

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES

prices in \$US per pound unless otherwise noted.

Thanksgiving 2013

HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NORTHEASTERN U.S. - CT,DC,DE,MA,MD,ME,NH,NJ,NY,PA,RI,VT														
CT	A&P Stores	Smithfield	1.99						1.39					
		CB Old Country	3.49											
		Hatfield								3.49				
	Adams IGA	America's Choice	2.99											
		Vernon Manor		1.59										
		Alexander Hornung							1.49					
		Triple M	2.99											
		Budaball								2.99				
		AGNE Stores	Shurfine		1.99			1.19	0.99	2.99	2.99	2.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Big Y	Cook's						1.99	1.69					
		Carando		2.99										
		Big Y		2.99										
		World Classics	4.49	4.49										
		Bravo	Cook's	2.69				1.59	1.49					
		Compare Foods	Cook's					1.59	1.49					
	C-Town	Cook's	2.69					1.59	1.49					
	Food Bazaar	Cook's						0.49	0.49					
		Cook's						0.99	0.99					
	Food Emporium	Smithfield	2.49											
		CB Old Country	3.49											
		Hormel Cure 81			3.99									
		Smithfield	2.99											
		America's Choice	2.99											
	Geissler's	Carando		2.69										
		Triple M					2.69							
		Alexander Hornung		1.99				1.99	1.99					
	Price Chopper	Alexander Hornung					2.29	2.69	2.69					
		Carando	2.99											
		Hillshire Farms	3.49											
		Hatfield								3.29	3.49			
		Cooks	2.49					1.19	0.99					
		Hormel Cure 81	2.99							5.29	5.49			
		Price Rite	Cooks						1.19					

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
CT (cont)	Save-a-Lot	Sugardale no label		1.79				1.19	0.99					ABF limit 2
	ShopRite	Cook's Hatfield	2.69							3.29				
	Stop & Shop	Stop & Shop Nature's Promise	1.99	1.99					1.29					
		Carando	2.49	2.49										
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Walmart	no label Sam's Choice				1.58	1.58							
			1.98											
	Whole Foods	Niman Ranch Wellshire			6.99		8.99			7.99				
DC	ALDI	Specially Selected Appleton Farms	1.99	1.49				1.19	0.99					ABF limit 2
	Giant of Maryland	Giant Nature's Promise	1.99	1.99					1.29					
		Carando	2.49	2.49										
	Harris Teeter	Smithfield Harris Teeter		3.49										
		HT Traders	1.99	2.49										
		Hormel Cure 81												
	Safeway	Hormel Cure 81 Safeway							3.99	4.99				
		Safeway Select		1.99			1.79	1.59						
				2.99										
	Target	Archer Farms	1.99									limit 2		
	DE	A&P Stores	Smithfield CB Old Country Hatfield	1.99						1.39				
		America's Choice	3.49							3.49				
ACME		Hormel Cure 81 Lancaster Brand	2.99											
		Cook's	1.99							3.99				
Food Lion		My Essentials Smithfield		1.79			1.79	1.49						
				1.89				1.39						
								1.59						

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HAMS

U.S. Supermarket Holiday Featuring of Poultry, Meat, Fruits, and Vegetables (November 2013)
USDA, Agricultural Marketing Service, Livestock, Poultry, and Seed Program, Agricultural Analytics Division

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Thanksgiving 2013

HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MA (cont)	Big Y	Cook's						1.99	1.69					
		Carando		2.99										
		Big Y		2.99										
		World Classics	4.49	4.49										
	Compare Foods	Cook's						1.59	1.49					
		C-Town	Cook's	2.69					1.59	1.49				
		Donelan's	Triple M									2.99		
	Carando			2.99										
	Cook's			2.89										
	Geissler's	Carando		2.69										
		Triple M					2.69							
		Alexander Hornung		1.99				1.99	1.99					
	Hannaford	My Essentials		1.79				1.19	0.99					
		Hormel		2.29										
		Taste of Inspiration		2.29										
		Hillshire Farms		2.79										
	Market Basket	Carando		1.99										
		no label						1.29	1.19					
		NSA/Ideal	Cook's		1.99				1.39	1.29				
	Sugardale							1.39	1.29					
	Smithfield			1.99										
	Price Chopper	Alexander Hornung					2.29	2.69	2.69					
		Carando	2.99											
		Hillshire Farms	3.49											
		Hatfield								3.29	3.49			
		Cooks	2.49					1.19	0.99					
		Hormel Cure 81	2.99							5.29	5.49			
		Price Rite	Cooks						1.19					
			Roche Bros.	Roche Bros.	2.49									
	Cook's	1.99						1.49	1.29					
	Triple M									3.49				
	Kentucky Legend									3.49				
	Save-a-Lot	Alexander Hornung					1.99							
		Carando	2.99											
Sugardale							1.19	0.99						
no label			1.79											

