

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES

prices in \$US per pound unless otherwise noted.

Thanksgiving 2013

LAMB

State	Supermarket	Label	Origin		Leg of Lamb										Racks	Conditions
					Bone-in				Semi-Boneless			Boneless				
			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half			
NORTHEASTERN U.S. - CT,DC,DE,MA,MD,ME,NH,NJ,NY,PA,RI,VT																
CT	A&P Stores	no label		AU					4.99					12.99	ABF	
	Adams IGA	no label	x			7.99										
	Big Y	no label	x		4.99	4.99							10.99			
	Food Bazaar	no label	x		4.99											
	NSA/Ideal	no label	x		4.99											
	Price Chopper	no label		AU				5.99			7.99					
	ShopRite	no label		AU				3.99			4.99					
	Stop & Shop	Stop & Shop		AU				3.99								
	The Fresh Market	no label	x		6.99							19.99				
	Whole Foods	no label	x	x	9.99						12.99	21.99				
	no label	x								8.99						
DC	Giant of Maryland	Stop & Shop		AU					3.99							
	Safeway	Open Nature		x					5.99			6.99				
DE	A&P Stores	no label		AU					4.99					12.99		
	Food Lion	no label		x					5.99							
	Giant of Maryland	Stop & Shop		AU					3.99							
	Pathmark	no label		AU					4.98							
	Safeway	Open Nature		x					5.99			6.99				
	ShopRite	no label		AU					3.99			4.99				
	The Fresh Grocer	no label		AU					3.99							
MA	Crosby's	Catelli Bros.	x							6.99						
	Big Y	no label	x		4.99	4.99							10.99			
	NSA/Ideal	no label	x		4.99											
	Price Chopper	no label		AU					5.99			7.99				
	Shaw's/Star	no label	x								5.99					
	Stop & Shop	Stop & Shop		AU					3.99							
	The Fresh Market	no label	x		6.99								19.99			
	Trucchi's	no label	x		5.49	5.99	5.99									
	Whole Foods	no label	x	x	9.99						12.99	21.99		ABF		
	no label	x								8.99						
MD	A&P Stores	no label		AU					4.99					12.99		
	Food Lion	no label		x					5.99							
	Graul's	no label	x										14.99			
	Safeway	Open Nature		x					5.99			6.99				
	ShopRite	no label		AU					3.99			4.99				
	Shopper's Food	no label		AU					5.99				11.99			

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					Bone-in				Semi-Boneless			Boneless			
			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half		
MD (cont)	The Fresh Market	no label	x		6.99									19.99	
	Weis	no label	x									7.99			
ME	Shaw's	no label	x									5.99			
	Whole Foods	no label	x	x	9.99							12.99		21.99	ABF
NH	Price Chopper	no label		AU					5.99			7.99			
	Shaw's	no label	x									5.99			
	The Fresh Market	no label	x		6.99									19.99	
NJ	A&P Stores	no label		AU					4.99					12.99	
	Food Bazaar	no label	x		4.99										
	Foodtown	Cedar Springs	x											15.99	
	Key Food	no label	x		3.99	4.99	4.99					6.99			
	Met Foods	no label	x									6.99			
	Pathmark	no label		AU					4.98						
	ShopRite	no label		AU					3.99				4.99		
	Stop & Shop	Stop & Shop		AU					3.99						
	The Fresh Grocer	no label		AU					3.99						
	The Fresh Market	no label	x		6.99									19.99	
	Weis	no label	x									7.99			
	Whole Foods	no label	x	x	9.99							12.99		21.99	ABF
NY	A&P Stores	no label		AU					4.99					12.99	
	Best Yet	n/a	x									6.77			
	D'Agostino's	Cedar Springs	x		7.99										
	Food Bazaar	no label	x		4.99										
	Food Emporium	Shepard's Pride	x									8.99			ABF
	Foodtown	Cedar Springs	x											15.99	
	Key Food	no label	x		3.99	4.99	4.99					6.99			
	King Kullen	no label	x		4.89	4.89	4.99								
	Met Foods	no label	x									6.99			
	NSA/Ideal	no label	x		4.99										
	Pathmark	no label		AU					4.98						
	Peck's Market	no label	x										7.99		
	Price Chopper	no label		AU					5.99			7.99			
	ShopRite	no label		AU					3.99				4.99		
	Stop & Shop	Stop & Shop		AU					3.99						
	The Fresh Market	no label	x		6.99									19.99	
	Weis	no label	x									7.99			
	Whole Foods	no label	x	x	9.99							12.99		21.99	ABF

