

SUPERMARKET HOLIDAY FEATURING OF MEAT, POULTRY, FRUITS, & VEGETABLES
prices in \$US per pound unless otherwise noted.

Labor Day 2013
BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks															
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil									
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls														
NORTHEASTERN U.S. - CT,DC,DE,MA,MD,ME,NH,NJ,NY,PA,RI,VT																													
CT	A&P Stores	5 Star	A													5.99	5.99												
		Woodson & James														7.99	7.99				3.99								
	Adams Market	no label														2.99	3.79				3.99	4.49	4.98	6.29	9.99	9.99	7.99	4.99	
		Angus																											4.99
	ALDI	no label														3.49	3.69				3.29	3.99	4.49	4.98	8.99	9.99	7.99	4.99	
	Big Y	no label																											
	Bravo	no label														3.49	3.69				3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99
	Compare Foods	no label																											
	C-Town	no label														3.49	3.69				3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99
	Geissler's	Certified Angus																											
		no label														3.49	3.69				3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99
	Highland Park	Certified Angus																											
		Certified Angus														3.49	3.69				3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99
	Pioneer	Certified Angus																											
	Price Chopper	Certified Angus														3.49	3.69				3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99
		Price Chopper																											
Save-a-Lot	no label	3.49	3.69	3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99																	
ShopRite	no label																												
	Certified Angus	3.49	3.69	3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99																	
Stop & Shop	Stop & Shop																												
	Nature's Promise	3.49	3.69	3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99																	
Target Fresh	Sutton & Dodge																												
	no label	3.49	3.69	3.29	3.99	4.49	4.98	3.99	8.99	9.99	7.99	4.99																	
Whole Foods	no label																												
DC	ALDI	no label	A													5.99	5.99	7.99											
	Giant of Maryland	Giant																			3.99	3.99							
		Certified Angus																			5.49								
		Nature's Promise																											
	Harris Teeter	HT Ranchers																9.97	7.97										

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
DC (cont)	Safeway	Ranchers Reserve												7.99				5.99	4.99	
	Target Fresh	Sutton & Dodge															6.20			
	Whole Foods	no label							4.49		3.50									
DE	A&P Stores	5 Star	A												5.99	5.99				
		Woodson & James												7.99	7.99			3.99		
		no label						3.79												
	ACME	Lancaster Brand					3.99				4.99			5.99	5.99			3.99		
	ALDI	no label															7.99			
	Food Lion	Butcher's Brand							3.79					6.99				3.99		
	Fresh Grocer	no label			2.69										5.99	5.99		6.99	3.69	
		Certified Angus									4.79									
	Giant of Maryland	Giant						3.99				3.99			5.99	5.99				
		Certified Angus													6.99	6.99				
		Nature's Promise						5.49												
	GreatVALU	no label																5.89		
		Certified Angus																		
	Harris Teeter	HT Ranchers																9.97	7.97	
	Pathmark	no label					2.98													
		Woodson & James																	6.98	3.98
	Safeway	Ranchers Reserve														7.99			5.99	4.99
Save-a-Lot	no label			1.99														3.99		
ShopRite	no label				2.49															
	Certified Angus																	2.49		
	Nature's Reserve													5.99						
Shurfine	no label				3.49	2.99											4.99			
	Certified Angus							4.49	3.99											
	Sutton & Dodge																6.20			
	no label											3.50								
MA	ALDI	no label															7.99			
	Big Y	no label							3.99		4.49	4.98		9.99			9.99		4.99	
	Compare Foods	no label																		
	Crosby's	Certified Angus																5.99		
	Demoulas	no label													5.99	5.99		5.99		

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil									
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls														
MA (cont)	Donelan's	Donelan's	A						2.99				3.29																
	Geissler's	Creekstone Farms							3.99				3.69								6.99	10.99							
	Hannaford	Hannaford																											
	Price Chopper	Nature's Place	4.99						3.29				6.99								6.99	4.59							
		Price Chopper																											
	Roche Bros.	Certified Angus	1.99						6.99				3.99								5.49	3.99	6.20	2.99					
	Save-a-Lot	no label																											
	Shaw's/Star	Steakhouse Choice	O						4.49				3.50								12.99	5.99	6.99						
	Shaw's	Verde Farms																											
	Stop & Shop	Stop & Shop	A						3.99				3.50								12.99	5.99	6.99	5.99	6.99				
Nature's Promise	Sutton & Dodge																												
Target Fresh	no label	A	3.50	12.99	5.99	6.99	5.99	6.99	5.99	6.99																			
The Fresh Market	no label																												
Trucchi's	Black Canyon	A	3.50	12.99	5.99	6.99	5.99	6.99	5.99	6.99																			
Whole Foods	no label																												
MD	ACME	Lancaster Brand																											
	ALDI	no label																			2.39	3.79	3.99	6.99	5.99	5.99	7.99	3.99	
	Food Lion	Butcher's Brand																											
	Giant Eagle	no label																			3.49	3.99	5.49	9.99	6.99	6.99	8.99	6.99	3.99
		Certified Angus																											
	Giant Food Stores	Giant																			A	3.99	5.49	9.99	6.99	6.99	8.99	6.99	3.99
	Nature's Promise	Giant																											
	Giant of Maryland	Certified Angus																			A	3.99	5.49	9.99	6.99	6.99	8.99	6.99	3.99
	Nature's Promise	Certified Angus																											
	Graul's	Certified Angus																			A	3.99	5.49	9.99	6.99	6.99	8.99	6.99	3.99
no label	no label																												
GreatVALU	no label	A	3.99	5.49	9.99	6.99	6.99	8.99	6.99	3.99																			
Certified Angus	Certified Angus																												

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
MD (cont)	Harris Teeter	HT Ranchers	G				2.89								5.89	5.99	9.97	7.97		
	Mars	no label																		
	Safeway	Ranchers Reserve																		
	Save-a-Lot	no label																		
	Shoppers	no label																		
	ShopRite	no label																		
		Certified Angus																		
		Nature's Reserve																		
	Shurfine	no label																		
		Certified Angus																		
	Stop Shop Save	no label																		
	Target Fresh	Sutton & Dodge																		
		no label																		
	The Fresh Market	no label																		
Wegman's	Wegman's																			
Weis	no label																			
	Angus																			
	Laura's																			
	Whole Foods	no label	A																	
ME	Demoulas	no label	A						3.69					6.99	5.99	5.99	3.69	5.99		
	Hannaford	Hannaford																		
		Nature's Place																		
	Save-a-Lot	no label																		
	Shaw's	Steakhouse Choice																		
		Shaw's																		
	Verde Farms	O																		
	Target Fresh	Sutton & Dodge																		
		no label																		
NH	ALDI	no label	A						3.69						5.99	5.99	7.99	5.99		
	Demoulas	no label																		
	Hannaford	Hannaford																		
		Nature's Place																		
	Price Chopper	Certified Angus																		
	Price Chopper																			
	</																			