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MA (cont)	Shaw's/Star	Hormel Cure 81	2.49								5.49			
		Dietz & Watson	3.49											
	Stop & Shop	Stop & Shop	1.99	1.99					1.29					
		Nature's Promise		4.49										ABF
		Carando	2.49	2.49										
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Trucchi's	Cook's		1.99			2.39	1.59	1.39					
		Carando		2.49	4.49									
		Triple M		2.99			2.99				3.99			
		Hansel 'n Gretel					3.99	3.99						
		John Morrell									4.49			
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wegman's	Wegman's		1.99										
	Whole Foods	Niman Ranch								7.99				
		Wellshire			6.99		8.99							
MD	A&P Stores	Smithfield	1.99					1.59	1.39					
		CB Old Country	3.49											
		Hatfield								3.49				
		America's Choice	2.99											
	ACME	Hormel Cure 81									3.99			
		Lancaster Brand	1.99							2.99				
		Cook's						1.79	1.49					
	AGNE Stores	Shurfine		1.99				1.19	0.99	2.99	2.99	2.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Giant of Maryland	Giant	1.99	1.99					1.29					
		Nature's Promise		4.49										ABF
		Carando	2.49	2.49										
	Giant Eagle	Giant Eagle		3.49										
		Giant Eagle	2.69	2.69			2.29	2.39	2.39	2.99	3.19	3.29		
		Market District						4.49	4.49					
		Sugardale					2.39	2.49		3.19	3.39	3.49		
		Hillshire Farms		3.59		4.99								

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MD (cont)	Giant Food Stores	Giant	1.99	1.99				1.49	1.29					ABF
		Nature's Promise		4.49										
		Carando	2.49	2.49										
	GreatVALU	Jerry's					2.39			2.99				
		Smithfield		1.99										
		Sugardale						1.69	1.49					
		Kunzler								2.99				
		Berks								2.99				
	Harris Teeter	Hatfield								2.99				
		Smithfield		3.49										
		Harris Teeter	1.99											
		HT Traders		2.49										
		Hormel Cure 81									4.99			
	Mars	Sugardale		1.99				1.49	1.29					
		Hormel		1.99				1.99	1.79					
		Smithfield						2.19	1.99					
		Hatfield								2.69				
	Price Rite	Cooks							1.19					
	Redner's	Kunzler								3.28				
	Safeway	Hormel Cure 81								3.99				
		Safeway		1.99				1.79	1.59					
		Safeway Select		2.99										
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
		Vernon Manor	1.28											
	ShopRite	Cook's	2.69											
		Hatfield								3.29				
	Shopper's Food	Gwaltney		1.99				1.59	1.49					
		Smithfield		2.49		3.99	1.99	1.99	1.89		3.59	3.99		
		Hormel Cure 81									3.99			
		Mash's						1.99	1.89					
		Mash's Brwn Sgr						2.29	2.19					
	Shurfine	Shurfine	2.49	2.49				1.89	1.69		3.49	3.49		
		Hatfield									3.99			
		Cook's	2.69											
		Sugardale		1.99										
	Target	Archer Farms	1.99											

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MD (cont)	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wegman's	Wegman's		1.99										
	Weis	Weis	2.49							2.49	2.89	2.89		
		Hormel	2.49											
		John F. Martin								2.49	2.89	2.89		
		no label							1.49					
	Smokehouse								2.99					
	Smithfield		3.29											
ME	AGNE Stores	Shurfine		1.99				1.19	0.99	2.99	2.99	2.99		
	Hannaford	My Essentials		1.79				1.19	0.99					
		Hormel		2.29										
		Taste of Inspiration		2.29										
		Hillshire Farms		2.79										
	Market Basket	Carando		1.99										
		no label						1.29	1.19					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shaw's	Hormel Cure 81	2.49								5.49			
		Dietz & Watson	3.49											
	Target	Archer Farms	1.99											
	Whole Foods	Niman Ranch								7.99				limit 2
		Wellshire			6.99									
NH	AGNE Stores	Shurfine		1.99				1.19	0.99	2.99	2.99	2.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Hannaford	My Essentials		1.79				1.19	0.99					
		Hormel		2.29										
		Taste of Inspiration		2.29										
		Hillshire Farms		2.79										
	Market Basket	Carando		1.99										
		no label						1.29	1.19					

