

Countdown

20-Jun-11 27-Jun-11 4-Jul-11 11-Jul-11 18-Jul-11 25-Jul-11 1-Aug-11 8-Aug-11 15-Aug-11 22-Aug-11 29-Aug-11 5-Sep-11 12-Sep-11 19-Sep-11

change
from start

Shopping list - healthyfood - single

1 signature range pita bread wholemeal 8pk	\$3.19	\$3.36	\$3.36	\$3.36	\$3.36	\$3.36	\$3.36	\$3.68	\$3.68	\$3.68	\$3.68	\$3.68	\$3.68	\$3.29	3.1%
1 signature range toast bread soy & linseed 700g	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	\$3.39	0.0%
1 farmer brown eggs 1/2 dozen size 8	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	\$2.50	0.0%
1 home brand apricots dried 200g	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.90	\$2.79	\$2.79	-3.8%
1 home brand cocoa powder 375g	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	\$5.19	0.0%
1 signature range cooking chocolate dark chocolate chips 250g	\$3.31	\$2.99	\$3.31	\$3.31	\$3.49	\$3.49	\$2.99	\$3.49	\$3.49	\$3.49	\$3.49	\$3.49	\$2.99	\$3.49	5.4%
1 tasti brazil nuts pkt 70g	\$1.69	\$1.85	\$1.85	\$1.85	\$1.85	\$1.74	\$1.74	\$1.85	\$1.85	\$1.75	\$1.75	\$1.85	\$2.09	\$1.89	11.8%
1 home brand rice crackers plain 100g	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.19	\$1.19	8.2%
1 huntley & palmers crackers classic 5 grain 200g	\$3.19	\$3.19	\$3.19	\$3.19	\$3.19	\$3.19	\$3.19	\$3.19	\$2.50	\$3.19	\$3.19	\$3.19	\$3.19	\$3.19	0.0%
1 arataki clover honey 250g	\$2.49	\$2.81	\$2.81	\$2.39	\$2.39	\$2.81	\$2.81	\$2.49	\$2.49	\$2.99	\$2.99	\$2.99	\$2.39	\$2.39	-4.0%
1 harraways rolled oats pkt 800g	\$3.36	\$3.36	\$2.49	\$2.49	\$2.49	\$2.49	\$2.49	\$2.49	\$2.49	\$2.99	\$2.99	\$2.99	\$2.49	\$3.19	-5.1%
1 home brand apricot jam 680g	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	0.0%
1 home brand strawberry jam 680g	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	\$3.09	0.0%
1 sanitarium peanut butter crunchy 500g	\$4.49	\$4.49	\$4.49	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.69	\$4.65	3.6%
1 brunswick sardines in tomato sauce 106g	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.63	\$1.60	\$1.60	-1.8%
1 ceres organics chick peas garbanzo 400g	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$2.39	\$1.65	\$2.39	0.0%
1 craigs beans 4 mixed 300g	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.73	\$1.33	\$1.73	0.0%
1 sealord tuna in spring water 185g	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	\$2.74	0.0%
1 spc fruit salad in natural juice 410g	\$1.50	\$1.99	\$2.09	\$1.50	\$1.50	\$1.50	\$1.50	\$1.50	\$1.50	\$1.50	\$1.50	\$1.50	\$1.33	\$2.09	0.0%
1 watties baked beans in tomato sce 420g	\$1.95	\$1.95	\$1.25	\$1.95	\$1.95	\$1.95	\$1.95	\$1.95	\$1.95	\$1.95	\$1.95	\$1.95	\$2.09	\$1.40	7.2%
1 home brand milk trim plastic 1l	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	\$2.19	0.0%
1 galaxy fresh cheese creamy feta 200g	\$3.00	\$5.49	\$5.49	\$4.29	\$4.29	\$4.29	\$4.29	\$4.29	\$4.29	\$4.29	\$4.29	\$4.29	\$3.79	\$3.99	33.0%
1 mainland cheese block mild 250g	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.89	\$5.89	-1.7%
1 tararua cottage cheese lite 500g	\$3.99	\$3.99	\$4.00	\$4.80	\$4.80	\$4.80	\$4.80	\$4.80	\$4.80	\$4.80	\$4.80	\$4.80	\$4.29	\$4.80	20.3%
