

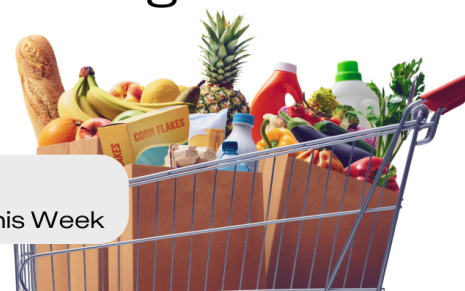
KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of August 11, 2025

5/10
Items Stayed Stable

2%
Biggest Price Jump This Week



PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
Ground Beef per pound	↗ 10%	+2%	\$6.10	\$4.99 - \$6.99	Consider buying meat at warehouse clubs
Coffee Grounds per ounce	↗ 20%	+1%	\$0.51	\$0.36 - \$0.70	Buy bulk sizes for better per-ounce pricing
Eggs per dozen	↘ -36%	+1%	\$3.36	\$2.64 - \$3.96	Stick with store brands for the lowest price
Canned Tuna per ounce	↗ 1%	0%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price
Chicken Breast per pound	↗ 1%	0%	\$3.48	\$2.67 - \$4.99	Buy larger bulk trays and freeze extras
Sandwich Bread per ounce	0%	0%	\$0.14	\$0.07 - \$0.18	Consistently affordable
Cereal per ounce	0%	0%	\$0.22	\$0.14 - \$0.29	Compare cost per ounce, not box price
Olive Oil per ounce	↘ -3%	0%	\$0.39	\$0.22 - \$0.59	Buy bulk sizes for better per-ounce pricing
Milk (2%) per gallon	↘ -2%	-1%	\$3.29	\$2.99 - \$3.68	Shop around for best deals
Cheese per ounce	↘ -4%	-1%	\$0.27	\$0.17 - \$0.40	Buy bulk sizes for better per-ounce pricing

Pricing Note: Prices reflect cost per unit (e.g., per oz or per lb), not total item price.