

*SOURCE: © Tracie McMillan, Food and Environment Reporting Network, 2014.
 Data collected via purchase at Walmart (5851 Mercury Dr, Dearborn, MI) on Sept. 18, 2014; Whole Foods Orchard Lake (7350 Orchard Lake Road, West Bloomfield, MI) on Sept. 19, 2014; Whole Foods Detroit (115 Mack Avenue, Detroit, MI) on Sept. 22, 2014; and King Cole (40 West Clairmount Avenue, Detroit, MI) on Sept. 21, 2014.*

Price-To-Price: Lowest-Priced National, Non-Private-Label Brand Offered

TOTALS	SUBURBS: WalMart	SUBURBS: WF-Orch Lake	DETROIT: Whole Foods	DETROIT: King Cole
	\$ 62.491	\$ 123.939	\$ 118.142	\$ 80.022
If you switch from a suburban WALMART to the store listed at top, your grocery bill will change by:	0.00%	98.33%	89.05%	28.05%
If you switch from a suburban WHOLE FOODS to the store listed at top, your grocery bill will change by:	-49.58%	0.00%	-4.68%	-35.43%
If you switch from the Detroit WHOLE FOODS to the store listed at top, your grocery bill will change by:	-47.10%	4.91%	0.00%	-32.27%
If you switch from Detroit's KING COLE to the store listed at top, your grocery bill will change by:	-21.91%	54.88%	47.64%	0.00%

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		SUBURBS: WalMart	SUBURBS: WF-Orch Lake	DETROIT: Whole Foods	DETROIT: King Cole
BAKING	Flour, white all-purpose, unbleached unless otherwise noted, 5 lb.	\$ 1.98	\$ 5.99	\$ 4.99	\$ 3.28
	<i>Notes</i>	<i>conventional, Gold Medal</i>	<i>conventional, King Arthur</i>	<i>conventional, King Arthur Unbleached white flour, all purpose</i>	<i>conventional, Pillsbury, bleached</i>
	Light brown sugar, 1 lb.	\$ 0.99	\$ 4.26	\$ 4.26	\$ 1.14
	<i>Notes</i>	<i>conventional, Domino, \$1.98/2 lb.</i>	<i>Wholesome organic, \$6.39 / 24 oz</i>	<i>organic, Wholesome Fair Trade certified, \$6.39 / 1.5 lb</i>	<i>conventional, Domino, \$2.28 / 2 lb</i>
	Flour, whole wheat all-purpose, 5 lb.	\$ 3.78	\$ 5.99	\$ 6.99	\$ 3.98
	<i>Notes</i>	<i>conventional, Gold Medal</i>	<i>conventional, King Arthur</i>	<i>conventional, Arrowhead Mills, stone ground organic Whole Wheat flour</i>	<i>conventional, Gold Medal</i>
	White sugar, 4 lb.	\$ 4.64	\$ 4.79	\$ 4.79	\$ 3.28
<i>Notes</i>	<i>conventional, Domino, \$3.48/3. lb.</i>	<i>conventional, C&H</i>	<i>conventional, C&H, \$5.99/5 lb</i>	<i>conventional, Domino Reg: \$3.28 Sale: \$1.99</i>	

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		SUBURBS: Walmart	SUBURBS: WF-Orch Lake	DETROIT: Whole Foods	DETROIT: King Cole
PASTA, SOUP, CANNED	Spaghetti, 1 lb.	\$ 1.28	\$ 2.99	\$ 2.99	\$ 1.68
	Notes	conventional, Mueller's Spaghetti	organic, Bionaturae	organic, Bionaturae	conventional, Barilla
	Classic/Traditional marinara or pasta sauce, 24 oz. jarred	\$ 1.68	\$ 2.99	\$ 3.76	\$ 2.68
	Notes	conventional, Ragu Old World Style Traditional Pasta Sauce	conventional, Newman's Own Marinara	organic, Muir Glen Classic Marinara, \$3.99/25.5 oz	conventional, Prego Italian Sauce Traditional REG: \$2.68 SALE: \$1.50
	Chicken broth, 1 qt.	\$ 1.98	\$ 3.00	\$ 3.69	\$ 2.98
	Notes	conventional, Swanson	organic, free-range, Pacific	organic, free range, Pacific REG:\$3.69 SALE: 2/\$6	conventional, Swanson; same price as Progresso
	Black beans, 15 oz. can	\$ 0.92	\$ 2.39	\$ 1.99	\$ 1.28
	Notes	conventional, Bush's	organic, Eden Michigan made	organic, Westbrae Natural	conventional, Bush's REG: \$1.28 SALE: 4/\$5
	Brown rice, bagged, per lb. Based on cheapest unit price offered for either one or two pound bags	\$ 0.98	\$ 1.50	\$ 1.35	\$ 1.14
	Notes	organic, Riceland	conventional, Lundberg Brown long grain, \$2.99 / 2 lb.	conventional, Lundberg long grain, \$2.69/ 2 lb	conventional, Riceland, \$2.28/2 lb.
	Garbanzo beans, 15 oz. can	\$ 0.86	\$ 2.39	\$ 1.99	\$ 1.20
	Notes	conventional, Bush's, \$0.92/16 oz	organic, Eden,, no salt added Michigan made	organic, Westbrae Natural	conventional, Bush's, 16 oz REG: \$1.28 SALE: 4/\$5
	Tuna fish, chunk light, in water, 5 oz.	\$ 0.93	not offered	\$ 3.99	\$ 1.28
	Notes	conventional, Bumble Bee	-	Crown Prince wild caught, pole caught Yellowfin, "sustainably harvested," dolphin safe, Thailand	conventional, Chicken of the Sea
	Mac and cheese box, 7.25 oz.	\$ 0.98	\$ 2.39	\$ 2.40	\$ 1.68
	Notes	conventional, Kraft	conventional, Annie's Mac and Cheese, \$1.98/6 oz.	organic pasta, Annie's Mac and Cheese, 6 oz. REG: \$1.99 SALE: \$1.69	conventional, Kraft Mac and Cheese REG: \$1.68 SALE: 5 / \$5 Note: Only powdered-cheese option was Kraft; otherwise, pouch option was Loretta, Velveeta
Whole peeled or crushed tomatoes, cheapest available, 28 oz.	\$ 1.38	\$ 2.69	\$ 2.99	\$ 2.28	
Notes	conventional, Red Gold	organic, Muir Glen, whole peeled	conventional, La San Marzano, whole peeled REG: \$2.99 SALE: 2/\$5	conventional, Hunt's	

