

2010 Grocery Price Watch

Product	Q1	Q2	Q3	Q4	Quarterly* Change	Annual Change
Total (average of 16 items)	\$51.13	\$51.33	\$50.47	\$52.43	3.89%	3.37%
Milk (per gallon)	\$4.17	\$4.17	\$3.88	\$4.05	4.43%	0.50%
Bread (per loaf)	\$2.05	\$2.07	\$2.14	\$2.03	(5.14%)	(4.25%)
Corn Flakes (18 oz box)	\$3.11	\$2.95	\$3.00	\$3.28	9.33%	12.71%
Rice (per pound)	\$1.05	\$1.04	\$0.98	\$1.35	37.76%	20.54%
Lean Ground Beef (per pound)	\$2.63	\$2.92	\$2.79	\$2.90	3.94%	10.69%
Skinless Chicken Breasts (per pound)	\$3.02	\$2.86	\$2.96	\$3.24	9.46%	2.21%
Porterhouse Steak (per pound)	\$8.16	\$9.06	\$8.56	\$8.47	(1.05%)	2.29%
Boneless Pork Chops (per pound)	\$4.00	\$3.77	\$3.91	\$3.65	(6.65%)	2.53%
Sliced Turkey (per pound)	\$4.81	\$4.65	\$4.23	\$4.74	12.06%	6.52%
Ice Cream (half gallon)	\$4.81	\$5.33	\$5.34	\$5.76	7.87%	14.97%
Cheddar Cheese (1 lb block)	\$4.87	\$4.46	\$4.75	\$5.07	6.74%	21.58%
Lettuce (per head)	\$1.24	\$1.05	\$0.98	\$1.07	9.18%	(32.28%)
Grapefruit (per pound)	\$0.75	\$0.77	\$0.78	\$0.72	(7.69%)	(15.29%)
Cake Mix (per box)	\$1.27	\$1.22	\$1.33	\$1.07	(19.55%)	(6.14%)
Dried Pinto Beans (64 oz)	\$3.29	\$3.61	\$3.50	\$3.64	4.00%	(7.38%)
Fresh Tomatoes (per pound)	\$1.90	\$1.40	\$1.34	\$1.39	3.73%	(21.91%)

* Quarterly change represents prices from Q3 2010 to Q4 2010; annual change represents Q4 2009 to Q4 2010.

