

Fox-26 Grocery Tracker		KROGER, 5150 Buffalo Spdwy (@Westpark)				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
PRODUCE						
Apples	Gala (per lb)	1.49	1.35	1.35		-9.4%
Bananas	(per lb)	0.46	0.49	0.49		6.5%
Carrots	(per lb)	0.88	0.88	0.88		
Iceberg Lettuce	each	0.99	1.28	1.19	-7.0%	20.2%
Tomatoes	on the vine, 1 lb.	2.49	2.69	2.28	-15.2%	-8.4%
Potatoes	Russet, 5 lb. bag	1.99	3.18	2.72	-14.5%	36.7%
Produce SubTotal		8.30	9.87	8.91	-9.7%	7.3%
FROZEN						
Fish Sticks	Gortons, 44 ct. (24.5 oz)	6.39	4.92	4.92		-23.0%
Frozen Pepperoni Pizza	Tombstone, 21.6 oz.	2.98	4.18	3.33	-20.3%	11.9%
Beef Pot Pie	Marie Callender's 16.5oz	2.50	2.60	2.49	-4.2%	-0.4%
Peas	Birds Eye, 12 oz	1.89	1.89	1.89		
Ice Cream	BlueBell, 1/2 gal./gold rim	4.99	4.29	7.19	67.6%	44.1%
MEAT						
Ground Chuck, 80/20	1 lb.	2.18	2.83	3.29	16.3%	50.9%
Chicken Breast	Boneless/Skinless, 1 lb.	1.66	3.66	3.66		120.5%
Pork Tenderloin	1 lb.	3.99	4.49	5.99	33.4%	50.1%
Bacon	Oscar Mayer, 1 lb.	6.99	4.99	3.99	-20.0%	-42.9%
Beef Hot Dogs	Ball Park, 1 lb.	4.99	4.99	5.49	10.0%	10.0%
Sliced Turkey	Oscar Mayor, Pre-packed, 1 lb	6.99	4.19	5.99	43.0%	-14.3%
PASTA/RICE						
Hamburger Helper	Betty Crocker, 5.5 oz	1.50	1.53	1.53		2.0%
Macaroni & Cheese	Kraft, Thick+Creamy, 7.25oz	1.49	1.65	1.65		10.7%
Spaghetti	Skinner, 12 oz.	0.88	1.59	1.59		80.7%
Spaghetti Sauce	Ragu, Traditional, 1 lb. 10 oz.	1.84	1.82	1.82		-1.1%
Rice	Minute Rice, 14 oz.	2.19	1.99	2.29	15.1%	4.6%

Fox-26 Grocery Tracker

KROGER, 5150 Buffalo Spdwy (@Westpark)

		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
Brand/Detail						
BAKING						
Lt. Brown Sugar	Imperial, 32 oz	1.79	2.09	2.09		16.8%
White Granulated Sugar	Imperial, 4 lbs.	2.79	2.59	2.99	15.4%	7.2%
Cake Mix	Betty Crocker, 18.4 oz.	1.39	2.52	2.11	-16.3%	51.9%
All-Purpose Flour, Bleached	Gold Medal, 2 lb.	1.59	1.79	1.79		12.6%
Gelatin Mix	Jell-O, 3 oz.	0.79	0.89	0.89		12.7%
Vegetable Oil	Crisco, 16 oz.	1.99	2.39	2.39		20.1%
CONDIMENTS/CANNED GOODS						
Strawberry Jam	Smuckers, 18 oz.	3.19	2.98	3.19	7.0%	
Mayonaise	Hellmans, 30 oz.	3.88	3.83	3.98	3.9%	2.6%
Yellow Mustard	French's Classic, 14 oz.	1.75	1.69	1.75	3.6%	
Creamy Peanut Butter	Jif, 28 oz.	3.79	3.99	4.99	25.1%	31.7%
Apple Cider Vinegar	Heinz, 32 oz.	2.09	2.09	2.09		
Tomato Sauce	Hunts, 8 oz.	0.44	0.55	0.55	-0.9%	23.9%
Chicken Noodle Soup	Campbell's Classic, 10 3/4 oz	1.00	0.67	0.79	18.5%	-21.0%
BREAD/CEREAL/COOKIES						
Sandwich Bread	Orowheat Oatnut, 1 lb. 8 oz.	4.19	4.39	3.25	-26.0%	-22.4%
Flour Tortillas	Mission, 10 count	1.59	1.69	1.79	5.9%	12.6%
Lucky Charms	General Mills, 11.5 oz.	2.87	2.87	2.94	2.4%	2.4%
Corn Flakes	Kellogg's, 24 oz.	3.19	3.43	3.43		7.5%
Oreos	Nabisco, 16.6 oz.	2.78	3.19	3.19		14.8%
Graham Crackers	Nabisco, 14.4 oz.	3.79	3.49	3.99	14.3%	5.3%
DAIRY						
Whole Milk	1 Gal. (store brand)	3.18	3.48	3.48		9.4%
Butter	Land o Lakes, 1 lb.	4.39	4.39	3.89	-11.4%	-11.4%
Eggs	Eggland's Best, 1 doz. Large	2.59	2.79	2.79		7.7%
American Cheese Singles	Kraft, 12 oz. - 16 ct.	2.49	3.69	2.49	-32.5%	
DRINKS						
Cola	Coca Cola, 2 ltr.	1.25	1.25	1.33	6.7%	6.7%
Juice Boxes	Capri Sun, 6oz-10 ct	1.78	1.97	2.19	11.2%	23.0%
Orange Juice	Tropicana, 59 oz.	2.48	2.94	2.99	1.7%	20.6%
Bottles of Water	Ozarka, .5 ltr. - 6 ct.	2.29	1.99	2.29	15.1%	
Coffee Grounds	Foldger's, 11.3 oz.	4.19	4.79	4.79		14.3%
Tea Bags	Lipton, 48 ct.	2.65	2.50	2.69	7.6%	1.5%

