon	\$3.75
Yellow Squash (per lb)	\$0.99
Zucchini (per lb)	\$0.99

Meat	
Bacon (per lb)	\$2.00
Canned Tuna (per can)	\$0.50
Chicken - Whole (per lb)	\$0.80
Chicken - Breasts (per lb)	\$1.99
Chicken - Legs (per lb)	\$0.90
Chicken - Thighs (per lb)	\$0.90
Deli Meat (per lb)	\$2.00
Ground beef (per lb)	\$2.99
Hot Dogs (per package)	\$0.99
Pork Chops (per lb)	\$1.99
Pork Shoulder/Picnic (per lb)	\$0.99
Sausage (per lb)	\$1.75
Turkey (per lb)	\$0.79

Dairy	
Butter (1lb)	\$2.30
Cheese (per lb.)	\$1.67
Cheese Sticks (12 pk)	\$3.00
Coffee Creamer (16oz.)	\$0.60
Cottage Cheese	\$1.00
Cream Cheese*	\$0.50
Eggs	\$0.99
Ice Cream	\$1.75
Margarine	\$0.75
Milk (1 gal)	\$2.50
Sour Cream (16 oz.)*	\$0.99
Yogurt (32 oz.)	\$2.00
Yogurt (Cup)*	\$0.30

Baking	
Brown Sugar (2lb)	\$1.00
Brownie Mix	\$0.75
Cake Mix*	\$0.50
Chocolate Morsels	\$1.50
Extracts	\$1.00
Flour (4lb)	\$1.50
Frosting (can)	\$0.75
Karo Syrup	\$1.50
Non-Stick Spray	\$1.00
Olive Oil	\$4.00
Powdered Sugar (2lb)	\$0.90
Spices	\$1.00
Sugar (4lb)	\$1.00
Vegetable Oil	\$2.00
Vinegar	\$0.50
Yeast (3pk)	\$0.75

Shelf Stable	
Canned Beans*	\$0.60
Canned Chick Peas	\$0.75
Canned Fruit	\$1.00
Canned Soups	\$0.75
Canned Tomatoes	\$0.60
Canned Veggies	\$0.50
Cereal (box)	\$0.75
Chicken Broth - Can	\$0.50
Chicken Broth - Carton	\$1.00
Grits (instant)	\$1.00
Grits (lg. canister)	\$2.00
Jelly	\$0.50
Mac N Cheese*	\$0.20
Mashed Potatoes	\$0.45
Oatmeal (instant)*	\$0.75
Oatmeal (lg. canister)	\$1.50
Pancake Mix	\$0.90
Pasta (1lb box)*	\$0.25
Peanut Butter	\$1.75
Pudding/Jell-O	\$0.25
Refried Beans	\$0.50
Rice (per lb)	\$0.75
Spaghetti Sauce*	\$0.75

Items with an * are sometimes FREE

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Household	
Batteries (each)	\$0.25
Bleach	\$0.75
Dish Soap (small)*	\$0.25
Dishwasher Detergent	\$3.00
Disinfecting Wipes	\$1.00
Fabric Softener (liquid)	\$1.75
Fabric Softener (sheets)	\$0.75
Foil (75 sq.ft)	\$1.50
Glass Cleaner*	\$0.50
Laundry Detergent (50 oz)	\$1.75
Lightbulbs	\$0.25
Napkins (250 count)	\$0.75
Paper Plates	\$0.75
Paper Towels (per roll)	\$0.50
Plastic Wrap	\$1.50
Sandwich Bags*	\$0.75
Sponges (each)	\$0.25
Storage Bags	\$1.00
Tissue (per 100ct. Box)	\$0.75
Toilet Paper (per roll)	\$0.25
Trash Bags (13 gal.)	\$3.50

Condiments	
BBQ Sauce*	\$0.50
Hot Sauce*	\$0.25
Ketchup*	\$0.75
Marinade*	\$0.75
Mayo	\$1.50
Mustard*	\$0.40
Olives	\$0.75
Pickles	\$1.00
Salad Dressing*	\$0.50
Salsa	\$1.00
Soy Sauce*	\$1.00
Syrup	\$0.50

Beverages	
Coffee (per bag)	\$3.50
Juice (64oz)	\$1.00
Juice (boxes)	\$1.00
K-Cups	\$0.30
Milk (1 gal)	\$2.50
Soda - (1 liter)*	\$0.50
Soda - (12 cans)	\$1.75
Tea Bags	\$0.60

Frozen	
Bread (loaf or rolls)*	\$0.75
French Fries	\$1.00
Ice Cream	\$1.75
Juice Concentrate*	\$0.75
Pies	\$2.00
Pizza	\$2.50
Veggies*	\$0.50

Snacks	
Boxed Snack Crackers	\$0.75
Candy Bars	\$0.25
Cookies	\$0.75
Fruit Snacks*	\$0.50
Granola Bars	\$1.25
Gum*	\$0.25
Nuts (per jar)	\$1.75
Packaged Snack Crackers	\$1.00
Popcorn	\$0.75
Potato Chips	\$1.00
Pretzels	\$1.00
Tortilla Chips	\$1.00

Bakery	
Bread (loaf, whole wheat)	\$2.15
Tortillas*	\$0.50

Baby Items	
Baby Food (per jar)	\$0.30
Diapers (per diaper)	\$0.14
Lotion	\$1.00
Shampoo/Bath	\$1.00
Wipes (per wipe)	\$0.02

Personal Care	
Chapstick (each)*	\$0.25
Cough Drops*	\$0.50
Deodorant	\$0.50
Face Wash	\$1.00
Floss*	\$0.25
Hand Soap*	\$0.50
Lotion	\$2.00
Mouth Wash	\$1.00
Nail Polish*	\$0.25
Pads	\$0.75
Panty Liners*	\$0.25
Q-Tips	\$1.00
Razors*	\$1.00
Shampoo/Conditioner*	\$1.00
Shaving Cream*	\$0.99
Soap (per bar)	\$0.25
Tampons	\$0.75
Tooth Brush*	\$0.25
Tooth Paste*	\$0.25

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