

# KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of September 8, 2025

**6/10**

Items Stayed Stable

**1%**

Biggest Price Jump This Week



PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
<b>Coffee Grounds</b> per ounce	↗ 24%	+1%	\$0.53	\$0.36 - \$0.73	Buy bulk sizes for better per-ounce pricing
<b>Ground Beef</b> per pound	↗ 12%	0%	\$6.22	\$5.47 - \$6.99	Consider buying meat at warehouse clubs
<b>Canned Tuna</b> per ounce	↗ 1%	0%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price
<b>Chicken Breast</b> per pound	↗ 1%	0%	\$3.48	\$2.67 - \$4.99	Buy larger bulk trays and freeze extras
<b>Sandwich Bread</b> per ounce	0%	0%	\$0.14	\$0.07 - \$0.18	Consistently affordable
<b>Cereal</b> per ounce	0%	0%	\$0.22	\$0.14 - \$0.29	Compare cost per ounce, not box price
<b>Milk (2%)</b> per gallon	↘ -1%	0%	\$3.28	\$2.94 - \$3.77	Shop around for best deals
<b>Olive Oil</b> per ounce	↘ -4%	-1%	\$0.38	\$0.22 - \$0.54	Buy bulk sizes for better per-ounce pricing
<b>Cheese</b> per ounce	↘ -6%	-1%	\$0.26	\$0.17 - \$0.40	Buy bulk sizes for better per-ounce pricing
<b>Eggs</b> per dozen	↘ -38%	-1%	\$3.24	\$2.64 - \$4.08	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.