

KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of July 7, 2025

6/10

Items Stayed Stable

3%

Biggest Price Jump This Week



PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
Coffee Grounds per ounce	↗ 15%	+3%	\$0.49	\$0.35 - \$0.64	Buy bulk sizes for better per-ounce pricing
Ground Beef per pound	↗ 6%	+1%	\$6.04	\$4.98 - \$6.93	Consider buying meat at warehouse clubs
Canned Tuna per ounce	↗ 2%	0%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price
Chicken Breast per pound	↗ 1%	0%	\$3.52	\$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
Cheese per ounce	↘ -2%	0%	\$0.27	\$0.17 - \$0.40	Buy bulk sizes for better per-ounce pricing
Olive Oil per ounce	↘ -3%	0%	\$0.42	\$0.22 - \$0.71	Buy bulk sizes for better per-ounce pricing
Milk (2%) per gallon	↘ -3%	+1%	\$3.25	\$2.99 - \$3.68	Shop around for best deals
Eggs per dozen	↘ -40%	0%	\$3.24	\$2.64 - \$3.96	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.