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					Bone-in				Semi-Boneless			Boneless			
			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half		
PA	A&P Stores	no label		AU					4.99					12.99	
	Foodtown	Cedar Springs	x										15.99		
	Food Lion	no label		x					5.99						
	Pathmark	no label		AU					4.98						
	Price Chopper	no label		AU					5.99		7.99				
	ShopRite	no label		AU					3.99			4.99			
	The Fresh Grocer	no label		AU					3.99						
	The Fresh Market	no label	x		6.99								19.99		
	Weis	no label	x								7.99				
RI	Dave's Marketplace	no label	x									8.99			ABF
	Shaw's	no label	x									5.99			
	Stop & Shop	Stop & Shop		AU					3.99						
	Whole Foods	no label	x	x	9.99							12.99		21.99	
		no label	x									8.99			
VT	Price Chopper	no label		AU					5.99			7.99			
	Shaw's	no label	x									5.99			

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					Bone-in				Semi-Boneless			Boneless				
			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half			
SOUTHEASTERN U.S. - AL,FL,GA,MS,NC,SC,TN,VA,WV																
AL	Breaux Market	Royal Farms	x	AU	7.99									19.99	local	
	Piggly Wiggly AL	Rosen	x		4.99											
	Publix	no label			5.99						6.99					
	The Fresh Market	no label	x		6.99											
	Western	Superior Farms	x								7.99					
	Winn-Dixie	no label	x					6.99								
FL	Food Lion	no label		x					5.99					19.99		
	Publix	no label		AU	5.99						6.99					
	Sweetbay	no label		x				4.99								
	The Fresh Market	no label	x	6.99												
GA	Food Lion	no label		x					5.99					19.99		
	Publix	no label		AU	5.99						6.99					
	The Fresh Market	no label	x	6.99												
	Wayfield's	no label		3.99												
MS	Breaux Market	Royal Farms	x		7.99									19.99	local	
	The Fresh Market	no label	x	6.99												
NC	Kroger Mid-Atlantic	no label	x				5.99							19.99		
	Food Lion	no label		x					5.99							
	Publix	no label		AU	5.99						6.99					
	The Fresh Market	no label	x	6.99												
SC	Food Lion	no label		x					5.99					19.99		
	Publix	no label		AU	5.99						6.99					
	The Fresh Market	no label	x	6.99												
TN	Food Lion	no label		x					5.99					19.99		
	Kroger Mid-Atlantic	no label	x				5.99									
	Publix	no label		AU	5.99						6.99					
	The Fresh Market	no label	x	6.99												
VA	Food Lion	no label		x					5.99					19.99		
	Giant of Maryland	Stop & Shop		AU					3.99							
	Kroger Mid-Atlantic	no label	x				5.99					6.99				
	Safeway	Open Nature		x					5.99							
	Shopper's Food	no label		AU					5.99				11.99			
	The Fresh Market	no label	x	6.99												
WV	Food Lion	no label		x					5.99							
	Kroger Mid-Atlantic	no label	x				5.99									
	Weis	no label	x								7.99					

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					Bone-in				Semi-Boneless			Boneless				
			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half			
MIDWESTERN U.S. - IA,IL,IN,KY,MI,MN,ND,NE,OH,SD,WI																
IA	Dahl's	no label	x		5.99	5.99										
	Hy-Vee	no label	x									7.99				
	No Frills	no label	x						6.99							
	Whole Foods	no label		x	8.99							10.99		19.99		
IL	Angelo Caputo	Strauss	x			6.99	6.99									
	Butera	no label	x						6.69							
	Dominick's	Open Nature		x					5.99			6.99				
	Fairplay Foods	no label	x						5.49							
	Garden Fresh	no label	x		3.95							8.95				
		no label		AU										14.95		
	Hy-Vee	no label	x									7.99				
	Mariano's Fresh	no label	x						7.99							
	Meijer	no label							4.99							
	Pete's Fresh	no label	x		4.99											
	The Fresh Market	no label	x		6.99									19.99		
	Ultra Foods	Chiapetti	x		4.98											
	Whole Foods	no label		x	8.99							10.99		19.99		
IN	Martin's	Martin's	x						5.99							
	Meijer	no label							4.99							
	Strack & VanTil	Chiapetti	x		4.99											
	The Fresh Market	no label	x		6.99									19.99		
	Ultra Foods	Chiapetti	x		4.98											
	Whole Foods	no label		x	8.99							10.99		19.99		
KY	Food Lion	no label		x					5.99							
	Kroger Mid-Atlantic	no label	x				5.99									
	Meijer	no label							4.99							
	The Fresh Market	no label	x		6.99									19.99		
MI	D&W Fresh	no label		x					4.99							
	Hiller's	no label	x		6.99											local
	Hollywood Market	no label	x						6.99							
	Martin's	Martin's	x						5.99							
	Meijer	no label							4.99							
	Tom's/Olesen's	no label							4.99							
	Whole Foods	no label		x	8.99							10.99		19.99		

