Food Lion	Brand	2012	2013	2013 sale
apples	Fuji, each	$1.79	$1.69	$1.69
bananas	per banana	$0.57	$0.57	$0.57
carrots	Whole, 2 lbs	$3.69	$1.49	$1.49
potatoes	Russett, each	$4.50	$2.99	$2.99
onions	White, each	$1.14	$1.49	$0.89
salad mix	Dole Spring, 12 oz.	$3.59	$2.59	$2.59
broccoli	per bunch	$2.48	$1.79	$1.79
tomatoes	per tomato	$1.69	$1.99	$1.99
strawberries	per pound	$1.99	$2.50	$2.50
coffee	Folger's Classic Roast, 33.9 oz	$11.39	$10.29	$10.29
salad dressing	Hidden Valley Ranch, 16 oz	$4.79	$3.29	$3.00
spaghetti sauce	Prego Traditional, 24 oz	$2.39	$2.39	$2.39
ketchup	Heinz, 34 oz	$2.99	$3.29	$3.29
mayo	Hellmann's, 30 oz	$4.99	$4.69	$4.69
mac and cheese	Kraft Velveeta Shells, 12 oz.	$2.29	$2.50	$2.50
rice	Mahatma, 2 lbs	$2.49	$2.59	$2.00
peanut butter	Jif Creamy, 18 oz.	$3.59	$3.29	$3.29
crackers	Ritz original, 15.1 oz	$4.59	$4.59	$2.50
oatmeal	Quaker Old Fashioned, 42 oz	$4.69	$4.69	$4.69
flour'	Gold, 5 lbs	$2.79	$2.79	$2.79
bread	Nature's Own Wheat, loaf	$3.19	$3.29	$3.29
cereal	Cheerios, 14 oz	$3.49	$3.69	$3.69
noodles	Barilla penne, 1 lb	$1.79	$1.99	$1.99
sugar	Domino, 4 lbs	$3.89	$3.19	$3.19
chips	Lays Classic, 10 oz	$4.29	$4.29	$3.00
hot dogs	Oscar Meyer beef, 10-pk	$3.99	$4.49	$4.49
lunch meat	Oscar Meyer Deli Fresh, 1lb	$5.99	$5.99	$4.99
cheese	Kraft singles, 24-pk	$3.99	$3.99	$3.99
juice boxes	Caprisun, 10-pk	$2.69	$2.69	$2.00
soda	Coke, 12-pk	$5.89	$5.59	$4.99
ground beef	93 percent lean	$5.08	$5.08	$5.08
chicken breast	Perdue	$3.99	$4.79	$4.79
ribeye	per pound	$10.29	$10.49	$10.49
ice cream	Breyer's vanilla, 1.5 qt	$6.99	$3.49	$2.50
frozen veg	Bird's Eye mixed, 12 oz	$2.79	$2.19	$1.66
frozen pizza	Digiorno, per pizza	$5.99	$6.49	$5.69
eggs	Eggland, dozen	$2.90	$3.19	$3.19
milk	2 percent, gallon	$3.05	$3.09	$3.09
orange juice	Tropicana, 59 oz	$3.79	$3.69	$3.59
yogurt	Dannon plain, 32 oz	$2.50	$2.59	$2.59
butter	Land O Lakes, 1 lb	$3.99	$4.89	$4.29
bottled water	Deer Park, 24-pk	$5.49	$4.99	$3.99
toilet paper	Charmin, 6-pk	$11.99	$7.99	$6.99
paper towels	Bounty, 8-pk	$9.99	$9.99	$6.99
freezer bags	Ziploc gallon, 30-pk	$5.29	$5.29	$5.29
laundry detergent	Tide, 96 loads	$21.19	$21.19	$21.19

dish detergent	Cascade, 75 oz	$5.49	$5.49	$4.99
tissues	Puffs, 180 count	$2.29	$2.29	$2.29
soup	Campbell's chicken noodle	$1.79	$1.79	$1.79
diapers	Pampers Size 3, 96-pk	$26.99	$26.99	$24.29
cookies	Oreos, 15 oz	$3.99	$3.99	$2.99
TOTALS		$253.49	$240.68	$221.31
percentages			-5.1%	-8.0%