Note: Italicized prices are adjusted for volume

Fox-26 Grocery Tracker		KROGER, 5150 Buffalo Spdwy (@Westpark)				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
SNACKS						
Potato Chips	Lays, Classic, 11 oz.	2.60	3.13	2.61	-16.7%	0.3%
Corn Chips	Tostitos Rest. Style, 13 oz.	2.50	1.99	2.98	49.7%	19.2%
Mixed Nuts	Planters, > 50% peanuts, 17oz.	4.99	7.92	9.06	14.3%	81.5%
Chewing Gum	Wrigley's, Slim Pack, 3 ct.	2.00	2.12	2.12		6.0%
Chocolate Bar	Hershey's, 1.55 oz., 6 ct.	4.49	3.00	4.22	40.7%	-6.0%
PET FOOD						
Dog Food	Kibbles & Bits, Original, 19.36 lbs	11.48	13.18	13.18		14.8%
Cat Food	Meow Mix, 56 oz. (3.5 lbs)	4.99	3.98	3.98		-20.2%
HOUSEHOLD						
Bleach	Clorox, Reg. 96 oz.	1.99	1.99	1.99		
Dishwashing Liquid	Dawn, Original, 24. oz.	2.49	2.83	2.83		13.7%
Dishwasher Detergent	Cascade, powder, 45 oz.	3.69	3.99	3.99		8.1%
Glass Cleaner	Windex, original, 26 oz.	3.39	2.99	3.39	13.4%	
Laundry Detergent	Tide, powder, 70 oz.	8.99	13.11	17.48	33.3%	94.5%
Toilet Bowl Cleaner	Lysol, Cling, 24 oz.	2.49	1.97	1.97		-20.9%
Aluminum Foil	Reynolds, 200 sq. ft	8.99	9.29	9.29		3.3%
Trash Bags	Hefty, Easy Flap 13 gal., 80 ct.	7.19	7.69	7.69		7.0%
Tissues	Kleenex, White, 2 ply, 200 count	2.35	2.27	1.62	-28.7%	-31.1%
Sandwich Bags	Ziploc, 120 ct.	3.29	3.49	4.43	26.9%	34.6%
Toilet Paper	Charmin, Ultra Soft, 24 dbl. rolls	12.79	15.94	15.94		24.6%
HEALTH & BEAUTY						
Cold & Flu Medicine	NyQuil, 6 oz.	6.34	4.49	4.49		-29.1%
Cotton Swabs	Q-Tips, 375 ct.	2.89	2.89	3.08	6.6%	6.6%
Deodorant	Speed Stick, Reg. 2 oz.	2.89	1.79	0.88	-50.8%	-69.6%
Shampoo	Pantene, 12.6 oz.	4.17	3.99	3.99		-4.3%
Tooth Paste	Crest, Reg. 6.4 oz.	2.34	2.34	2.34		
Vitamins	One-a-Day Women's, 60 ct.	4.59	6.13	6.13		33.6%
TOTALS		247.85	260.92	272.82	4.6%	10.1%

