

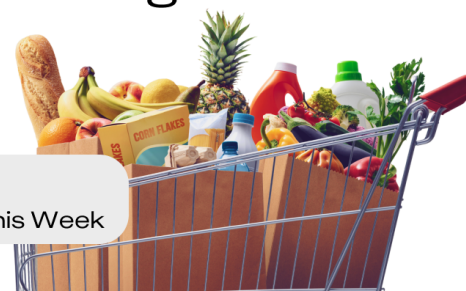
KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of October 20, 2025

6/10
Items Stayed Stable

1%
Biggest Price Jump This Week



PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
Eggs per dozen	↘ -40%	-1%	\$3.12	\$2.28 - \$4.32	Stick with store brands for the lowest price
Milk (2%) per gallon	↘ -4%	-1%	\$3.24	\$2.76 - \$3.86	Shop around for best deals
Chicken Breast per pound	↘ -1%	-1%	\$3.46	\$2.57 - \$4.99	Buy larger bulk trays and freeze extras
Olive Oil per ounce	↘ -4%	0%	\$0.35	\$0.22 - \$0.47	Buy bulk sizes for better per-ounce pricing
Cheese per ounce	↘ -3%	0%	\$0.26	\$0.17 - \$0.40	Buy bulk sizes for better per-ounce pricing
Sandwich Bread per ounce	0%	0%	\$0.14	\$0.07 - \$0.18	Consistently affordable
Cereal per ounce	0%	0%	\$0.22	\$0.16 - \$0.29	Compare cost per ounce, not box price
Ground Beef per pound	↗ 13%	0%	\$6.17	\$5.47 - \$6.99	Consider buying meat at warehouse clubs
Coffee Grounds per ounce	↗ 23%	0%	\$0.53	\$0.42 - \$0.73	Buy bulk sizes for better per-ounce pricing
Canned Tuna per ounce	↗ 2%	+1%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price

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