## "Buy Price" Shopping List

(all prices are after coupons)

## Southern Deals and Frugal Steals

## Products that are free

Antiacid Bandaids Cough Drops First Aid Cream Pain-Reliever Anti-Bacterial Soap Deodorant Lotion Petroleum Jelly Floss Mouthwash Razors Shampoo Shaving Cream Soap Toothbrush Toothpaste Air Freshner

Pampers

8 roll pack

9-12 roll

30-32 load

## Grocery Items

	arc		
Bananas / Ib	\$0.33	Juice 64oz	\$0.80
Grapes /lb	.99-1.29	Orange Juice gal.	\$2.49
Lemons ea.	\$0.25	Soft Drinks 12 pk	\$2.25
Peaches /lb	.7999	Iced Tea bags	\$0.80
Plums /lb	\$0.79	Butter 1lb	\$1.20
Strawberries /lb	\$1.50	Cheese 8oz	\$1.50
Watermelon ea.	\$2.00	Eggs 1doz.	\$1.19
Canned Tomatoes	\$0.40	Milk 1 gal	\$3.19
Canned Vegetables	.4552	Cheese 8oz	\$1.50
Canned Baked Beans	\$0.44	Sour Cream 8-16oz	Free30
Canned Kidney Beans	\$0.44	Spaghetti Sauce	.50-1.00
Canned Pinto Beans	\$0.44	Tomato Paste	\$0.07
Frozen Dinners	\$1.50	Elbow Macaroni	\$0.72
Frozen French Fries	\$2.00	Spaghetti Pasta	\$0.72
Frozen Ice Cream	\$2.50	Tortillias - Flour	\$1.20
Frozen Pizza	\$3.00	Brownie Mix	\$0.40
Frozen Vegetables	Free88	Cake Mix	Free50
Ground Beef /lb	\$2.00	Cereal	.70-1.25
Roast /lb	\$2.50	Jello	\$0.35
Beef Steaks /lb	\$4.50	Pancake Mix	\$0.75
Boneless Chicken Breast /lb	\$1.99	Sugar 4lb	\$1.28
Split Chicken Breast /lb	\$0.99	Baby Diapers	\$5.00
Chicken Legs /lb	\$0.59	Baby Food: Any	Free35
Whole Chicken /lb	\$0.89		
Bacon	\$1.50	Foil	\$0.75
Pork Chops /lb	\$1.99	Freezer Bags	\$1.00
Pork Roast /lb	\$1.99	Paper Towels	\$3.50
Canned Chicken	\$0.80	Sandwich Bags	\$0.90
Canned Tuna	\$0.50	Storage Bags	\$1.00
Ketchup	\$0.40	Toilet Paper	Free - \$3.50
Mayonnaise	\$1.00	Trash Bags	\$4.00
Mustard	Free		
Salad Dressing	\$0.60	Bleach 96oz	\$0.50
Cookies	\$0.40	Dishwasher Det.	.60-Free
Crackers	\$1.00	Dishwashing Soap	\$0.40
Nuts	\$0.75	Dryer Sheets	\$2.00
Popcorn	\$0.60	Glass Cleaner	\$0.50
Soups	.4060	Laundry Detergent	\$2.50-\$4
Biscuits	.20- Free	Toilet Bowl Cleaner	\$0.50
Hamburger Buns	\$0.99		
Hot Dog Buns	\$0.99		