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
NH (cont)	Save-a-Lot	no label	O		1.99														3.99		
	Shaw's	Steakhouse Choice										4.49	6.99		6.99						
	Shaw's	Verde Farms							6.99												
	Target Fresh	Sutton & Dodge																6.20			
	no label											3.50									
	The Fresh Market	no label												12.99							
NJ	A&P Stores	5 Star														5.99	5.99	7.99			
		Woodson & James													7.99	7.99					3.99
		no label						3.79													
	ACME	Lancaster Brand						3.99				4.99			5.99	5.99					3.99
	ALDI	no label																			
	Associated	no label					2.99							7.99							
	Bottom Dollar	no label			1.66																
	Bravo	no label			3.49	3.69	3.29							8.99							
	Compare Foods	no label										3.99									
	C-Town	no label				3.69		3.99						7.99							
	Extra Markets	no label																3.28			
	Fairway Foods	no label									3.99	4.19									
	Fine Fare	no label																2.99			
	Food Bazaar	Swift										3.99	7.99		9.99	9.99					
	Foodtown	Certified Angus												11.99							
		no label																2.99			
	Fresh Grocer	no label			2.69											5.99	5.99		6.99	3.69	
		Certified Angus										4.79									
	GreatVALU	no label																5.89			
		Certified Angus																		BOGO	
	Key Food	no label																8.99	5.99	3.99	
	King's	King's														6.99	6.99		5.99		
	Pathmark	no label						2.98													
		Woodson & James																	6.98	3.98	
	Pioneer	Certified Angus																	7.99	2.99	
	Save-a-Lot	no label			1.99															3.99	

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls																								
NJ (cont)	ShopRite	no label	G			2.49																																	
		Certified Angus																																		2.49			
	Stop & Shop	Stop & Shop																						3.99				3.99											
		Nature's Reserve																						5.49															
	Target Fresh	Sutton & Dodge	A																																	6.20			
		no label																										3.50											
	The Fresh Market	no label																													12.99								
	Thriftway	no label																						2.99							5.99	5.99					3.99		
	Wegman's	Wegman's																					2.19																
	Weis	no label	A																					3.49															
	Angus										5.69							10.99			BOGO																		
	Laura's										5.99																												
Whole Foods	no label																																						
NY	A&P Stores	5 Star																																					
		Woodson & James																															5.99	5.99					
		no label																																					
	ALDI	no label																																			7.99		
	America's Food	no label																																				5.99	2.99
	Associated	no label																															7.99						
	Best Yet	no label																																		6.99		6.99	3.99
	Big M	1893 Angus																																					
	Bravo	no label																																					
	Compare Foods	no label																																					
	C-Town	no label																																					
	D'Agostino's	1932 Brand																																					
	DeCiccio's	DeCiccio's																																					5.99
	Fairway Foods	no label																																					
	Fine Fare	no label																																					2.99
	Food Bazaar	Swift																																					
	Food Emporium	Woodson & James																																					
		no label																																					
	Foodtown	Certified Angus																																					
	no label																																						

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
NY (cont)	Giunta's	no label	A																	4.99
	Gristede's	no label																		4.99
	Hannaford	Hannaford							3.69									3.69	4.69	
		Nature's Place						4.99												
	Key Food	no label																8.99	5.99	3.99
	King Kullen	no label																	5.99	3.99
		Certified Angus																	6.99	4.59
	Met Foods	no label											3.99					4.99		2.99
	Metro City Mrkt	no label													6.99					
	Pathmark	no label					2.98													
		Woodson & James																6.98	3.98	
	Peck's Market	Certified Angus																7.99	2.99	
		no label						3.49					3.99					6.99		
	Pioneer	Certified Angus																7.99		
	Price Chopper	Certified Angus													6.99	6.99			4.59	
		Price Chopper					3.29													
	Save-a-Lot	no label			1.99														3.99	
	ShopRite	no label				2.49														
		Certified Angus																		2.49
		Nature's Reserve	G												5.99					
	Stop & Shop	Stop & Shop								3.99			3.99							
		Nature's Promise	A							5.49										
	Target Fresh	Sutton & Dodge																	6.20	
	no label												3.50							
The Fresh Market	no label																			
Tops	no label													12.99		6.99	6.99			
Trade Fair	no label																			
Wegman's	Wegman's					2.19														
Weis	no label					3.49					5.69		4.69	10.99			10.99			
	Angus												5.19						BOGO	
	Laura's	A							5.99											
PA	A&P Stores	5 Star														5.99	5.99			
		Woodson & James														7.99	7.99		3.99	
		no label						3.79												

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
PA (cont)	ACME	Lancaster Brand	A						3.99				4.99			5.99	5.99			3.99	
	ALDI	no label															7.99				
	Big M	1893 Angus												7.99			6.99				
	Bottom Dollar	no label			1.66																
	Boyer's	no label									4.27	3.97				5.97		4.97	BOGO		
	C-Town	no label				3.69		3.99							7.99						
	Family Owned	no label				2.99	2.59											6.99		3.69	
	Fine Fare	no label																		2.99	
	Food Lion	Butcher's Brand										3.79			6.99					3.99	
	Foodland	no label					2.48					3.99		3.99				6.88			
	Foodtown	Certified Angus														11.99					
		no label																		2.99	
	Fresh Grocer	no label				2.69											5.99	5.99		6.99	3.69
		Certified Angus											4.79								
	Giant Eagle	no label						2.39				3.99							7.49		
		Certified Angus																		6.99	
	Giant Food Stores	Giant						3.49									6.99	6.99	8.99		3.99
		Nature's Promise														12.99					
	GreatVALU	no label																	5.89		
		Certified Angus																			BOGO
	Karn's	no label																	5.99		3.99
	Kuhn's	no label						2.99													
	Pathmark	no label						2.98													
		Woodson & James																	6.98		3.98
	Price Chopper	Certified Angus															6.99	6.99			4.59
		Price Chopper						3.29													
	Redner's	Redner's														5.98					
	Save-a-Lot	no label				1.99														3.99	
	ShopRite	no label					2.49														
		Certified Angus																			2.49
		Nature's Reserve			G											5.99					
	Shop'n Save	no label									2.98			4.49		7.88				5.99	
	Shurfine	no label					3.49	2.99											4.99		
		Certified Angus								4.49	3.99										4.99

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls																																																																																																																	
PA (cont)	ShurSave	no label	A			2.79																																																																																																																										
	ShurSave	ShurSave				3.99															6.20	4.99																																																																																																										
	Target Fresh	Certified Angus Sutton & Dodge																																																																																																																														
	no label																																																																																																																															
	The Fresh Market	no label																																																																																																																														
	Thriftway	no label				2.99																																																																																																																										
	Tops	no label				2.19																																																																																																																										
	Wegman's	Wegman's				3.49																	5.69	4.69	10.99	10.99	BOGO																																																																																																					
	Weis	no label				5.99																	5.19																																																																																																									
Whole Foods	Angus Laura's no label	4.49																																																																																																																														
RI	ALDI	no label	A																																																																																																																													
	Compare Foods	no label																			1.99																																																																																																											
	Dave's Fresh	Dave's																																				6.99																																																																																										
	Save-a-Lot	no label																																																				4.49																																																																										
	Shaw's	Steakhouse Choice Shaw's																																																																			3.99																																																											
	Verde Farms	Stop & Shop																																																																																		5.49																																												
	Stop & Shop	Nature's Promise																																																																																																	3.50																													
	Target Fresh	Sutton & Dodge																																																																																																																														
	no label	no label																																																																																																																														
Whole Foods	no label																																																																																																																															

