



MoolaSavingMom.com Stock up Price List (after coupons)

Fresh Produce	
Item	Price
Apples / lb.	\$0.50
Baby carrots / lb.	\$0.99
bananas/ lb	\$0.33
Bell Peppers, each	\$0.50
Corn on the cob, each	\$0.20
Cucumbers, each	\$0.50
Grapes /lb.	\$0.99
Lemons /each	\$0.20
Lettuce, head	\$0.95
Onions, lb	\$0.39
Oranges, lb	\$0.75
Peaches /lb.	\$0.79
Strawberries/lb.	\$1.50
Watermelon each	\$2.00
5 lb Potatoes, russet	\$2.50

Frozen Foods	
Item	Price
Frozen dinners	\$0.80
Frozen French Fries, bag	\$1.00
Frozen Pizza	\$2.00
Frozen Vegetables	\$0.75
Ice Cream	\$1.99
Juice Concentrate	\$0.95
Whole Pies	\$2.50

Meat	
Item	Price
Ground Beef/lb.	\$1.89
Beef Roast/lb.	\$2.25
Beef Steaks/lb	\$4.00
Boneless, skinless chicken breast/lb	\$1.99
Split Chicken Breast/lb	\$0.99
Chicken legs/lb	\$0.59
Whole Chicken fryer/lb	\$0.89
Bacon/lb	\$2.00
pork chops/lb	\$1.99
pork roast/lb	\$1.75
canned chicken	\$0.75
canned tuna	\$0.50
hot dogs/package	\$0.75
sausage/lb	\$1.89
Deli Meat/lb	\$2.00

Refridgerated	
Item	Price
Reay to bake Cookie Dough	\$0.95
Crescent Rolls	\$0.30
Eggs, Dozen	\$0.99
Orange Juice, 48 oz	\$1.50
8 oz cheese	\$1.00
Butter, lb	\$2.00
Cottage Cheese, 16 oz	\$1.25
Gallon milk	\$2.00
16 oz Sour Cream	\$1.00
Regular Yogurt, each	\$0.30
Greek Yogurt	\$0.45
Creamer	\$0.75



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Shelf Stable Food Items	
Item	Price
Candy Bars	\$0.20
Gum, 12+ pack	\$0.25
Crackers	\$0.75
Mixed nuts	\$1.50
3 pk Popcorn, microwave	\$0.50
Potato Chips, 10 oz bag	\$1.00
Tortilla Chips, 10 oz+	\$1.00
canned Tomatoes	\$0.45
Canned Vegetables	\$0.40
Canned beans	\$0.40
Ketchup	\$0.50
Mayo	\$1.00
Salad dressing	\$0.60
energy bars, each	\$0.25
Fruit snacks, box	\$0.75
6 pk Granola Bars	\$0.75
Jelly/jar	\$1.00
Peanut Butteer	\$1.00
Dried Fruit, container	\$1.00
Salsa, jar	\$0.75
Pasta, lasagna, box	\$1.00
pasta, other, box	\$0.15
Spaghetti Sauce, jar	\$0.50
32 oz carton broth	\$0.65
soup, cream of	\$0.30
Soup, condensed, regular	\$0.20
Soups, ready to eat	\$0.50
non stick spray	\$0.75
5 lb flour	\$1.25
5 lb sugar	\$1.25
3 pack, strip yeast	\$0.50
instant pudding/jello	\$0.25
48 oz Vegetable oil	\$2.00
cereal, box	\$0.50
baking mix	\$1.00
24 oz Syrup	\$1.00
mac & cheese	\$0.25

Personal Care	
Items	Price
Allergy Meds (box)	\$3.00
Cold medicine (box)	\$1.00
Pain relivers	\$0.50
Band aids	\$0.50
Makeup (eye shadow)	\$0.50
Makeup (foundation)	\$3.00
Makeup (mascara)	\$1.00
Nail polish	\$0.50
mouthwash	\$0.50
face wash	\$1.00
pads (package)	\$0.25
tampons (package)	\$0.75
hair spray, gel	\$0.65
hair color	\$1.50
hair accessories	\$0.75

~Please do not pay for~	
Body wash	soap
Shampoo	lotion
Deodorant	floss
Toothpaste	toothbrushes
Air freshener	hot sauce



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boxed potatoes	\$0.45
seasoned rice, dry box	\$0.50
white rice/ lb	\$0.60
bbq sauce	\$0.15
soy sauce	\$0.50
64 oz juice	\$1.00
2 liter soda (name brand)	\$0.75
tea bags, box	\$1.00

Household	
Item	Price
Batteries, AA or AAA (ea)	\$0.25
Light bulbs (ea)	\$0.25
Paper/ream	\$1.25
storage/freezer bags (box)	\$0.50
foil 75sqft	\$1.10
storage containers (each)	\$0.50
plastic wrap	\$0.90
Facial tissue	\$0.45
napkins (package)	\$0.75
paper towels (roll)	\$0.40
Paper plates (package)	\$0.75
table ware (pacakge)	\$0.75
all purpose spray	\$0.50
wipes	\$0.50
glass cleaner	\$0.50
toilet cleaner	\$0.45
bleach, 96 oz	\$0.50
detergent/bottle	\$1.00
fabric softener	\$1.00
dishwashing tabs	\$1.00
dishwashing liquid	\$1.00
trash bags (box)	\$4.00