

SAVAGE DELIGHTS COMPARISON FOOD BASKET					
FOOD ITEM		COOPERS	SOUTHSIDE	ASKEWS	SUPERSTORE
		Revelstoke	Revelstoke	Sicamous	Vernon
TOTAL COST FOOD BASKET		273.99	255.64	248.91	203.47
oranges 4 lbs		3.99	5.60	3.52	3.16
apples 4 lbs		4.00	5.00	5.52	3.24
pineapple, 1		4.99	3.98	4.28	3.79
strawberries, 2 lbs		5.99	5.96	3.88	2.97
lettuce, 1, sizes vary		1.49	1.28	1.28	0.97
tomatoes on the vine, 2lbs		3.98	1.96	3.96	1.92
carrots, bagged, 3 lbs		2.49	2.79	2.82	1.92
potatoes, 10 lbs russets		4.99	2.98	3.88	3.98
celery, head		0.99	0.88	0.98	0.77
broccoli, 1 kilo		3.06	3.50	2.16	1.27
avocado, each		1.25	0.66	0.88	0.77
asparagus, 1 lb		1.89	1.88	2.99	2.88
onions, 3 lbs		3.49	4.99	4.38	3.48
milk, 2%, organic, 4 litres		10.98	7.96	10.76	10.28
cream, whipping, 1 litre		4.79	4.89	4.78	3.07
chocolate milk, 1 litre		1.99	2.39	1.68	2.07
yogurt, Silhouette, 12-pack		7.49	8.89	6.98	6.37
eggs, Ex-L, white, 1 doz		2.99	4.45	2.98	2.19
ice cream, Breyers, 1.89 litres		8.19	8.95	7.68	5.97
butter, salted, 1 lb		3.39	3.99	3.48	2.97
cheddar cheese, medium, 500 gm		10.10	10.70	9.15	9.35
orange juice, 2 litres		4.69	5.39	5.58	2.28
apple juice, 2 litres		4.69	5.39	4.98	2.28
soda crackers, Christie's, 450 gm		3.39	3.45	3.88	2.89
Bread, whole wheat, 2 loaves		3.98	6.00	3.76	2.56
Baguette, plain		1.99	1.89	2.29	1.99
Shredded Wheat, Post, spoon		5.99	6.19	5.38	4.57
Alpen, original		6.29	5.29	5.98	4.99
Kraft Dinner		1.19	2.19	1.19	0.88
sphagetti, Catelli, 900 gm		3.19	3.79	2.49	2.37
rice, Basmati, 2 kilos		8.99	8.79	13.96	5.90
Ketchup, Heinz, 1 litre		4.99	4.98	3.98	3.27
olive oil, extra-virgin1 litre		13.99	15.96	10.96	8.56
red wine vinegar, 500 ml.		5.98	5.98	2.59	3.99
peanut butter 1 kilo		6.98	7.18	6.36	2.97
Chunky Campbell's soup		2.79	2.50	2.88	2.57
Knorr package dry soup		2.39	2.39	1.98	2.08
coffee, Kicking Horse, 1 lb		15.99	15.69	14.99	13.99
tea, Tetley's 72 bags		5.99	6.49	5.58	4.72
tuna, Clover Leaf enviro 170 gm		2.39	2.79	3.09	2.27
salmon, tin, No Salt, 213 gm		2.59	1.66	2.48	2.99
lean ground beef 1 kilo		8.58	5.47	5.79	5.28
pork sausage, 375 gm		4.49	4.98	2.62	4.48
bacon, 500 gm, lean, thick		6.99	4.98	3.97	3.98
fish fillets 500 gm		12.45	4.00	11.19	9.95
steaks, strip loin, 1 kilo		24.23	19.80	20.98	14.29
chicken, whole, 2 kilos		16.26	8.74	11.96	13.98
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