Fox-26 Grocery Tracker		HEB, 2660 Fountainview (@Westheimer)				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
PRODUCE						
Apples	Gala (per lb)	1.27	1.58	1.35	-14.6%	6.3%
Bananas	(per lb)	0.44	0.48	0.48		9.1%
Carrots	(per lb)	0.69	0.88	0.88		27.5%
Iceberg Lettuce	each	0.99	1.28	1.14	-10.9%	15.2%
Tomatoes	on the vine, 1 lb.	2.38	1.98	1.84	-7.1%	-22.7%
Potatoes	Russet, 5 lb. bag	2.27	1.97	1.99	1.0%	-12.3%
Produce SubTotal		8.04	8.17	7.68	-6.0%	-4.5%
FROZEN						
Fish Sticks	Gortons, 44 ct. (24.5 oz)	4.98	7.22	7.22		44.9%
Frozen Pepperoni Pizza	Tombstone, 21.6 oz.	3.99	3.48	4.18	20.1%	4.8%
Beef Pot Pie	Marie Callender's 16.5oz	2.69	2.59	2.59		-3.7%
Peas	Birds Eye, 12 oz	2.00	2.10	2.10		5.2%
Ice Cream	BlueBell, 1/2 gal./gold rim	3.50	5.98	6.00	0.3%	71.4%
MEAT						
Ground Chuck, 80/20	1 lb.	2.78	2.98	2.98		7.2%
Chicken Breast	Boneless/Skinless, 1 lb.	2.79	3.66	3.99	9.0%	43.0%
Pork Tenderloin	1 lb.	2.97	3.98	3.98		34.0%
Bacon	Oscar Mayer, 1 lb.	4.98	4.88	4.48	-8.2%	-10.0%
Beef Hot Dogs	Ball Park, 1 lb.	3.48	2.98	3.99	33.9%	14.7%
Sliced Turkey	Oscar Mayor, Pre-packed, 1 lb	5.78	4.88	4.98	2.0%	-13.8%
PASTA/RICE						
Hamburger Helper	Betty Crocker, 5.5 oz	1.59	1.53	1.53		-3.8%
Macaroni & Cheese	Kraft, Thick+Creamy, 7.25oz	1.36	1.44	1.44		5.9%
Spaghetti	Skinner, 12 oz.	1.04	1.16	1.18	1.7%	13.5%
Spaghetti Sauce	Ragu, Traditional, 1 lb. 10 oz.	1.84	1.99	1.82	-8.7%	-1.1%
Rice	Minute Rice, 14 oz.	1.89	1.99	1.98	-0.5%	4.8%

Fox-26 Grocery Tracker

HEB, 2660 Fountainview (@Westheimer)

		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
	Brand/Detail					
BAKING						
Lt. Brown Sugar	Imperial, 32 oz	2.08	1.84	1.84		-11.5%
White Granulated Sugar	Imperial, 4 lbs.	2.48	2.54	2.54		2.4%
Cake Mix	Betty Crocker, 18.4 oz.	0.94	1.38	1.38		46.3%
All-Purpose Flour, Bleached	Gold Medal, 2 lb.	1.29	1.29	1.38	7.0%	7.0%
Gelatin Mix	Jell-O, 3 oz.	0.75	0.75	0.75		
Vegetable Oil	Crisco, 16 oz.	1.99	2.32	2.32		16.6%
CONDIMENTS/CANNED GOODS						
Strawberry Jam	Smuckers, 18 oz.	2.58	2.98	2.78	-6.7%	7.8%
Mayonaise	Hellmans, 30 oz.	3.48	3.48	3.68	5.7%	5.7%
Yellow Mustard	French's Classic, 14 oz.	1.68	1.68	1.68		
Creamy Peanut Butter	Jif, 28 oz.	3.29	3.29	4.19	27.2%	27.2%
Apple Cider Vinegar	Heinz, 32 oz.	1.98	1.98	1.98		
Tomato Sauce	Hunts, 8 oz.	0.33	0.44	0.50	13.6%	51.5%
Chicken Noodle Soup	Campbell's Classic, 10 3/4 oz	1.00	0.82	0.79	-3.7%	-21.0%
BREAD/CEREAL/COOKIES						
Sandwich Bread	Orowheat Oatnut, 1 lb. 8 oz.	2.88	2.96	2.98	0.7%	3.5%
Flour Tortillas	Mission, 10 count	1.78	1.58	1.88	19.0%	5.6%
Lucky Charms	General Mills, 11.5 oz.	2.33	2.54	2.54	0.1%	9.1%
Corn Flakes	Kellogg's, 24 oz.	3.71	3.57	3.52	-1.5%	-5.1%
Oreos	Nabisco, 16.6 oz.	2.88	3.08	3.08		7.1%
Graham Crackers	Nabisco, 14.4 oz.	3.78	3.85	2.98	-22.6%	-21.2%
DAIRY						
Whole Milk	1 Gal. (store brand)	3.28	3.48	3.48		6.1%
Butter	Land o Lakes, 1 lb.	3.22	4.28	3.68	-14.0%	14.3%
Eggs	Eggland's Best, 1 doz. Large	2.50	2.21	2.36	6.8%	-5.6%
American Cheese Singles	Kraft, 12 oz. - 16 ct.	2.48	2.76	2.76		11.3%
DRINKS						
Cola	Coca Cola, 2 ltr.	1.25	1.55	1.67	7.6%	33.6%
Juice Boxes	Capri Sun, 6oz-10 ct	1.80	1.94	1.94		7.8%
Orange Juice	Tropicana, 59 oz.	2.98	2.94	2.94		-1.3%
Bottles of Water	Ozarka, .5 ltr. - 6 ct.	1.66	1.50	1.79	19.3%	7.8%
Coffee Grounds	Foldger's, 11.3 oz.	3.69	3.98	3.88	-2.5%	5.1%
Tea Bags	Lipton, 48 ct.	2.34	2.44	2.49	2.0%	6.4%

