

<b>Harris Teeter</b>	Brand	2012	2013	2013 sale
apples	Fuji, each	\$2.49	\$1.66	\$1.66
bananas	per banana	\$0.57	\$0.59	\$0.59
carrots	Whole, 2 lbs	\$1.17	\$1.47	\$1.47
potatoes	Russett, each	\$0.99	\$3.99	<b>\$3.50</b>
onions	White, each	\$1.49	\$1.69	\$1.69
salad mix	Dole Spring, 12 oz.	\$3.69	\$2.99	\$2.99
broccoli	per bunch	\$2.49	\$2.29	<b>\$1.99</b>
tomatoes	per tomato	\$2.29	\$2.99	<b>\$2.69</b>
strawberries	per pound	\$3.49	\$3.99	<b>\$3.50</b>
coffee	Folger's Classic Roast, 33.9 oz	\$11.85	\$10.69	\$10.69
salad dressing	Hidden Valley Ranch, 16 oz	\$3.69	\$3.79	\$3.79
spaghetti sauce	Prego Traditional, 24 oz	\$2.59	\$2.35	\$2.35
ketchup	Heinz, 34 oz	\$3.25	\$3.59	\$3.59
mayo	Hellmann's, 30 oz	\$5.25	\$5.99	<b>\$5.19</b>
mac and cheese	Kraft Velveeta Shells, 12 oz.	\$2.79	\$2.59	\$2.59
rice	Mahatma, 2 lbs	\$2.99	\$2.89	\$2.89
peanut butter	Jif Creamy, 18 oz.	\$3.75	\$3.25	\$3.25
crackers	Ritz original, 15.1 oz	\$4.25	\$3.65	<b>\$3.00</b>
oatmeal	Quaker Old Fashioned, 42 oz	\$4.95	\$4.99	\$4.99
flour'	Gold, 5 lbs	\$3.35	\$3.29	\$3.29
bread	Nature's Own Wheat, loaf	\$3.49	\$2.99	\$2.99
cereal	Cheerios, 14 oz	\$3.85	\$3.89	\$3.89
noodles	Barilla penne, 1 lb	\$1.65	\$1.65	\$1.65
sugar	Domino, 4 lbs	\$3.89	\$3.35	\$3.35
chips	Lays Classic, 10 oz	\$4.29	\$4.29	<b>\$3.50</b>
hot dogs	Oscar Meyer beef, 10-pk	\$5.19	\$5.99	\$5.99
lunch meat	Oscar Meyer Deli Fresh, 1lb	\$6.89	\$7.69	<b>\$5.99</b>
cheese	Kraft singles, 24-pk	\$3.99	\$3.15	\$3.15
juice boxes	Caprisun, 10-pk	\$3.29	\$2.79	<b>\$2.50</b>
soda	Coke, 12-pk	\$6.39	\$6.79	<b>\$4.99</b>
ground beef	93 percent lean	\$5.49	\$5.99	\$5.99
chicken breast	Perdue	\$4.99	\$5.99	\$5.99
ribeye	per pound	\$11.99	\$13.99	\$13.99
ice cream	Breyer's vanilla, 1.5 qt	\$5.99	\$4.99	\$4.99
frozen veg	Bird's Eye mixed, 12 oz	\$2.79	\$2.69	\$2.69
frozen pizza	Digiorno, per pizza	\$7.15	\$6.49	\$6.49
eggs	Eggland, dozen	\$3.55	\$3.49	<b>\$3.00</b>
milk	2 percent, gallon	\$3.39	\$3.59	<b>\$2.97</b>
orange juice	Tropicana, 59 oz	\$4.19	\$3.85	\$3.85
yogurt	Dannon plain, 32 oz	\$3.00	\$3.29	\$3.29
butter	Land O Lakes, 1 lb	\$3.99	\$4.19	\$4.19
bottled water	Deer Park, 24-pk	\$7.49	\$7.49	<b>\$5.49</b>
toilet paper	Charmin, 6-pk	\$9.99	\$9.49	\$9.49
paper towels	Bounty, 8-pk	\$15.99	\$10.45	\$10.45
freezer bags	Ziploc gallon, 30-pk	\$5.45	\$5.39	\$5.39
laundry detergent	Tide, 96 loads	\$22.99	\$22.99	<b>\$19.99</b>

dish detergent	Cascade, 75 oz	\$5.99	\$5.19	\$5.19
tissues	Puffs, 180 count	\$2.55	\$2.59	\$2.59
soup	Campbell's chicken noodle	\$1.99	\$1.79	\$1.79
diapers	Pampers Size 3, 96-pk	\$29.99	\$29.99	<b>\$25.99</b>
cookies	Oreos, 15 oz	\$4.59	\$3.85	\$3.85
TOTALS		\$273.84	\$269.08	\$251.36
percentages			-1.7%	-6.6%