



Stock-up Price List

Items That We Will Not Pay For

We can often get these items for free with coupons:

Deodorant	Sandwich Bags	Candles
Floss	Barbecue Sauce	Glass Cleaner
Toothpaste	Fabric Softener	Heartburn Tabs
Toothbrushes	Air Freshener	Canned Soup
Shaving Cream	Feminine Products	Mouthwash

Item	Price	Size
Health and Beauty Items		
Bandages	\$1.00	30 count
Bar Soap	\$1.00	6 count
Body Wash	\$1.00	1 bottle
Hand & Body Lotion	\$1.00	325 mL
Mouthwash	\$0.00	1L
Pain Reliever	\$2.00	24 count
Razor	\$3.00	1 razor
Shampoo/Conditioner	\$1.00	1 bottle

Item	Price	Size
Household Goods		
Aluminum Foil	\$0.88	25-foot roll
Bathroom Tissue	\$2.00	24 rolls
Dishwasher Tabs	\$0.50	15 count
Dishwashing Liquid	\$0.50	304 mL
Disinfecting Wipes	\$1.00	30 count
Fabric Refresher	\$2.00	800 mL
Facial Tissue	\$0.50	1 box
Hand Soap	\$0.50	590 mL
Laundry Detergent	\$2.00	30 loads
Paper Towels	\$2.00	6 rolls

Item	Price	Size
Infant / Toddler Items		
Diapers	\$0.20	1 diaper
Baby Wipes	\$1.00	64 count
Baby Toiletries	\$1.00	1 bottle

Item	Price	Size
Pet Items		
Dry Dog Food	\$8.00	8kg
Dry Cat Food	\$10.00	8kg
Cat Litter	\$5.00	7kg

Item	Price	Size
Frozen Foods		
Frozen Chicken Strips	\$5.00	870g
Frozen Pizza	\$3.00	1 pizza
Frozen Vegetables	\$2.00	1 bag
Ice Cream	\$3.00	1 tub

Item	Price	Size
Refrigerated Items		
Bottled Water	\$1.00	12 bottles
Butter	\$3.00	1 brick
Canned Pop	\$3.00	12 cans
Cheese	\$5.00	500g
Cottage Cheese	\$1.99	500 mL
Cream Cheese	\$2.00	8 oz
Eggs	\$1.99	1 dozen
Margarine	\$1.00	454g
Milk	\$4.00	4 L
Orange Juice	\$4.00	2.63 L
Other Juices	\$1.00	various
Sour Cream	\$1.00	500 mL
Yogurt	\$1.00	650g
Whipped Topping	\$2.00	1 can

Item	Price	Size
Produce		
Apples	\$1.00	1 lb.
Bananas	\$0.79	1 lb.
Bell Peppers	\$1.00	1 lb.
Blueberries	\$2.00	170g
Broccoli	\$1.00	1 broccoli
Carrots	\$1.00	1 bag
Cauliflower	\$2.00	1 head
Cucumber	\$1.00	1 cucumber
Grapes	\$1.00	1 lb.
Lemons/Limes	\$0.33	1 item
Lettuce	\$1.00	1 item
Onions	\$1.00	2 lb. bag
Oranges	\$1.00	1 lb.
Pears	\$1.00	1 lb.
Potatoes	\$2.00	10lb. bag
Raspberries	\$2.00	170g
Strawberries	\$2.00	454g
Tomatoes	\$1.00	1 lb.
Watermelon	\$2.00	large size

Item	Price	Size
Meat		
Bacon	\$3.00	1 package
Chicken Breasts (Boneless, Skinless)	\$3.99	1 lb.
Chicken/Turkey (Whole)	\$2.00	1 lb.
Ground Beef (Lean)	\$2.99	1 lb.
Hot Dogs	\$2.00	10 count
Pork Chops	\$2.99	1 lb.

Item	Price	Size
Pantry Items		
Bread	\$1.00	1 loaf
Broth (Boxed)	\$1.50	900 mL
Canned Tomatoes	\$1.00	796 mL
Canned Vegetables	\$0.50	1 can
Cereal	\$2.00	1 box
Chocolate Chips	\$2.00	1 bag
Cooking Oil	\$4.00	946 mL
Crackers	\$1.00	1 box
Flour	\$8.00	10lb. bag
Granola Bars	\$1.00	6 count
Honey	\$4.00	500g
Jam/Jelly	\$3.00	500 mL
Mayonnaise	\$3.00	445 mL
Mustard	\$1.00	1 bottle
Olives	\$2.00	1 jar
PAM Spray	\$3.00	1 can
Pasta	\$0.50	1 box/bag
Peanut Butter	\$4.00	1 kg
Pickles	\$2.00	1L
Popcorn	\$1.00	6 count
Rice	\$6.00	8 kg
Soya Sauce	\$2.00	1 bottle
Sugar	\$2.00	2 kg
Tea	\$3.00	72 count
Tortillas	\$2.00	10 count
Tuna	\$2.00	1 can



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Razor		
Shampoo/Conditioner		

Household Goods		
Aluminum Foil		
Bathroom Tissue		
Dishwasher Tabs		
Dishwashing Liquid		
Facial Tissue		
Hand Soap		
Laundry Detergent		
Paper Towels		

Miscellaneous / Other		

Frozen Foods		
Frozen Vegetables		
Ice Cream		

Refrigerated Items		
Cheese		
Butter		
Cream Cheese		
Eggs		
Milk		
Juice		
Sour Cream		
Yogurt		

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Carrots		
Cauliflower		
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Lettuce		
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Bacon		
Chicken Breasts (Boneless, Skinless)		
Ground Beef (Lean)		

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