Note: Italicized prices are adjusted for volume

Fox-26 Grocery Tracker		HEB, 2660 Fountainview (@Westheimer)				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
SNACKS						
Potato Chips	Lays, Classic, 11 oz.	2.28	2.81	2.81		23.1%
Corn Chips	Tostitos Rest. Style, 13 oz.	3.50	2.98	2.98		-14.9%
Mixed Nuts	Planters, > 50% peanuts, 17oz.	5.99	8.05	7.39	-8.2%	23.4%
Chewing Gum	Wrigley's, Slim Pack, 3 ct.	2.06	2.06	1.89	-8.3%	-8.3%
Chocolate Bar	Hershey's, 1.55 oz., 6 ct.	3.38	3.94	3.94		16.6%
PET FOOD						
Dog Food	Kibbles & Bits, Original, 19.36 lbs	12.64	11.98	10.96	-8.5%	-13.3%
Cat Food	Meow Mix, 56 oz. (3.5 lbs)	3.89	3.98	3.88	-2.5%	-0.3%
HOUSEHOLD						
Bleach	Clorox, Reg. 96 oz.	1.88	1.98	1.98		5.3%
Dishwashing Liquid	Dawn, Original, 24. oz.	2.48	2.48	2.82	14.0%	13.8%
Dishwasher Detergent	Cascade, powder, 45 oz.	2.99	3.36	3.36		12.4%
Glass Cleaner	Windex, original, 26 oz.	2.45	2.97	2.47	-16.8%	0.8%
Laundry Detergent	Tide, powder, 70 oz.	7.89	11.55	11.55		46.4%
Toilet Bowl Cleaner	Lysol, Cling, 24 oz.	2.00	1.88	1.88		-6.0%
Aluminum Foil	Reynolds, 200 sq. ft	8.67	7.97	7.97		-8.1%
Trash Bags	Hefty, Easy Flap 13 gal., 80 ct.	11.98	10.75	10.75		-10.3%
Tissues	Kleenex, White, 2 ply, 200 count	1.47	1.80	1.60	-11.5%	8.7%
Sandwich Bags	Ziploc, 120 ct.	5.23	3.46	3.46		-33.9%
Toilet Paper	Charmin, Ultra Soft, 24 dbl. rolls	14.98	14.96	15.38	2.8%	2.7%
HEALTH & BEAUTY						
Cold & Flu Medicine	NyQuil, 6 oz.	4.99	3.74	3.86	3.0%	-22.7%
Cotton Swabs	Q-Tips, 375 ct.	2.83	2.69	2.69		-5.1%
Deodorant	Speed Stick, Reg. 2 oz.	1.49	1.34	1.34		-10.0%
Shampoo	Pantene, 12.6 oz.	3.49	3.98	3.78	-5.0%	8.3%
Tooth Paste	Crest, Reg. 6.4 oz.	1.96	1.96	1.96		
Vitamins	One-a-Day Women's, 60 ct.	5.89	4.99	5.73	14.8%	-2.7%
TOTALS		238.54	248.12	248.31	0.1%	4.1%