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			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half		
MN	Hy-Vee	no label	x									7.99		19.99	ABF
	Marketplace Foods	Shepard's Pride	x								7.99				
	Whole Foods	no label		x	8.99						10.99				
ND	Marketplace Foods	Shepard's Pride	x									7.99			ABF
NE	B&R Stores (Russ)	no label	x						5.99					19.99	
	Bag'n Save	no label	x						6.99						
	Hy-Vee	no label	x								7.99				
	Safeway	Open Nature		x							6.99				
	Whole Foods	no label		x	8.99						10.99				
OH	Acme	Marcho Farms	x		4.99									19.99	
	Kroger Mid-Atlantic	no label	x				5.99								
	Meijer	no label							4.99						
	The Fresh Market	no label	x		6.99										
SD	Hy-Vee	no label	x									7.99			
	Safeway	Open Nature		x								6.99			
WI	Hy-Vee	no label	x									7.99		19.99 19.99	ABF
	Marketplace Foods	Shepard's Pride	x									7.99			
	The Fresh Market	no label	x		6.99										
	Whole Foods	no label		x	8.99							10.99			

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			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half			
SOUTH CENTRAL U.S. - AR,AZ,CO,KS,LA,MO,NM,OK,TX,UT																
AR	Sprout's	no label	x									6.99			ABF	
	The Fresh Market	no label	x		6.99								19.99			
	Whole Foods	no label	x		8.99							10.99		22.99		
AZ	Basha's	no label	x		7.99	7.99										
	Safeway	Open Nature		x					5.99			6.99				
	Whole Foods	no label	x									9.99				
		no label		NZ	7.99											
CO	Safeway	Open Nature		x								6.99				
	Sprout's	no label	x									6.99				
KS	Hy-Vee	no label	x									7.99				
	Price Chopper	no label	x		6.99											
	The Fresh Market	no label	x		6.99									19.99		
LA	Breaux Market	Royal Farms	x		7.99										local	
	The Fresh Market	no label	x		6.99								19.99			
	Whole Foods	no label	x		8.99							10.99	22.99	ABF		
MO	Harter House	no label	x						6.99							
	Hy-Vee	no label	x									7.99				
	Price Chopper	no label	x		6.99											
	Whole Foods	no label		x	8.99							10.99	19.99			
	Woods	no label	x						6.99							
NM	Safeway	Open Nature		x								6.99				
	Sprout's	no label	x									6.99				
OK	The Fresh Market	no label	x		6.99									19.99		
	Sprout's	no label	x									6.99				
	Whole Foods	no label	x		8.99							10.99	22.99	ABF		
TX	Brookshire Bros.	no label	x									10.99				
	Fiesta Mart	no label	x									9.49				
	H-E-B	no label	x		6.97									12.97		
	Sprout's	no label	x									6.99				
	Tom Thumb/Randll	Open Nature		x					5.99			6.99				
	Whole Foods	no label	x		8.99							10.99	22.99	ABF		
UT	Associated Food	no label	x		6.99											
	Sprout's	no label	x									6.99				

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			U.S.	Import	Whole	Butt	Shank	Kosher	Whole	Butt	Shank	Whole	Half			
SOUTHWESTERN U.S. - CA,HI,NV																
CA	Joni's	no label	x		4.99											
	Lucky's	no label	x		5.99							6.99				
	Mar-Val	no label	x		4.99											
	Nugget Market	Superior	x		5.99											
	Ralphs	Private Selection	x		5.99											
	Safeway	Open Nature		x					5.99			6.99				
	Save Mart	no label	x		5.99							6.99				
	Sprout's	no label	x									6.99				
	Stater Bros.	no label	x		5.99											
	The Fresh Market	no label	x		6.99									19.99		
	Von's/Pavillion	Open Nature		x	4.99							5.99		12.99		
	Whole Foods	no label		NZ	7.99							9.99		19.99		
	Whole Foods	no label	x									9.99				
		no label		NZ	7.99											
HI	Foodland	no label	x											15.99		
	Safeway	Open Nature		x					6.99			7.99				
	Whole Foods	no label	x									10.99				
		no label		NZ	9.99											
NV	Ralphs	Private Selection	x		5.99											
	Safeway	Open Nature		x					5.99			6.99				
	Sprout's	no label	x									6.99				
	Von's/Pavillion	Open Nature		x	4.99							5.99		12.99		
	Whole Foods	no label	x									9.99				
		no label		NZ	7.99											

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NORTHWESTERN U.S. - AK,ID,MT,OR,WA,WY																
AK	Carr's	Open Nature		x					5.99			6.99				
	Sea Mart	no label	x		5.99											
ID	Rosauer's	Superior	x		4.99											
	Safeway	Open Nature		x					4.99			5.99				
	Super1Foods	Superior	x		4.98											
MT	Reynold's	no label			6.99											
	Rosauer's	Superior	x		4.99											
	Safeway	Open Nature		x					4.99			5.99				
OR	Market of Choice	Anderson Ranches	x			10.99										
	Red Apple	no label	x		6.99							7.99				
	Roth's	Anderson Ranches	x		8.48											
	Safeway	Open Nature		x					4.99			5.99				
WA	Rosauer's	Superior	x		4.99											
	Safeway	Open Nature		x					4.99			5.99				
	Yoke's	Summit Creek	x		6.99							7.99				
WY	Safeway	Open Nature		x								6.99				