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			Bone-in		Boneless												
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4					
NH (cont)	Price Chopper	Alexander Hornung		1.79			2.29	2.69	2.69								
		Carando	2.99														
		Hillshire Farms	3.49														
		Hatfield							3.29	3.49							
		Cooks	2.49					1.19	0.99								
		Hormel Cure 81	2.99						5.29	5.49							
	Save-a-Lot	Sugardale						1.19	0.99								
		no label															
	Shaw's	Hormel Cure 81	2.49									5.49					
		Dietz & Watson	3.49														
	Target	Archer Farms	1.99														
	The Fresh Market	TFM	2.99														
	Walmart	no label							1.58	1.58							
		Sam's Choice	1.98														
NJ	A&P Stores	Smithfield	1.99	1.49					1.39								
		CB Old Country	3.49														
		Hatfield								3.49							
		America's Choice	2.99														
	ACME	Hormel Cure 81									3.99						
		Lancaster Brand	1.99							2.99							
	ALDI	Cook's						1.79	1.49								
		Specially Selected	1.99														
	Associated	Appleton Farms						1.19	0.99								
		Cook's						1.59	1.39								
	Bottom Dollar	Sugardale										4.99					
		Smithfield	1.88														
	C-Town	My Essentials								0.97							
		Cook's	2.69						1.59	1.49							
	Extra Supermarket	Cook's							1.38								
		Cook's						1.59	1.49								
	Food Basics	Hatfield									3.99						
		Smithfield	1.98						1.18								
	Food Bazaar	Cook's						0.49	0.49							w/ \$150 purchase; limit 1	
		Cook's						0.99	0.99							w/ \$75 purchase; limit 1	
		Smithfield	2.49														

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NJ (cont)	Foodtown	Cook's	2.29					1.69	1.59					
		Hillshire Farms	2.79											
		Hormel Cure 81									4.49	4.99		
		Hatfield										3.69		
	GreatVALU	Jerry's					2.39				2.99			
		Smithfield		1.99										
		Sugardale						1.69	1.49					
		Kunzler									2.99			
	Key Food	Berks									2.99			
		Hatfield									2.99			
		Cook's		1.99				1.49	1.29					
		Carando		2.99										
	King's	Hillshire Farm	2.99											
		King's	3.49				2.99				3.99			
		Carando	2.99											
		McKenzie of VT	4.49											
	Met Foods	Cook's	1.99					1.69	1.59					
	Pathmark	Smithfield	2.98					1.48	1.28					
		Smokehouse									3.98			
		America's Choice	2.98											
		CB Old Country	3.48											
	Save-a-Lot	Hatfield									3.48			
		Sugardale						1.19	0.99					
		no label		1.79										
		Cook's	2.69											
	ShopRite	Hatfield									3.29			
		Stop & Shop	1.99	1.99					1.29					
	Target	Nature's Promise		4.49										ABF
		Carando	2.49	2.49										
		Archer Farms	1.99											limit 2
	The Fresh Grocer	Cook's	2.69					1.89	1.69					
		Hatfield									3.29			
	The Fresh Market	TFM	2.99											
		Berks									2.99	3.29		
	Thriftway	Hatfield									2.99	3.49		
		no label						1.58	1.58					
		Sam's Choice	1.98											