Fox-26 Grocery Tracker		WALMART, 2727 Dunvale (@ Westheimer)				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
PRODUCE						
Apples	Gala (per lb)	1.27	1.17	1.17		-7.9%
Bananas	(per lb)	0.44	0.48	0.48		9.1%
Carrots	(per lb)	0.74	0.78	0.78		5.4%
Iceberg Lettuce	each	0.94	0.98	1.12	14.3%	19.1%
Tomatoes	on the vine, 1 lb.	1.98	1.88	1.84	-2.1%	-7.1%
Potatoes	Russet, 5 lb. bag	1.77	0.75	2.47	229.3%	39.5%
Produce SubTotal		7.14	6.04	7.86	30.1%	10.1%
FROZEN						
Fish Sticks	Gortons, 44 ct. (24.5 oz)	4.92	4.92	7.22	46.7%	46.7%
Frozen Pepperoni Pizza	Tombstone, 21.6 oz.	3.33	3.68	3.68		10.5%
Beef Pot Pie	Marie Callender's 16.5oz	2.50	2.58	2.58		3.2%
Peas	Birds Eye, 12 oz	0.98	0.98	0.98		
Ice Cream	BlueBell, 1/2 gal./gold rim	6.25	5.25	6.00	14.3%	-4.0%
MEAT						
Ground Chuck, 80/20	1 lb.	2.48	2.58	2.98	15.5%	20.2%
Chicken Breast	Boneless/Skinless, 1 lb.	3.33	3.33	3.18	-4.5%	-4.5%
Pork Tenderloin	1 lb.	3.78	4.48	4.48		18.5%
Bacon	Oscar Mayer, 1 lb.	3.48	4.88	4.48	-8.2%	28.7%
Beef Hot Dogs	Ball Park, 1 lb.	3.48	3.48	3.78	8.6%	8.6%
Sliced Turkey	Oscar Mayor, Pre-packed, 1 lb	4.88	5.28	4.98	-5.7%	2.0%
PASTA/RICE						
Hamburger Helper	Betty Crocker, 5.5 oz	1.50	1.50	1.50		
Macaroni & Cheese	Kraft, Thick+Creamy, 7.25oz	1.14	1.38	1.38		21.1%
Spaghetti	Skinner, 12 oz.	1.04	1.04	1.18	13.5%	13.5%
Spaghetti Sauce	Ragu, Traditional, 1 lb. 10 oz.	1.84	1.73	1.82	5.2%	-1.1%
Rice	Minute Rice, 14 oz.	1.72	1.84	2.12	15.2%	23.3%

Fox-26 Grocery Tracker

WALMART, 2727 Dunvale (@ Westheimer)

		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
	Brand/Detail					
BAKING						
Lt. Brown Sugar	Imperial, 32 oz	1.62	1.82	1.86	2.2%	14.8%
White Granulated Sugar	Imperial, 4 lbs.	2.54	2.54	2.54		
Cake Mix	Betty Crocker, 18.4 oz.	1.06	1.28	1.28	-0.1%	20.7%
All-Purpose Flour, Bleached	Gold Medal, 2 lb.	0.83	1.22	1.22		47.0%
Gelatin Mix	Jell-O, 3 oz.	0.52	0.62	0.62		19.2%
Vegetable Oil	Crisco, 16 oz.	1.98	1.98	1.88	-5.1%	-5.1%
CONDIMENTS/CANNED GOODS						
Strawberry Jam	Smuckers, 18 oz.	2.12	2.38	2.78	16.8%	31.1%
Mayonaise	Hellmans, 30 oz.	3.26	3.48	3.98	14.4%	22.1%
Yellow Mustard	French's Classic, 14 oz.	1.08	1.48	1.48		37.0%
Creamy Peanut Butter	Jif, 28 oz.	3.08	3.18	3.98	25.2%	29.2%
Apple Cider Vinegar	Heinz, 32 oz.	1.56	1.56	1.56		
Tomato Sauce	Hunts, 8 oz.	0.34	0.38	0.38		11.8%
Chicken Noodle Soup	Campbell's Classic, 10 3/4 oz	0.68	0.60	0.68	13.3%	
BREAD/CEREAL/COOKIES						
Sandwich Bread	Orowheat Oatnut, 1 lb. 8 oz.	2.48	3.38	2.98	-11.8%	20.2%
Flour Tortillas	Mission, 10 count	1.62	1.72	1.38	-19.8%	-14.8%
Lucky Charms	General Mills, 11.5 oz.	2.54	2.54	2.50	-1.6%	-1.6%
Corn Flakes	Kellogg's, 24 oz.	2.78	3.42	3.42		23.0%
Oreos	Nabisco, 16.6 oz.	2.78	3.19	3.19		14.8%
Graham Crackers	Nabisco, 14.4 oz.	3.28	2.98	2.98		-9.1%
DAIRY						
Whole Milk	1 Gal. (store brand)	2.78	3.48	3.48		25.2%
Butter	Land o Lakes, 1 lb.	3.48	3.48	3.48		
Eggs	Eggland's Best, 1 doz. Large	2.38	2.36	2.78	17.8%	16.8%
American Cheese Singles	Kraft, 12 oz. - 16 ct.	2.38	3.28	2.88	-12.2%	21.0%
DRINKS						
Cola	Coca Cola, 2 ltr.	1.48	1.28	1.28		-13.5%
Juice Boxes	Capri Sun, 6oz-10 ct	1.78	1.74	2.28	31.0%	28.1%
Orange Juice	Tropicana, 59 oz.	2.92	3.08	3.08		5.5%
Bottles of Water	Ozarka, .5 ltr. - 6 ct.	1.24	0.99	1.23	24.2%	-0.8%
Coffee Grounds	Foldger's, 11.3 oz.	3.88	3.68	3.68		-5.2%
Tea Bags	Lipton, 48 ct.	2.18	2.42	2.42		11.0%