1 yoplait yoghurt tub strawberry 1kg	\$4.49	\$4.49	\$4.00	\$6.33	\$6.33	\$6.33	\$6.33	\$6.33	\$6.33	\$6.33	\$6.33	\$6.33	\$4.19	\$4.49	41.0%
1 signature range icecream vanilla low fat 2l	\$5.45	\$4.99	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.45	\$5.99	\$5.99	9.9%
1 fresh produce bananas yellow each	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	0.0%
1 fresh produce cabbage green half each	\$1.69	\$1.69	\$1.69	\$2.29	\$2.29	\$2.29	\$2.29	\$2.29	\$2.29	\$2.29	\$2.29	\$2.29	\$2.49	\$2.49	47.3%
0.5 fresh produce carrots loose 1kg	\$0.96	\$0.96	\$0.73	\$1.34	\$1.34	\$1.34	\$1.34	\$1.34	\$1.34	\$1.34	\$1.34	\$1.34	\$1.33	\$1.34	-7.3%
1 fresh produce kumara red each	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	\$1.25	0.0%
1 fresh produce lettuce traditional iceberg each	\$3.47	\$3.47	\$3.47	\$3.98	\$3.98	\$3.98	\$3.98	\$3.98	\$3.98	\$3.98	\$3.98	\$3.98	\$2.98	\$2.99	-13.8%
1 fresh produce nectarines yellow flesh imported 1kg	\$6.95	\$6.95	\$6.47	\$5.47	\$5.47	\$5.47	\$5.47	\$5.47	\$5.47	\$5.47	\$5.47	\$5.47	\$3.28	\$3.47	-50.1%
0.25 fresh produce onions brown loose 1kg	\$0.62	\$0.62	\$0.62	\$0.44	\$0.44	\$0.44	\$0.44	\$0.44	\$0.44	\$0.44	\$0.44	\$0.44	\$0.62	\$0.62	0.0%
3 fresh produce potatoes washed each	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	0.0%
0.5 fresh produce tomatoes truss vine loose 1kg	\$6.99	\$6.99	\$6.99	\$7.99	\$7.99	\$7.99	\$6.99	\$5.99	\$5.99	\$3.99	\$4.99	\$4.99	\$4.99	\$3.24	-53.6%
1 fresh zone spring onion bunch	\$1.98	\$1.98	\$1.99	\$2.99	\$2.99	\$2.25	\$1.97	\$1.99	\$1.99	\$1.99	\$1.99	\$2.25	\$1.50	\$1.98	25.8%
1 home brand mexican burrito tortilla 15pk	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	\$4.08	22.3%
1 home brand pasta macaroni 500g	\$1.06	\$1.06	\$1.06	\$1.06	\$1.06	\$1.06	\$1.06	\$1.09	\$1.09	\$1.09	\$1.09	\$1.09	\$1.09	\$1.09	2.8%
1 home brand sundried tomatoes 500g	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$4.96	\$5.49	10.7%
1 san remo couscous 500g	\$2.81	\$2.81	\$2.81	\$2.81	\$2.81	\$2.81	\$2.45	\$2.45	\$2.45	\$2.45	\$2.45	\$2.81	\$2.81	\$2.81	0.0%
1 san remo pasta risoni pkt 500g	\$2.40	\$1.99	\$2.00	\$2.00	\$2.00	\$2.00	\$2.40	\$2.40	\$2.00	\$2.40	\$2.40	\$2.40	\$2.40	\$2.40	0.0%
1 select apple sauce no added salt 360g	\$2.35	\$2.35	\$1.79	\$1.79	\$2.35	\$2.35	\$2.09	\$2.35	\$2.35	\$2.35	\$2.35	\$2.35	\$2.35	\$1.79	0.0%
1 sunrice brown rice calrose 500g	\$1.78	\$1.78	\$1.78	\$1.78	\$1.78	\$1.78	\$1.69	\$1.69	\$1.59	\$1.59	\$1.59	\$1.59	\$1.59	\$1.30	-27.0%
1 butchery beef steak sirloin min 345g pack each	\$11.25	\$11.25	\$11.25	\$10.87	\$8.44	\$10.87	\$6.50	\$10.87	\$10.87	\$10.87	\$10.87	\$10.87	\$10.87	\$10.87	-3.4%
0.4 butchery chicken thighs fillets boneless & skinless 1kg	\$7.99	\$7.99	\$7.99	\$7.19	\$7.99	\$7.99	\$7.99	\$7.99	\$7.99	\$5.99	\$7.99	\$7.99	\$7.99	\$6.79	0.0%
1 butchery pork steak scotch min 500g pack each	\$13.71	\$13.71	\$13.71	\$13.71	\$13.71	\$13.71	\$9.99	\$13.71	\$10.00	\$13.89	\$13.89	\$13.89	\$13.89	\$13.89	1.3%
Total before delivery fee	\$162.12	\$164.56	\$162.14	\$166.22	\$162.49	\$163.18	\$154.46	\$161.16	\$155.68	\$155.83	\$158.34	\$157.11	\$157.44	\$160.98	-0.7%