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NJ (cont)	Wegman's Weis	Wegman's		1.99										
		Weis	2.49							2.49	2.89	2.89		
		Hormel	2.49											
		John F. Martin no label							1.49	2.49	2.89	2.89		
		Smokehouse								2.99				
	Smithfield	3.29												
	Whole Foods	Niman Ranch								7.99				
		Wellshire			6.99									
NY	A&P Stores	Smithfield	1.99						1.39					
		CB Old Country	3.49								3.49			
		Hatfield												
	ALDI	America's Choice	2.99											
		Specially Selected	1.99											
	Appleton Farms			1.49				1.19	0.99					
		Cook's						1.59	1.39				4.99	
	Sugardale													
		Cook's	2.47											
	Sugardale							1.77	1.67					
		Superior									1.99	2.99		
	Hillshire Farms		3.29											
		Triple M										BOGO		
	Cook's							1.59	1.49					
	Cook's	2.69						1.59	1.49					
	Cook's	2.49						1.99	1.99					
	Triple M												4.99	
	Cook's							1.99	1.99					
	Hormel Cure 81	3.49												
	Cook's		2.39					1.59	1.49					
		Hatfield											3.99	
	Smithfield	1.98							1.18					
	Cook's							0.49	0.49					w/ \$150 purchase; limit 1
								0.99	0.99					w/ \$75 purchase; limit 1
		Smithfield	2.49											

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NY (cont)	Food Emporium	CB Old Country	3.49											
		Hormel Cure 81			3.99									
		Smithfield	2.99											
		America's Choice	2.99											
	Foodtown	Cook's	2.29					1.69	1.59					
		Hillshire Farms	2.79											
		Hormel Cure 81									4.49	4.99		
		Hatfield										3.69		
	Giunta's Farms	Carando		2.99										
	Great American	Alexander Hornung		1.99			1.79	1.79	1.79					
		Sugardale						1.69	1.49					
	Gristede's	Cook's						2.49	2.49					
		Hillshire Farms	3.99											
	Hannaford	My Essentials		1.79				1.19	0.99					
		Hormel		2.29										
		Taste of Inspiration		2.29										
		Hillshire Farms		2.79										
	Key Food	Cook's		1.99				1.49	1.29					
		Carando		2.99										
		Hillshire Farm	2.99											
		Smithfield	1.99					1.59	1.39					
	Met Foods	Cook's	1.99					1.69	1.59					
	Morton Williams	no label						1.59	1.49					
	NSA/Ideal	Cook's		1.99				1.39	1.29					
		Sugardale						1.39	1.29					
		Smithfield		1.99										
		Smithfield	2.98					1.48	1.28					
	Pathmark	Smokehouse								3.98				
		America's Choice	2.98											
		CB Old Country	3.48											
		Hatfield								3.48				
	Peck's Market	Alexander Hornung		1.99										
	Pioneer	Cook's	1.99					1.69	1.59					
		Hatfield						2.99						

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NY (cont)	Price Chopper	Alexander Hornung					2.29	2.69	2.69					ABF limit 2
		Carando	2.99											
		Hillshire Farms	3.49											
		Hatfield							3.29	3.49				
		Cooks	2.49					1.19	0.99					
		Hormel Cure 81	2.99							5.29	5.49			
	Price Rite	Cooks							1.19					
		Save-a-Lot	Sugardale					1.19	0.99					
			no label		1.79									
	ShopRite	Cook's	2.69											
		Hatfield								3.29				
	Stop & Shop	Stop & Shop	1.99	1.99					1.29					
		Nature's Promise		4.49										
		Carando	2.49	2.49										
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Tops	Tops	3.49											
	Trade Fair	Cook's						1.69	1.59					
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wegman's	Wegman's		1.99										
	Western Beef	Vernon Manor		1.98										
	Weis	Weis	2.49							2.49	2.89	2.89		
		Hormel	2.49											
		John F. Martin								2.49	2.89	2.89		
		no label							1.49					
		Smokehouse								2.99				
		Smithfield	3.29											
Whole Foods	Niman Ranch							7.99						
	Wellshire			6.99										
PA	A&P Stores	Smithfield	1.99						1.39					
		CB Old Country	3.49											
		Hatfield							3.49					
	ACME	America's Choice	2.99											
		Hormel Cure 81									3.99			
		Lancaster Brand	1.99							2.99				
		Cook's						1.79	1.49					