Note: Italicized prices are adjusted for volume

Fox-26 Grocery Tracker		WALMART, 2727 Dunvale (@ Westheimer)				
		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
Brand/Detail						
SNACKS						
Potato Chips	Lays, Classic, 11 oz.	2.50	2.70	2.58	-4.5%	3.2%
Corn Chips	Tostitos Rest. Style, 13 oz.	2.98	2.98	2.98		
Mixed Nuts	Planters, > 50% peanuts, 17oz.	4.98	6.21	6.78	9.1%	36.1%
Chewing Gum	Wrigley's, Slim Pack, 3 ct.	2.00	1.75	2.00	14.3%	
Chocolate Bar	Hershey's, 1.55 oz., 6 ct.	3.18	3.94	3.94		23.9%
PET FOOD						
Dog Food	Kibbles & Bits, Original, 19.36 lbs	11.48	11.98	13.18	10.0%	14.8%
Cat Food	Meow Mix, 56 oz. (3.5 lbs)	3.49	3.98	3.98		14.0%
HOUSEHOLD						
Bleach	Clorox, Reg. 96 oz.	1.67	1.98	1.98		18.6%
Dishwashing Liquid	Dawn, Original, 24. oz.	2.47	1.94	1.94		-21.6%
Dishwasher Detergent	Cascade, powder, 45 oz.	2.96	3.36	3.36		13.5%
Glass Cleaner	Windex, original, 26 oz.	2.01	2.01	2.01		-0.2%
Laundry Detergent	Tide, powder, 70 oz.	7.97	11.78	11.55	-1.9%	44.9%
Toilet Bowl Cleaner	Lysol, Cling, 24 oz.	1.88	1.88	1.97	4.8%	4.8%
Aluminum Foil	Reynolds, 200 sq. ft	7.37	7.44	7.88	5.9%	6.9%
Trash Bags	Hefty, Easy Flap 13 gal., 80 ct.	5.96	7.47	7.47		25.3%
Tissues	Kleenex, White, 2 ply, 200 count	1.47	1.60	1.60		8.7%
Sandwich Bags	Ziploc, 120 ct.	2.67	2.88	3.58	24.2%	33.9%
Toilet Paper	Charmin, Ultra Soft, 24 dbl. rolls	9.97	14.17	14.87	4.9%	49.1%
HEALTH & BEAUTY						
Cold & Flu Medicine	NyQuil, 6 oz.	4.12	4.31	4.31		4.5%
Cotton Swabs	Q-Tips, 375 ct.	2.12	1.74	2.23	28.4%	5.1%
Deodorant	Speed Stick, Reg. 2 oz.	1.44	0.98	0.98		-31.9%
Shampoo	Pantene, 12.6 oz.	3.47	3.78	3.78		8.9%
Tooth Paste	Crest, Reg. 6.4 oz.	1.96	1.96	1.96		
Vitamins	One-a-Day Women's, 60 ct.	5.73	5.73	5.73		
TOTALS		210.29	229.04	240.09	4.8%	14.2%

