

# KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of December 1, 2025

**7/10**  
Items Stayed Stable

**2%**  
Biggest Price Jump This Week



| PRODUCT                            | 2025 CHANGE | THIS WEEK | AVG. PRICE | PRICE RANGE     | SHOPPING TIP                                 |
|------------------------------------|-------------|-----------|------------|-----------------|--|
| <b>Milk (2%)</b><br>per gallon     | ↘ -2%       | +2%       | \$3.09     | \$2.79 - \$3.49 | Shop around for best deals                   |
| <b>Coffee Grounds</b><br>per ounce | ↗ 22%       | +1%       | \$0.54     | \$0.42 - \$0.75 | Buy bulk sizes for better per-ounce pricing  |
| <b>Sandwich Bread</b><br>per ounce | ↗ 1%        | +1%       | \$0.14     | \$0.07 - \$0.18 | Consistently affordable                      |
| <b>Eggs</b><br>per dozen           | ↘ -44%      | 0%        | \$2.52     | \$1.92 - \$3.60 | Stick with store brands for the lowest price |
| <b>Ground Beef</b><br>per pound    | ↗ 12%       | 0%        | \$6.22     | \$5.47 - \$6.99 | Consider buying meat at warehouse clubs      |
| <b>Olive Oil</b><br>per ounce      | ↘ -4%       | 0%        | \$0.37     | \$0.23 - \$0.47 | Buy bulk sizes for better per-ounce pricing  |
| <b>Cheese</b><br>per ounce         | ↘ -4%       | 0%        | \$0.26     | \$0.16 - \$0.40 | Buy bulk sizes for better per-ounce pricing  |
| <b>Canned Tuna</b><br>per ounce    | ↗ 3%        | 0%        | \$0.23     | \$0.18 - \$0.26 | Stick with store brands for the lowest price |
| <b>Chicken Breast</b><br>per pound | ↘ -1%       | 0%        | \$3.46     | \$2.57 - \$4.99 | Buy larger bulk trays and freeze extras      |
| <b>Cereal</b><br>per ounce         | 0%          | 0%        | \$0.23     | \$0.16 - \$0.29 | Compare cost per ounce, not box price        |

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