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
VT	ALDI	no label	A															7.99		
	Hannaford	Hannaford						4.99	3.69									3.69	4.69	
	Price Chopper	Nature's Place													6.99	6.99				4.59
		Certified Angus																		
	Shaw's	Price Chopper					3.29													
		Steakhouse Choice	O																	
	Shaw's	Shaw's											6.99							
	Verde Farms																			
	Tops	no label																		

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BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks						
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
SOUTHEASTERN U.S. - AL,FL,GA,MS,NC,SC,TN,VA,WV																				
AL	ALDI	no label	A															7.99		
	Belle Foods	no label				2.49							2.69			6.99				3.99
	Dollar General Mk	no label				1.90									8.00					
	Food Giant Stores	no label				1.99		2.19					2.69							
	Greer's	Black Angus				2.39									6.49					
	Ingle's	no label						2.58												
		Ingle's													7.98					
		Harvest Farms																12.98		
	Lucky Supermrkt	no label				1.98														
		Black Canyon													8.99					2.99
	Piggly Wiggly	Certified Angus													9.99					
	Publix	Publix						3.49						6.99	7.99					
		Greenwise																9.99		4.99
	Ramey	no label																5.99		
	Save-a-Lot	no label				1.99													3.99	
	Target Stores	Sutton & Dodge																	6.20	
		no label												3.50						
	The Fresh Market	no label														12.99				
	United Grocery	Black Canyon															6.99	6.99		
	no label																			
Western	no label																			
	Certified Hereford					4.59												9.99		
	Winn-Dixie	no label					2.79						6.99		10.99			9.99		
							2.79							6.99		9.99		9.99		
FL	Albertsons LLC	no label							2.88		2.98			6.98	8.98					
	ALDI	no label																7.99		
	Bravo	no label												6.99						
	Dollar General Mk	no label				1.90									8.00					
	Food Lion	Butcher's Brand									3.79				6.99					3.99
	Greer's	Black Angus				2.39									6.49					
	Harris Teeter	HT Ranchers																9.97	7.97	
	Hitchcock	Hitchcock				2.19									6.99			6.99		
	J.H. Harvey's	no label				1.99														3.69

SUPERMARKET HOLIDAY FEATURING OF MEAT, POULTRY, FRUITS, & VEGETABLES
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Labor Day 2013
BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks							
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
FL (cont)	Publix	Publix	A				3.49							6.99	7.99			9.99		4.99	
	Save-a-Lot	Greenwise			1.99													3.99			
	Sedano's	no label																4.99			
	Sweetbay	Certified Angus																			
	Target Stores	no label																8.99			
		Sutton & Dodge																6.20			
		no label											3.50								
	The Fresh Market	no label													12.99						
	Whole Foods	no label											10.99								
	Winn-Dixie	no label				2.79							6.99		9.99		9.99		3.99		
GA	ALDI	no label	A															7.99			
	Belle Foods	no label			2.49								2.69			6.99				3.99	
	Bi-Lo	no label					2.49						4.99	6.99	9.99			9.99		3.99	
	Dollar General Mk	no label			1.90										8.00						
	Food Depot	no label		2.09	2.09	2.92							2.92								
	Food Lion	Butcher's Brand									3.79				6.99					3.99	
	Harris Teeter	HT Ranchers																9.97	7.97		
	IGA	no label					2.29								6.99						
		TableRite				2.79															
	Ingle's	no label					2.58														
		Ingle's													7.98						
		Harvest Farms		A														12.98			
	J.H. Harvey's	no label			1.99															3.69	
	Kroger Atlanta	no label					3.49								6.99						
	Piggly Wiggly	no label					2.49					3.99				9.99					
	Publix	Publix					3.49							6.99	7.99						
		Greenwise		A															9.99		4.99
	Quality Foods	no label			1.99																
	Save-a-Lot	no label			1.99															3.99	
	Target Stores	Sutton & Dodge																		6.20	
		no label												3.50							
	The Fresh Market	no label														12.99					
	United Grocery	Black Canyon															6.99	6.99			
		no label						2.79													

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State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks						
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
GA (cont)	Wayfield's	no label				2.99	2.99							6.99	8.99					
	Winn-Dixie	no label				2.79								6.99		9.99		9.99		3.99
MS	ALDI	no label																7.99		
	Belle Foods	no label			2.49								2.69			6.99				3.99
	Corner Market	no label				2.99									9.99					
	Dollar General Mk	no label			1.90										8.00					
	Food Giant Stores	no label											2.98							
	Greer's	Black Angus			2.39										6.49					
	Kroger Delta	no label					2.99								7.99		6.99	5.99		
	Ramey	no label															5.99			
	Rouses	no label											2.97							
	Save-a-Lot	no label			1.99														3.99	
	Target Fresh	Sutton & Dodge																6.20		
		no label											3.50							
	The Fresh Market	no label													12.99					
	Winn-Dixie	no label					2.79							6.99		9.99		9.99		3.99
NC	ALDI	no label																7.99		
	Bi-Lo	no label					2.49						4.99	6.99	9.99			9.99		3.99
	Bo's Food Store	Tender Ridge														6.99				
		no label											2.99							
	Carlie C's IGA	no label														5.88				
	Compare Foods	no label			1.99											6.99	6.99	5.99		
	Dollar General Mk	no label			1.90															
	Farm Fresh	no label													8.00					
	Food Lion	Butcher's Brand					2.48									6.98	6.98			
	Galaxy Foods	no label		2.28	1.98						3.79				6.99					3.99
	Harris Teeter	HT Ranchers																9.97	7.97	
	IGA	no label													6.99					
		TableRite					2.79													
	Ingle's	no label																		
		Ingle's													7.98					
		Harvest Farms	A															12.98		
Just \$ave Food	no label		2.47																	

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BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks															
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil									
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls														
NC (cont)	Kroger MidAtlntic	Kroger	A				2.49					5.79		6.99	6.99														
	Lowe's Foods	no label					1.99														3.49	1.99	12.99	6.99	6.99				
	Piggly Wiggly Reta	no label																											
	Piggly Wiggly Cntrl	PW Preferred																											
	Publix	Publix																											
		Greenwise																											
	Save-a-Lot	no label																											
	Target Stores	Sutton & Dodge																											
		no label																											
The Fresh Market	no label																												
United Grocery	Black Canyon	2.79										6.99	6.99																
	no label																												
SC	ALDI	no label	A	2.28	1.98	2.79	2.49				3.79	4.99	6.99	9.99			7.99		3.99										
	Bi-Lo	no label					2.49													3.99									
	Food Lion	Butcher's Brand																		3.99									
	Galaxy Foods	no label																											
	Harris Teeter	HT Ranchers																											
	IGA	no label					2.29																						
		TableRite																											
	Ingle's	no label					2.58																						
		Ingle's																											
		Harvest Farms																											
	J.H. Harvey's	no label					1.99													3.69									
	Kroger Atlanta	no label					3.49																						
	Lowe's Foods	no label																											
	Piggly Wiggly	no label					2.49																						
	Publix	Publix					3.49																						
		Greenwise																											
	Save-a-Lot	no label					1.99																						
	Target Fresh	Sutton & Dodge																											
	no label																												
The Fresh Market	no label																												