Fox-26 Grocery Tracker		3 Store Average				
		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
Brand/Detail						
PRODUCE						
Apples	Gala (per lb)	1.34	1.37	1.29	-5.6%	-4.0%
Bananas	(per lb)	0.45	0.48	0.48		8.2%
Carrots	(per lb)	0.77	0.85	0.85		10.0%
Iceberg Lettuce	each	0.97	1.18	1.15	-2.5%	18.2%
Tomatoes	on the vine, 1 lb.	2.28	2.18	1.99	-9.0%	-13.0%
Potatoes	Russet, 5 lb. bag	2.01	1.97	2.39	21.7%	19.1%
Produce SubTotal		7.83	8.03	8.15	1.5%	4.1%
FROZEN						
Fish Sticks	Gortons, 44 ct. (24.5 oz)	5.43	5.69	6.45	13.5%	18.8%
Frozen Pepperoni Pizza	Tombstone, 21.6 oz.	3.43	3.78	3.73	-1.3%	8.7%
Beef Pot Pie	Marie Callender's 16.5oz	2.56	2.59	2.55	-1.4%	-0.4%
Peas	Birds Eye, 12 oz	1.62	1.66	1.66		2.1%
Ice Cream	BlueBell, 1/2 gal./gold rim	4.91	5.17	6.40	23.6%	30.2%
MEAT						
Ground Chuck, 80/20	1 lb.	2.48	2.80	3.08	10.3%	24.3%
Chicken Breast	Boneless/Skinless, 1 lb.	2.59	3.55	3.61	1.7%	39.2%
Pork Tenderloin	1 lb.	3.58	4.32	4.82	11.6%	34.5%
Bacon	Oscar Mayer, 1 lb.	5.15	4.92	4.32	-12.2%	-16.2%
Beef Hot Dogs	Ball Park, 1 lb.	3.98	3.82	4.42	15.8%	11.0%
Sliced Turkey	Oscar Mayor, Pre-packed, 1 lb	5.88	4.78	5.32	11.1%	-9.6%
PASTA/RICE						
Hamburger Helper	Betty Crocker, 5.5 oz	1.53	1.52	1.52		-0.7%
Macaroni & Cheese	Kraft, Thick+Creamy, 7.25oz	1.33	1.49	1.49		12.0%
Spaghetti	Skinner, 12 oz.	0.99	1.26	1.32	4.2%	33.4%
Spaghetti Sauce	Ragu, Traditional, 1 lb. 10 oz.	1.84	1.85	1.82	-1.5%	-1.1%
Rice	Minute Rice, 14 oz.	1.93	1.94	2.13	9.8%	10.2%

Fox-26 Grocery Tracker

3 Store Average

		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
	Brand/Detail					
BAKING						
Lt. Brown Sugar	Imperial, 32 oz	1.83	1.92	1.93	0.7%	5.5%
White Granulated Sugar	Imperial, 4 lbs.	2.60	2.56	2.69	5.2%	3.3%
Cake Mix	Betty Crocker, 18.4 oz.	1.13	1.73	1.59	-7.9%	40.6%
All-Purpose Flour, Bleached	Gold Medal, 2 lb.	1.24	1.43	1.46	2.1%	18.3%
Gelatin Mix	Jell-O, 3 oz.	0.69	0.75	0.75		9.7%
Vegetable Oil	Crisco, 16 oz.	1.99	2.23	2.20	-1.5%	10.6%
CONDIMENTS/CANNED GOODS						
Strawberry Jam	Smuckers, 18 oz.	2.63	2.78	2.92	4.9%	10.9%
Mayonaise	Hellmans, 30 oz.	3.54	3.60	3.88	7.9%	9.6%
Yellow Mustard	French's Classic, 14 oz.	1.50	1.62	1.64	1.2%	8.9%
Creamy Peanut Butter	Jif, 28 oz.	3.39	3.49	4.39	25.8%	29.5%
Apple Cider Vinegar	Heinz, 32 oz.	1.88	1.88	1.88		0.0%
Tomato Sauce	Hunts, 8 oz.	0.37	0.46	0.48	4.0%	28.4%
Chicken Noodle Soup	Campbell's Classic, 10 3/4 oz	0.89	0.70	0.75	8.3%	-15.7%
BREAD/CEREAL/COOKIES						
Sandwich Bread	Orowheat Oatnut, 1 lb. 8 oz.	3.18	3.58	3.07	-14.2%	-3.6%
Flour Tortillas	Mission, 10 count	1.66	1.66	1.68	1.2%	1.2%
Lucky Charms	General Mills, 11.5 oz.	2.58	2.65	2.66	0.4%	3.1%
Corn Flakes	Kellogg's, 24 oz.	3.23	3.47	3.46	-0.5%	7.1%
Oreos	Nabisco, 16.6 oz.	2.81	3.16	3.16		12.2%
Graham Crackers	Nabisco, 14.4 oz.	3.62	3.44	3.32	-3.6%	-8.3%
DAIRY						
Whole Milk	1 Gal. (store brand)	3.08	3.48	3.48		13.0%
Butter	Land o Lakes, 1 lb.	3.70	4.05	3.68	-9.1%	-0.4%
Eggs	Eggland's Best, 1 doz. Large	2.49	2.45	2.64	7.7%	6.2%
American Cheese Singles	Kraft, 12 oz. - 16 ct.	2.45	3.24	2.71	-16.4%	10.6%
DRINKS						
Cola	Coca Cola, 2 ltr.	1.33	1.36	1.43	4.9%	7.6%
Juice Boxes	Capri Sun, 6oz-10 ct	1.79	1.88	2.14	13.5%	19.6%
Orange Juice	Tropicana, 59 oz.	2.79	2.99	3.00	0.6%	7.5%
Bottles of Water	Ozarka, .5 ltr. - 6 ct.	1.73	1.49	1.77	18.5%	2.3%
Coffee Grounds	Foldger's, 11.3 oz.	3.92	4.15	4.12	-0.8%	5.0%
Tea Bags	Lipton, 48 ct.	2.39	2.45	2.53	3.3%	6.0%