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		SUBURBS: Walmart	SUBURBS: WF-Orch Lake	DETROIT: Whole Foods	DETROIT: King Cole
BULK	Black beans, dried, per lb.	\$ 1.54	\$ 2.35	not offered	not offered
	Notes	conventional, La Preferida	conventional, Carlson-Arbogast Farm, \$4.69/2 lb	-	-
	Oats, per lb.	n/a	n/a	n/a	n/a
	Notes	-	-	-	-
CEREAL	Cheerio type, 14 oz.	\$ 2.92	\$ 5.71	\$ 4.13	\$ 4.68
	Notes	conventional, Cheerios	organic, Nature's Path, \$4.69/11.5 oz	organic, Nature's Path Whole Os Rice and Corn Cereal, \$3.39/11.5 oz	conventional, Cheerios
	Shredded wheat, unsweetened, bite size, 18 oz.	\$ 3.47	-	not offered	\$ 4.39
	Notes	conventional, Post, \$3.16/16.4 oz	-	-	conventional, Kellogg's Mini Wheats, Unfrosted
	Rolled oats, 42 oz., cheapest unit price up to 42 oz.	\$ 4.18	\$ 10.49	\$ 10.49	\$ 3.99
	Notes	conventional, Quaker	conventional, Bob's Red Mill, Xthick Gluten Free, \$7.99/32 oz.	conventional, Bobs Red Mill, Extra Thick, \$7.99/32 oz	conventional, Quaker, 42 oz.
PBJ, Crackers	Graham crackers, 14 oz.	\$ 2.90	\$ 5.53	\$ 3.49	\$ 2.91
	Notes	conventional, HoneyMaid, \$2.98/14.4 oz	organic, Anni's Whole Grain Honey Grahams, \$5.69 / 14.4 oz.	conventional, MiDel Honey Grahams, 100% Whole Wheat, \$3.99/16 oz.	conventional, Honey Maid Honey Grahams, \$2.99/14.4 oz
	Peanut butter, 16 oz.	\$ 2.54	\$ 4.99	\$ 4.99	\$ 3.00
	Notes	conventional, Planters, \$2.38/15 oz.	conventional, Earth Balance, natural peanut butter and flaxseed	organic, Santa Cruz dark roasted creamy	conventional, Jif Creamy Peanut Butter REG: 2/\$6 SALE: \$2.27
	Strawberry jam, preserves or conserves, 18 oz.	\$ 2.54	\$ 5.53	\$ 5.52	\$ 3.28
	Notes	conventional, Smuckers strawberry preserves	conventional, Bonne Maman, Wild Blueberry (SB out of stock, but all priced same), \$3.99/13 oz.	conventional, Bonne Maman, strawberry preserves, \$3.99/13 oz.	conventional, Smuckers, strawberry jam
	Sliced 100% whole wheat bread, 20 oz. loaf	\$ 2.32	\$ 3.74	not offered	\$ 1.99
Notes	conventional, Brownberry, \$2.78/24 oz.	conventional, Brownberry, Natural 100% Whole Wheat Bread	-	conventional, Sara Lee	

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OIL, CONDIMENTS, VINEGAR	Mayonnaise, 32 oz.	\$ 3.18	\$ 8.99	\$ 6.99	\$ 5.63
	Notes	conventional, Heinz, \$2.98/30 oz.	conventional, Spectrum canola mayonnaise	conventional, Spectrum canola mayonnaise, expeller pressed	conventional, Kraft, 30 oz REG: \$5.28 SALE: 3.99
	Ketchup: 24 oz. Only priced if available in container 30 oz. or less	\$ 1.24	\$ 3.39	\$ 3.99	\$ 1.68
	Notes	conventional, Hunts, \$1.24	organic, Muir Glen \$3.39	organic, Annies Naturals	conventional, Hunt's
	Apple cider vinegar, 32 oz.	\$ 2.12	\$ 4.99	\$ 4.99	\$ 2.28
	Notes	conventional, Heinz, 32 oz.	organic, Eden, Aged in wood, naturally fermented Raw with mother	organic, Eden, apple cider vinegar, aged in wood, naturally fermented raw with mother, 32 oz	conventional, Heinz
	Canola oil, 48 oz.	\$ 3.18	\$ 8.99	\$ 10.49	\$ 4.98
	Notes	conventional, Crisco, 48 oz.	conventional, Solio, 5.99/32 oz.	conventional, Spectrum expeller pressed, Non GMO certified, \$6.99/32 oz	conventional, Crisco REG: \$4.98 SALE: \$3.99
	Olive Oil, Extra Virgin, 33.8 oz.	\$ 7.99	\$ 17.88	\$ 16.89	\$ 13.33
Notes	conventional, Filippo Berio, \$5.98/25.3 oz.	conventional, Colavita, \$17.99/34 oz.	conventional, Colavita, \$16.99/34 oz	conventional, Filippo Berrio, \$9.98/25.3 oz.	