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State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks							
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
TN	ALDI	no label	A																7.99		
	Bi-Lo	no label					2.49						4.99	6.99	9.99			9.99		3.99	
	Dollar General Mk	no label				1.90									8.00						
	E.W. James	no label				2.29															
	Food City	Food City					2.69														
		Certified Angus													8.99						
	Food Country	no label					2.68						2.47								
	Food Giant Stores	no label				1.99	2.19						2.69								
	Food Lion	Butcher's Brand									3.79				6.99					3.99	
	Food Rite	Food Rite				1.99															
	H.G. Hill	no label				1.99															
	Harris Teeter	HT Ranchers																9.97	7.97		
	Hometown IGA	no label																		2.99	
	Ingle's	no label					2.58														
		Ingle's														7.98					
		Harvest Farms																	12.98		
	Kroger Delta	no label					2.99									7.99			6.99	5.99	
	Kroger MidAtlntic	Kroger					2.49														
		no label														6.99					
	Lucky Supermrkt	no label				1.98															
		Black Canyon														8.99					2.99
	Osborne's	Black Canyon															7.99				
	Publix	Publix					3.49								6.99	7.99					
		Greenwise			A														9.99		4.99
	Save-a-Lot	no label				1.99														3.99	
	Superlo Foods	no label				2.39	2.89														
		Certified Angus														8.99	7.99		8.99		
Target Stores	Sutton & Dodge																	6.20			
	no label											3.50									
The Fresh Market	no label													12.99							
United Grocery	Black Canyon														6.99	6.99					
	no label					2.79															

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State	Supermarket	Brand	Key	Ground Beef (lean % where noted)									USDA Choice Steaks																				
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil													
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls																		
VA	ALDI	no label	A	2.28	1.98																												
	Dollar General Mk	no label																			1.90	2.48	3.18	2.47	8.00	6.98	6.98	7.99					
	Farm Fresh	no label																															
	Farmers Foods	no label																															
	Food City	Food City																				2.69											
		Certified Angus																															
	Food Country	no label																				2.68											
	Food Lion	Butcher's Brand																						3.79									
	Galaxy Foods	no label																															
	Giant Food Stores	Giant																				3.49							6.99	6.99	8.99		3.99
		Nature's Promise																											12.99				
	Giant of Maryland	Giant																						3.99			3.99		5.99	5.99			
		Certified Angus										6.99	6.99																				
		Nature's Promise					5.49																										
	Grant's	no label			1.99																												
	GreatVALU	no label				2.99								6.99		6.99																	
	Harris Teeter	HT Ranchers														9.97	7.97																
	Ingle's	no label						2.58																									
		Ingle's													7.98																		
		Harvest Farms																12.98															
		Kroger MidAtlntic		Kroger				2.49																									
				no label												6.99																	
		Safeway		Ranchers Reserve												7.99				5.99	4.99												
	Save-a-Lot	no label			1.99													3.99															
	Shoppers	no label					3.49											5.99	4.99														
	Target Stores	Sutton & Dodge																6.20															
		no label										3.50																					
	The Fresh Market	no label												12.99																			
	Wegman's	Wegman's					2.19																										
WV	ALDI	no label																7.99															
	Fas-Chek	no label			1.99				2.99				3.59	6.99																			
	Food Fair	Black Canyon					2.98											5.99															
	Food Lion	Butcher's Brand								3.79				6.99						3.99													
	Foodland	no label			1.99				2.98				2.99																				

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks						
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
WV (cont)	Galaxy Foods	no label	A	2.28	1.98															
	Giant Eagle	no label					2.39				3.99							7.49		
		Certified Angus																	6.99	
	Giant Food Stores	Giant					3.49								6.99	6.99	8.99		3.99	
		Nature's Promise												12.99						
	Grant's	no label			1.99															
	Kroger Columbus	Private Selection														7.99				
	Kroger MidAtlntic	Kroger					2.49													
		no label												6.99						
	Riesbeck's	Certified Hereford																7.99		
		no label											3.29							
	Save-a-Lot	no label			1.99														3.99	
	Shop'n Save	no label							2.98					4.49		7.88			5.99	
Sparkle	no label					2.79							6.99	8.99						
Target Fresh	Sutton & Dodge																6.20			
	no label											3.50								
Weis	no label					3.49					5.69		4.69		10.99			10.99		
	Angus											5.19								
	Laura's		A						5.99											

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
MIDWESTERN U.S. - IA,IL,IN,KY,MI,MN,ND,NE,OH,SD,WI																				
IA	Affiliated MW 1	Star Ranch no label					2.79											5.88		
	Affiliated MW 2	Star Ranch no label													7.99					
	ALDI	no label															7.99			
	County Market	Rancher's Legend no label				1.98						2.49		8.00 11.00						
	Dahl's	Certified Angus					2.99							9.30						
	Family Foods	Blackwell												7.99				6.99		
	Fareway	no label										3.59								
	Food Pride	Angus Pride no label							3.19	2.99				7.99						
	Hometown Foods	no label						2.99	2.77											
		Star Ranch												8.88						
	Hy-Vee	Amana Hy-Vee Angus no label													9.60		11.99		3.99	
	No Frills	no label																		
	Save-a-Lot	no label				1.99					2.99	2.99	3.19		5.99	6.99			3.99	
	Target Stores	Sutton & Dodge no label																	6.20	
		Whole Foods	no label											3.50						
														13.99						
IL	Affiliated MW 2	Star Ranch no label					2.39								7.99					
	ALDI	no label																7.99		
	Angelo Caputo	no label Piedmontese				4.99		4.99				4.99	2.59	5.99 10.99				4.49		
	Berkot's	no label Strauss					3.29				3.59	3.59				7.99	8.49	6.99		
																		11.99		
	Borowiak's IGA	Borowiak's							2.88											
	Butera Market	Certified Angus no label				2.69		2.69				2.69		8.99	7.99 4.99	7.99 4.99				

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil		
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls							
IL (cont)	County Market	Rancher's Legend	K												8.00							
		no label				1.98								2.49		11.00						
	Cub Foods	Cub						1.98														
	Dierberg's	Dierberg's									4.49						25% off	25% off	25% off	25% off		
	Dominick's	no label										3.99										
		Rancher's Reserve																	6.99		3.99	
	Fairplay Foods	no label								3.49					2.99							
		Certified Angus															7.99	8.49				
	Fareway	no label													3.59				6.99			
	Food Pride	Angus Pride															7.99					
		no label									3.19	2.99										
	Hometown IGA	no label						2.69							2.99							
	Hy-Vee	Amana																9.60		11.99		
		Hy-Vee Angus																			3.99	
		no label							1.98													
	Garden Fresh	no label							2.99								9.99				3.99	
		no label															14.99					
	Jewel-Osco	Steakhouse Choice																6.99				
		no label												3.99								
	Kirby Foods IGA	IGA TableRite						2.69										6.99	7.19			
	Kroger Louisville	no label					1.99											7.99				
		Private Selection									3.49											
	Mariano's Fresh	no label												3.99								
	Meijer	Certified Angus									1.99							8.49				
	Pete's Fresh Mrkt	no label														6.99						
	Piggly Wiggly	no label											2.99	2.69		2.99						
	Certified Angus															5.99	6.19					
Save-a-Lot	no label				1.99														3.99			
Shop & Save Mrkt	no label							2.39								7.99	7.99					
	Chairman Reserve																	9.99				
Shop'n Save	no label				1.99													5.99				
Strack & VanTil	Certified Angus							2.99										6.99				
Sullivan's	no label								2.49					7.99								