Note: Italicized prices are adjusted for volume

Fox-26 Grocery Tracker		3 Store Average				
Brand/Detail		Jan 7 2011	Oct 3 2011	Feb 7 2012	4 mo. Change (Since Oct. '11)	13 mo. Change (Since Jan '11)
SNACKS						
Potato Chips	Lays, Classic, 11 oz.	2.46	2.88	2.67	-7.5%	8.3%
Corn Chips	Tostitos Rest. Style, 13 oz.	2.99	2.65	2.98	12.5%	-0.4%
Mixed Nuts	Planters, > 50% peanuts, 17oz.	5.32	7.40	7.74	4.7%	45.5%
Chewing Gum	Wrigley's, Slim Pack, 3 ct.	2.02	1.98	2.00	1.3%	-0.8%
Chocolate Bar	Hershey's, 1.55 oz., 6 ct.	3.68	3.63	4.03	11.2%	9.5%
PET FOOD						
Dog Food	Kibbles & Bits, Original, 19.36 lbs	11.87	12.38	12.44	0.5%	4.8%
Cat Food	Meow Mix, 56 oz. (3.5 lbs)	4.12	3.98	3.95	-0.8%	-4.3%
HOUSEHOLD						
Bleach	Clorox, Reg. 96 oz.	1.85	1.98	1.98		7.4%
Dishwashing Liquid	Dawn, Original, 24. oz.	2.48	2.41	2.53	4.8%	2.0%
Dishwasher Detergent	Cascade, powder, 45 oz.	3.21	3.57	3.57		11.1%
Glass Cleaner	Windex, original, 26 oz.	2.62	2.66	2.62	-1.3%	0.2%
Laundry Detergent	Tide, powder, 70 oz.	8.28	12.15	13.53	11.4%	63.3%
Toilet Bowl Cleaner	Lysol, Cling, 24 oz.	2.12	1.91	1.94	1.6%	-8.6%
Aluminum Foil	Reynolds, 200 sq. ft	8.34	8.23	8.38	1.8%	0.4%
Trash Bags	Hefty, Easy Flap 13 gal., 80 ct.	8.38	8.64	8.64		3.1%
Tissues	Kleenex, White, 2 ply, 200 count	1.76	1.89	1.61	-15.1%	-9.0%
Sandwich Bags	Ziploc, 120 ct.	3.73	3.28	3.82	16.6%	2.4%
Toilet Paper	Charmin, Ultra Soft, 24 dbl. rolls	12.58	15.02	15.40	2.5%	22.4%
HEALTH & BEAUTY						
Cold & Flu Medicine	NyQuil, 6 oz.	5.15	4.18	4.22	0.9%	-18.1%
Cotton Swabs	Q-Tips, 375 ct.	2.61	2.44	2.66	9.3%	1.9%
Deodorant	Speed Stick, Reg. 2 oz.	1.94	1.37	1.07	-22.1%	-45.0%
Shampoo	Pantene, 12.6 oz.	3.71	3.92	3.85	-1.7%	3.8%
Tooth Paste	Crest, Reg. 6.4 oz.	2.09	2.09	2.09		
Vitamins	One-a-Day Women's, 60 ct.	5.40	5.62	5.86	4.4%	8.5%
TOTALS		232.23	246.03	253.74	3.1%	9.3%