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
IL (cont)	Target Stores	Sutton & Dodge											3.50						6.20	
	The Fresh Market	no label													12.99					
	Tom's Market	no label					2.49											4.99		
	Tony's Finer Food	no label													4.99	6.99			4.99	
	Ultra Foods	no label			1.78							2.48								
		Certified Angus													8.49	8.99			3.99	
	Valli Produce	no label						2.79										5.99		
	Walt's Food	Certified Hereford														6.99		7.99		
		Walt's					2.79													
Whole Foods	no label													13.99						
IN	Al's Supermarket	Al's							2.88											
		Chairman Reserve																9.88		
	ALDI	no label																7.99		
	Buehlers Buy Low	no label					2.69						2.99							
	Dollar General Mk	no label			1.90										8.00					
	Harvest Market	no label													6.99					
	Hometown IGA	no label					2.69						2.99							
	Jay C	no label					2.88								6.98					
	Jewel-Osco	Steakhouse Choice														6.99				
		no label										3.99								
	Kirby Foods IGA	IGA TableRite				2.69										6.99	7.19			
	Kroger Cincinnati	Kroger			1.79															
	Kroger Louisville	no label			1.99										7.99					
		Private Selection						3.49												
	Martin's	Martin's						2.99												
	Main Street Mrkt	Creekstone Farms	A													10.99				
		Laura's Lean	A								6.49		6.99							
		no label					2.99		30% off			30% off						5.99		
	Marsh	Creekstone Farms	A													10.99				
		Laura's Lean	A							6.49			6.99							
	no label			2.49				30% off			30% off						5.99			
Meijer	Certified Angus						1.99							8.49						
New Market	no label						2.99				3.99	3.99			5.99					

SUPERMARKET HOLIDAY FEATURING OF MEAT, POULTRY, FRUITS, & VEGETABLES
prices in \$US per pound unless otherwise noted.

Labor Day 2013
BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks						
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
IN (cont)	Save-a-Lot	no label			1.99														3.99	
	Target Stores	Sutton & Dodge																6.20		
		no label										3.50								
	The Fresh Market	no label											12.99							
	Ultra Foods	no label			1.78							2.48				8.49	8.99		3.99	
	Whole Foods	Certified Angus																		
		no label											13.99							
KY	ALDI	no label																7.99		
	Dollar General Mk	no label			1.90										8.00					
	E.W. James	no label			2.29															
	Food City	Food City					2.69													
		Certified Angus													8.99					
	Food Fair	Black Canyon						2.98										5.99		
	Food Giant Stores	no label			1.99		2.19					2.69								
	Food Lion	Butcher's Brand									3.79				6.99				3.99	
	Foodland	no label			1.99				2.98			2.99								
	Hometown IGA	no label																	2.99	
	Houchen's Market	no label					2.69					2.99								
	Kroger Cincinnati	Kroger			1.79															
	Kroger Delta	no label					2.99								7.99			6.99	5.99	
	Kroger Louisville	no label			1.99										7.99					
		Private Selection					3.49													
	Kroger MidAtlntic	Kroger					2.49													
		no label			2.79										6.99					
	Meijer	Certified Angus					1.99								8.49					
	Remke's	Remke's									2.99	3.49								
		no label																7.99		
Save-a-Lot	no label			1.99														3.99		
Target Fresh	Sutton & Dodge																	6.20		
	no label											3.50								
	The Fresh Market	no label												12.99						
MI	Affiliated MW 2	Star Ranch													7.99					
		no label					2.39													
	ALDI	no label																7.99		

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State	Supermarket	Brand	Key	Ground Beef (lean % where noted)									USDA Choice Steaks								
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
MI (cont)	Busch's	no label	G									3.99		10.49	11.49	6.99	8.99	7.99	5.99		
	Open Prairie													14.49			9.99				
	D&W Fresh	Preferred Angus													6.99						
	no label								3.99												
	Family Fare/Glen's	Tender Ridge	A															7.99			
	no label								1.99												
	Food Pride	Angus Pride												7.99							
	no label								2.89												
	Harding's	Tender Ridge	A													5.99					
	Harding's								2.19												
	Naturewell										3.99										
	Hiller's	no label									3.29			3.69		6.99	6.99	6.99			
	Hollywood Mrkts	no label	A								2.99								8.99		
	Chairman Reserve																				
	Kroger Michigan	Private Selection										4.49									
	no label														6.99	6.99					
	Martin's	Martin's	A																		
	Meijer	Certified Angus													8.49						
	Plumb's	no label														5.99					
	Polly's	no label												2.99					6.79		
	Ric's Food Center	no label	A								2.99								6.99		
	Save-a-Lot	no label																	3.99		
	Spartan Stores	Tender Ridge																	6.99		
	Super One Foods	no label												2.97						8.98	
Target Fresh	Sutton & Dodge	A																6.20			
no label													3.50								
Tom's/Oleson's	no label																	7.99			
Valu Land	no label																	6.99			
VG's Grocery	no label	A																			
Whole Foods	no label														13.99						
MN	Affiliated MW 1	Star Ranch																5.88			
	no label						2.79														

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BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks										
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil				
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls									
MN (cont)	Affiliated MW 2	Star Ranch	A												7.99									
	no label	2.39																						
	ALDI	no label													7.99									
	Cash Wise	Certified Herford													5.98									
	Coborn's	Coborn's													2.49						7.99			
	Cub Foods	Cub													1.98									
	Econofoods	Angus Pride																			6.99			
	no label														2.99									
	Fareway	no label																			6.99			
	Festival	no label																			5.99			
	Food Pride	Angus Pride																			7.99			
	no label	2.89																						
	Hugo's	Hugo's																			2.76			
	Angus Pride														7.95									
	Hy-Vee	Amana																			9.60	11.99		
	Hy-Vee Angus														3.99									
	no label	1.98																						
	Kowalski's	Kowalski's																			11.99			
	Lund's & Byerly's	no label																			3.99	8.99		
	Marketplace Foods	no label																			2.88			
	Angus Pride																				7.18			
	Maynard's	Star Ranch																			6.98			
	Rainbow Foods	no label																			2.69		5.99	6.49
	Save-a-Lot	no label																			1.99			3.99
	Sun Mart	Blackwell																					6.99	
	no label																				2.99			
	Sunshine Foods	no label																			2.48		7.99	4.99
	Super One Foods	no label																					2.97	
	Naturewell																							8.98
	Target Stores	Sutton & Dodge																						6.20
	no label																						3.50	
	Teal's Market	Angus Pride																					7.99	
	Whole Foods	no label																					13.99	

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
ND	Cash Wise	Certified Herford	A			2.08	3.49		2.76					7.99			5.98	4.98		
	Dan's	no label																		
	Hornbacher's	no label																		
		Stockman/Dakota																		
	Hugo's	Hugo's																		
		Angus Pride																		
	Leever's	no label																		
		Angus Pride																		
	Marketplace Foods	no label																		
		Angus Pride																		
	Sun Mart	Blackwell																		
		no label																		
Super One Foods	no label																			
	Naturewell																			
Target Stores	Sutton & Dodge																			
	no label																			
Teal's Market	Angus Pride																			
NE	Affiliated MW 1	Star Ranch	A				2.79						7.99			5.88				
		no label																		
	Affiliated MW 2	Star Ranch																		
		no label																		
	ALDI	no label																		
	Apple Market	Heartland Pride																		
	B&R Stores	no label																		
		Platte River																		
	Bag'n Save	no label																		
	Baker's	no label																		
	Econofoods	Angus Pride																		
	no label																			
Fareway	no label																			
Food Pride	Angus Pride																			
	no label																			
		2.89																		

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BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)									USDA Choice Steaks								
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
NE (cont)	Hy-Vee	Amana														9.60		11.99			
		Hy-Vee Angus					1.98											3.99			
	Safeway	no label										4.99							4.99		
		Ranchers Reserve																			
	Sun Mart	Blackwell								2.99					6.99						
	Target Stores	no label																	6.20		
		Sutton & Dodge																			
		no label											3.50								
	Whole Foods	no label													13.99						
OH	Acme Fresh Mrkt	Acme							3.99												
		Certified Angus														8.99					
	ALDI	no label																7.99			
	Bigg's	Bigg's								2.99			3.49					7.99			
		no label		2.79																	
	Bottom Dollar	no label			1.66																
	Buehler's	no label				2.49	1.99						2.99			8.99	8.99				
	Chief	Chief			1.99								3.49			6.99					
	Cub Foods	Cub					1.98														
	Dave's Market	Certified Angus							3.49							7.99				3.99	
	Dollar General Mk	no label			1.90										8.00						
	Fisher Foods	no label					2.79														
	Food Fair	Black Canyon					2.98											5.99			
	Foodland	no label			1.99					2.98			2.99								
	Fresh Encounter	no label				2.49	2.29								7.99					3.99	
	Geyer's	Star Ranch																	7.98		2.98
		no label							2.78												
	Giant Eagle	no label					2.39				3.99								7.49		
		Certified Angus																		6.99	
	Heinen's	Heinen's									4.99				13.99						5.99
	Hometown IGA	no label					2.69						2.99								
	Kroger Cincinnati	Kroger			1.79																
	Kroger Columbus	Private Selection															7.99				

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
OH (cont)	Kroger MidAtlntic	Kroger					2.49								6.99					
	Marc's	no label											3.49							
	Main Street Mrkt	Creekstone Farms	A												10.99					
		Laura's Lean	A							6.49			6.99							
		no label				2.99		30% off			30% off						5.99			
	Marsh	Creekstone Farms	A												10.99					
		Laura's Lean	A							6.49			6.99							
		no label			2.49			30% off			30% off							5.99		
	Meijer	Certified Angus					1.99								8.49					
	Riesbeck's	Certified Hereford											3.29					7.99		
		no label																		
	Save-a-Lot	no label			1.99														3.99	
	Shop'n Save	no label							2.98				4.49		7.88				5.99	
Sparkle	no label						2.79						6.99	8.99						
Target Fresh	Sutton & Dodge																	6.20		
	no label											3.50								
	The Fresh Market	no label												12.99						
SD	Affiliated MW 1	Star Ranch					2.79											5.88		
		no label																		
	Affiliated MW 2	Star Ranch												7.99						
		no label																		
	Coborn's	Coborn's			2.49										7.99					
	Econofoods	Angus Pride												6.99						
		no label								2.99										
	Hy-Vee	Amana														9.60		11.99		
		Hy-Vee Angus																	3.99	
		no label					1.98													
Ken's Super Fair	no label													6.99				3.98		
Lynns Dakotamart	no label																			
Safeway	no label										4.99									
	Ranchers Reserve																	4.99		
Sunshine Foods	no label					2.48								7.99				4.99		

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil						
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls											
SD (cont)	Target Fresh	Sutton & Dodge no label											3.50						6.20							
	Teal's Market	Angus Pride													7.99											
WI	Affiliated MW 2	Star Ranch no label	A				2.39							7.99												
	ALDI	no label												7.99												
	Cub Foods	Cub					1.98																			
	Econofoods	Angus Pride no label												6.99												
	Festival	no label												2.99												
	Gordy's	no label					2.68							3.88												
		no label					2.68																			
		Tender Ridge												6.98												
		Certified Angus												7.98												
	Hy-Vee	Amana												11.99												
		Hy-Vee Angus no label												3.99												
	Pick'n Save/Copp	no label					1.98																			
	Piggly Wiggly	no label					2.69																			
		Certified Angus												2.99							2.69	2.99		5.99	6.49	7.99
	Save-a-Lot	no label																					5.99	6.19		3.99
	Sendik's	Sendik's					1.99							2.99								9.99				
	Sentry	Sentry												2.79											6.99	
	Super One Foods	no label												2.97											8.98	
		Naturewell																								
	Target Stores	Sutton & Dodge no label																					3.50		6.20	
	Tadych's Foods	Angus Pride Econofoods												2.79									3.39		6.99	
	The Fresh Market	no label																							12.99	
	Whole Foods	no label																							13.99	

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
SOUTH CENTRAL U.S. - AR,AZ,CO,KS,LA,MO,NM,OK,TX,UT																				
AR	ALDI	no label																7.99		
	Bill's Fresh Market	Certified Angus					2.66											4.99		
	Brookshire's	no label											4.29							
	Cranford's	no label																5.99		
	CV's Foods	Chairman Reserve																6.99		
	E.W. James	no label			2.29															
	Food Giant Stores	no label			1.99		2.19						2.69							
	G&W Foods	no label					2.88											6.98		3.98
	Harp's	no label					2.99						3.49							
	Kroger Delta	no label					2.99								7.99			6.99	5.99	
	Marvin's Grocery	Chainman Reserve																6.99		
	Save-a-Lot	no label			1.99														3.99	
	Target Fresh	Sutton & Dodge																	6.20	
		no label																		
	The Fresh Market	no label												12.99						
AZ	Albertsons LLC	no label							2.79		3.29				7.99	7.99		7.99	5.99	
	Basha's	no label					1.99								5.97	6.47			5.97	
	El Super	no label		1.99				3.29												
	Food City	no label			1.69								2.99							
	Fry's	no label							2.99				3.49	50% off						
	Lowe's	no label			1.99															
	Pro's Ranch	no label			1.69															
	Safeway	no label					2.99		3.99											
		Rancher's Reserve																7.99	3.77	
	Save-a-Lot	no label			1.99														3.99	
	Smart & Final	First Street					2.99						2.99							
	Smith's	no label								3.49										
	Target Stores	Sutton & Dodge																	6.20	
		no label											3.50							
	Whole Foods	Country Natural	A																7.99	
CO	Affiliated MW 1	Star Ranch																5.88		
		no label					2.79													
	Affiliated Texas	no label		2.09	1.79															

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
CO (cont)	Albertsons LLC	no label							2.79		3.29				7.99	7.99		7.99	5.99		
	King Soopers	no label								3.99			20% off	6.99							
	Lowe's	no label			1.99																
	Safeway	no label										4.99						4.99			
	Ranchers Reserve																	4.99			
	Save-a-Lot	no label			1.99													3.99			
	Target Stores	Sutton & Dodge																6.20			
		no label																			
Whole Foods	no label											3.50							6.99		
KS	Affiliated MW 1	Star Ranch																5.88			
		no label					2.79														
	Affiliated MW 2	Star Ranch													7.99						
		no label					2.39														
	Affiliated Texas	no label		2.09	1.79													7.99			
	ALDI	no label																			
	Apple Market	Heartland Pride					1.98											5.98			
	Country Mart	no label					2.99											BOGO			
	Dillon's	no label					2.99											BOGO			
	G&W Foods	no label					2.88											BOGO			
	Hen House	Good Natured	A			4.49												6.98		3.98	
		Certified Hereford								3.99											
	Homeland	no label					2.49											12.00			
	Hy-Vee	Amana														9.60		11.99			
		Hy-Vee Angus																	3.99		
		no label					1.98														
	Price Chopper	KC Pride					1.88						2.69						5.99		
		Certified Angus													\$2 off	\$2 off	\$2 off	\$2 off	\$2 off	\$2 off	
	Save-a-Lot	no label			1.99														3.99		
	Sun Fresh	no label					1.99			2.99						12.75			12.75		
	Target Stores	Sutton & Dodge																		6.20	
		no label																			
	The Fresh Market	no label														11.99					
	Whole Foods	no label														14.99					6.99

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				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
LA	Albertsons LLC	no label							2.79		3.29				7.99	7.99		7.99	5.99		
	Brookshire's	no label											4.29								
	Kroger Southwest	no label					2.49														
	Le Blanc's	no label													8.99						
	Mac's Fresh	no label				1.99	2.99														
	Piggly Wiggly	no label				1.99															
	Rouses	no label										2.97									
	Save-a-Lot	no label				1.99												3.99			
	Target Stores	Sutton & Dodge																6.20			
		no label										3.50									
	The Fresh Market	no label												13.99							
	Winn-Dixie	no label					2.79							6.99		9.99		9.99		3.99	
MO	Affiliated MW 2	Star Ranch													7.99						
		no label					2.39														
	ALDI	no label																7.99			
	Apple Market	Heartland Pride					1.98														
	C&R Markets	no label					2.38						2.79								
		Star Ranch																6.99			
	County Market	Rancher's Legend													8.00						
		no label			1.98								2.49		11.00						
	Country Mart	no label					2.99											5.98			
	Dierberg's	Dierberg's							4.49							25% off	25% off	25% off	25% off		
	Food Giant Stores	no label			1.99		2.19						2.69								
	G&W Foods	no label					2.88											6.98		3.98	
	Gerbe's	no label					2.99											BOGO			
	Harp's	no label					2.99						3.49		BOGO			BOGO			
	Hay's	Black Canyon					2.99								7.98						
	Hy-Vee	Amana																			
		Hy-Vee Angus														9.60		11.99	3.99		
		no label					1.98														
	Moser's	no label					1.97														
	Patricia's	no label					1.97						2.97								
	Pyramid Foods	Midwest Reserve							2.89									5.99			
		Creekstone Farms	A												12.99						

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
MO (cont)	Save-a-Lot	no label			1.99													3.99		
	Shop'n Save	no label			1.99												5.99			
	Sun Fresh	no label					1.99		2.99					12.75			12.75			
	Target Stores	Sutton & Dodge															6.20			
		no label										3.50					6.99			
	Town & Country	no label																		
		Top Choice					2.48								7.99				4.99	
	Whole Foods Woods	no label					2.68					2.99		13.99						
		Butcher's Pride															7.99			
NM	Affiliated Texas	no label		2.09	1.79															
	Albertsons LLC	no label							2.79		3.29				7.99	7.99		7.99	5.99	
	John Brooks	no label		2.09	1.99												7.99			
	Lowe's	no label			1.99															
	Pro's Ranch	no label			1.69															
	Safeway	no label										4.99								
		Ranchers Reserve																4.99		
	Smith's	no label									3.49								6.20	
	Target Fresh	Sutton & Dodge																		
	no label										3.50									
	Whole Foods	no label												14.99					6.99	
OK	Affiliated Texas	no label		2.09	1.79															
	ALDI	no label																7.99		
	Country Mart	no label					2.99											5.98		
	Harp's	no label					2.99					3.49								
	Homeland/United	no label					2.49							12.00				12.00		
	Market Square	no label			1.79															
	Price Chopper	KC Pride					1.88					2.69					5.99			
		Certified Angus												\$2 off	\$2 off	\$2 off	\$2 off	\$2 off	\$2 off	
	Pyramid Foods	Midwest Reserve							2.89									5.99		
		Creekstone Farms	A												12.99					
	Reasor's	Certified Angus										2.88						6.88	5.98	
	Rehkopf's	Angus Select					2.49													
	Save-a-Lot	no label			1.99														3.99	

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BEEF

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks							
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
OK (cont)	Target Stores	Sutton & Dodge											3.50						6.20		
		no label																			
	The Fresh Market	no label												11.99							
	Warehouse	no label			2.19																
	Williams	Certified Angus												8.99							
		no label						2.49													
TX	Affiliated Texas	no label		2.09	1.79																
	Albertsons LLC	no label							2.79		3.29				7.99	7.99		7.99	5.99		
	ALDI	no label																7.99			
	Arlan's Market	no label					2.89														
	Brookshire Bros.	no label				3.49	2.99														
	Brookshire's	no label										4.29									
	David's	no label												6.99	7.99						
	Diamond IGA	no label					2.49														
	El Ahorro	no label			1.69																
	El Rancho	no label			1.98																
	Fiesta Mart	Aspen Ridge													7.99			9.99	5.99		
		Laura's	A							5.19											
	Foodtown	no label					2.49														
	Foodarama	Black Canyon													8.99						
	Gerland's	no label			2.77																
	Kroger Southwest	no label					2.49														
	Lowe's	no label			1.99																
	Market Place	High River					2.99						3.19		7.99						
	Market Square	no label			1.79																
	Pro's Ranch	no label			1.69																
	Randall/TomThmb	no label					2.49				2.99										
		Ranchers Reserve																6.99		3.99	
	Rehkopf's	Angus Select					2.49														
	Save-a-Lot	no label			1.99															3.99	
	\$uper Save Food	no label					2.49								12.00			12.00			
	Target Stores	Sutton & Dodge																		6.20	
		no label											3.50								

State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks							
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls						
TX (cont)	United/Market St. Vista Market	no label Hereford Beef					2.79						BOGO						4.99		
UT	Albertsons SW	no label							2.79		3.29				7.99	7.99			7.99	5.99	3.99
	Albertsons Mtn	no label							2.99					5.99				7.99	5.99		
	Fresh Market	no label					2.49										5.99	3.49			
	Harmon's	Harmon's							3.59												
	Macey's	no label													10.00				3.49		
	Smith's	no label									3.49									6.20	
	Target Stores	Sutton & Dodge																			
		no label																			
	Whole Foods	no label											3.50		14.99					6.99	

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil														
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls																			
SOUTHWESTERN U.S. - CA,HI,NV																																		
CA	Albertsons LLC	no label	G	1.99	2.69	3.29	3.49						6.99	8.00																				
		Steakhouse Choice																																
	Baja Ranch	no label																																
	Dollar General Mk	no label																			G	2.38	2.99	2.49	6.89	3.99	5.99	8.99	11.99	12.99	10.99	4.99	3.99	3.99
	El Super	no label																																
	El Tapatio	no label																																
	Holiday Foods	Sterling Silver																																
	Lucky	no label																																
		Harris Ranch																																
	Lunardi's	no label																																
		no label																																
	Mar-Val Foods	no label																																
	Mollie Stone	no label																																
	Nugget	Sun Fed																																
		no label																																
	Raley's	no label																																
	Ralph's	no label																																
	Ray's Food Place	no label																																
		Naturewell																																
	Rio Ranch Mrkt	no label																																
	Safeway	no label																																
		Ranchers Reserve																																
	Save Mart	no label																																
		Harris Ranch																																
	Smart & Final	First Street																																
	Stater Bros.	Stater Bros.																																
	Super-A-Foods	no label																																
		Harris Ranch																																
	Superior Grocers	no label																																
	Target Stores	Sutton & Dodge																																
		no label																																
	The Fresh Market	no label																																
	Vallarta	no label																																

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State	Supermarket	Brand	Key	Ground Beef (lean % where noted)										USDA Choice Steaks						
				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
CA (cont)	Von's	no label	G				2.99		4.49										6.99	
	Whole Foods	Open Nature Ranchers Reserve Country Natural		A										5.99	7.99	8.49		6.99	7.99	
HI	Foodland	no label				3.49				5.49	5.49		7.99							
	Safeway	no label					3.99		5.49				6.99		7.99			5.99	4.99	
	Times/Big Save	no label				2.69							8.99					6.99		
	Whole Foods	Country Natural		A														7.99		
NV	Albertsons LLC	no label							3.49					6.99						
		Steakhouse Choice																		
	Dollar General Mk	no label			1.99	1.90									8.00					
	El Super	no label						3.29												
	MarketOn	no label				3.49														
	Raley's	no label											4.99					5.99	3.99	
	Ralph's	no label								3.99										
	Safeway	no label					2.99			4.99										
		Ranchers Reserve												5.99		6.99			3.99	
	Scolari's	Harris Ranch				4.99														
	Smart & Final	First Street					2.99						2.99							
	Smith's	no label									3.49									
	Target Fresh	Sutton & Dodge																	6.20	
		no label												3.50						
	Von's	no label					2.99		4.49											
		Open Nature		G															6.99	
		Ranchers Reserve		A											5.99	7.99	8.49		6.99	
	Whole Foods	Country Natural																7.99		

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
NORTHWESTERN U.S. - AK,ID,MT,OR,WA,WY																				
AK	Carr's	no label					3.99				4.49	4.49								
		Ranchers Reserve												6.88	10.49			10.49		4.49
	Fred Meyer	no label																		4.99
		Private Selection									4.98									
	Omni	no label							3.89					5.99						
ID	Albertsons LLC	no label							2.99					5.99				7.99	5.99	3.99
	Broulim's	Certified Angus											2.59		8.99					
	Fred Meyer	no label									3.98									3.99
		Private Selection																		
	Harvest Foods	no label					2.98											6.98		
	Paul's Market	no label					2.28													
	Rosauer's	St Helens																4.99		
		Painted Hills	A												9.99					
	Safeway	no label					2.99				3.99	3.99								
		Ranchers Reserve												5.88	9.99			9.99		3.99
	Smith's	no label									3.49									
	Super 1 Foods	no label					2.48											5.98		2.98
Target Fresh	Sutton & Dodge																	6.20		
	no label												3.50							
	Whole Foods	no label													14.99				6.99	
MT	Albertsons LLC	no label							2.99					5.99				7.99	5.99	3.99
	Harvest Foods	no label					2.98											6.98		
	Reynold's	no label												6.99						
	Rosauer's	St Helens																4.99		
		Painted Hills	A													9.99				
	Safeway	no label					2.99				3.99	3.99								
		Ranchers Reserve												5.88	9.99			9.99		3.99
	Smith's	no label									3.49									
Super 1 Foods	no label					2.48											5.98		2.98	
Target Fresh	Sutton & Dodge																	6.20		
	no label												3.50							
OR	Albertsons LLC	no label							2.69		3.99									
		Steakhouse Choice												8.99					6.99	

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil																	
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls																						
OR (cont)	Fred Meyer	no label	A																	3.99																	
	Private Selection																						3.98														
	Haggen/Top Food	no label																				2.47															
	Harvest Foods	no label																				2.98												6.98			
	McKay's Market	no label																						3.49													
	New Seasons	Country Natural																						2.99										10.99			
	QFC	Certified Angus																												5.99	9.99			9.99			
		no label																																			
	Kroger																					2.66															
	Red Apple	Painted Hills																		A							4.49								8.99		
WA	Rosauer's	St Helens	A																																		
	Painted Hills																																				
	Roth's	no label																					2.99									9.99			4.99		
	Painted Hills																																				
	Safeway	no label																					2.99				3.99	3.99	4.99			13.88					
	Ranchers Reserve																																				
	Target Fresh	Sutton & Dodge																													5.88	9.99			9.99		3.99
		no label																																		6.20	
WA	Albertsons LLC	no label	A																																		
	Steakhouse Choice																																				
	Fred Meyer	no label																																			
	Private Selection																																				
	Haggen/Top Food	no label																					2.47														
	Harvest Foods	no label																					2.98													6.98	
	Metropolitan Mrkt	no label																									4.99										
	QFC	Certified Angus																																			
		no label																																			
	Kroger																						2.66														
Rosauer's	St Helens	A																																			
Painted Hills																																					
Saar's	no label																				1.98			2.49													
Safeway	no label																					2.99			3.99	3.99											
	Ranchers Reserve																																				
	Super 1 Foods	no label					2.48																														

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				73-75%		80%/Chuck		85-90%		93-95%		Sirloin	Patties	Ribeye		T-Bone	Porter House	Bnls Strips	Top Sirloin	London Broil
				reg pack	value	reg pack	value	reg pack	value	reg pack	value			bone-in	bnls					
WA (cont)	Target Fresh	Sutton & Dodge	A										3.50						6.20	
	The Markets	no label																	7.98	
	Yoke's Market	no label					2.29								6.99					
		Certified Hereford											3.99							
WY	Affiliated MW 1	Star Ranch																5.88		
		no label					2.79													
	Affiliated MW 2	Star Ranch													7.99					
		no label					2.39													
	Albertsons LLC	no label						2.99						5.99				7.99	5.99	3.99
	King Soopers	no label								3.99			20% off	6.99						
	Safeway	no label											4.99							
		Ranchers Reserve																	4.99	
	Smith's	no label																		
	Target Fresh	Sutton & Dodge																6.20		
		no label											3.50							