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES
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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
PA (cont)	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Big M	Superior								1.99	2.99			
		Hillshire Farms	3.29								BOGO			
		Triple M												
	Bottom Dollar	Smithfield	1.88						0.97					
		My Essentials												
	Boyer's	Smithfield	1.97											
		Hatfield								2.97				
		Berk's								2.97				
	C-Town	Cook's	2.69					1.59	1.49					
	Family Owned	John F Martin					2.39	1.69	1.69	2.69	3.29			
		Shurfine		2.49										
	Fine Fare	Cook's		2.39				1.59	1.49					
		Hatfield										3.99		
	Foodland	Sugardale	2.69	2.99			2.29	2.49		1.77	1.99			
	Food Basics	Smithfield	1.98											
	Food Lion	My Essentials		1.79										
		Smithfield		1.89										
	Foodtown	Cook's	2.29					1.69	1.59					
		Hillshire Farms	2.79											
		Hormel Cure 81									4.49	4.99		
		Hatfield										3.69		
	Giant Eagle	Giant Eagle		3.49										
		Giant Eagle	2.69	2.69			2.29	2.39	2.39	2.99	3.19	3.29		
		Market District						4.49	4.49					
		Sugardale					2.39	2.49		3.19	3.39	3.49		
		Hillshire Farms		3.59		4.99								
	Giant Food Stores	Giant	1.99	1.99				1.49	1.29					
		Nature's Promise		4.49										ABF
		Carando	2.49	2.49										
	GreatVALU	Jerry's					2.39			2.99				
		Smithfield		1.99										
		Sugardale						1.69	1.49					
		Kunzler								2.99				
		Berks								2.99				
	Hatfield								2.99					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
PA (cont)	Karn's	Karn's					2.69			2.99				
		Leidy's					2.69							
		John F. Martin					2.69			2.99				
		Kunzler								2.99				
		Berk's								2.99				
		Alderfer's								2.99				
	Key Food	Cook's		1.99				1.49	1.29					
		Carando		2.99										
	Hillshire Farm		2.99											
	Kuhn's	Sugardale		2.49			1.99	2.19	2.19	2.19		2.89		
		Hillshire Farm	2.99											
	Pathmark	Smithfield	2.98					1.48	1.28					
		Smokehouse								3.98				
		America's Choice	2.98											
	Price Chopper	CB Old Country	3.48											
		Hatfield								3.48				
		Alexander Hornung					2.29	2.69	2.69					
		Carando	2.99											
		Hillshire Farms	3.49											
		Hatfield								3.29	3.49			
		Cooks	2.49					1.19	0.99					
		Hormel Cure 81	2.99							5.29	5.49			
	Price Rite	Cooks							1.19					
		Kunzler								3.28				
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
		Vernon Manor	1.28											
	Shop'n Save	Sugardale	2.49	2.49			1.99	2.19		1.78	1.98			
		Sugardale								2.49	2.99			
		Silver Star					3.69			3.89				
		CB Country Store		3.49										
	ShopRite	Cook's	2.69					1.79	1.69					
		Hatfield								3.29				
	Shurfine	Shurfine	2.49	2.49				1.89	1.69		3.49	3.49		
		Hatfield									3.99			
		Cook's	2.69											
Sugardale			1.99											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
PA (cont)	ShurSave	Shurfine					2.99	1.99	1.69					limit 2
	Target	Archer Farms	1.99											
	The Fresh Grocer	Cook's	2.69					1.89	1.69					
		Hatfield								3.29				
	The Fresh Market	TFM	2.99											
	Thriftway	Berks								2.99	3.29			
		Hatfield								2.99	3.49			
	Tops	Tops	3.49											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wegman's	Wegman's		1.99										
	Weis	Weis	2.49							2.49	2.89	2.89		
		Hormel	2.49											
		John F. Martin								2.49	2.89	2.89		
	no label							1.49						
	Smokehouse								2.99					
	Smithfield	3.29												
RI	ALDI	Specially Selected	1.99											ABF limit 2
		Appleton Farms		1.49				1.19	0.99					
	Compare Foods	Cook's						1.59	1.49					
	Dave's Marketplace	Cook's		1.99				1.59	1.49					
		Triple M	2.99							3.99				
		Carando	2.99											
		Alexander Hornung						2.49	2.49					
	Price Rite	Cooks							1.19					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shaw's	Hormel Cure 81	2.49								5.49			
		Dietz & Watson	3.49											
	Stop & Shop	Stop & Shop	1.99	1.99					1.29					
		Nature's Promise		4.49										
		Carando	2.49	2.49										
	Target	Archer Farms	1.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	Niman Ranch								7.99				
		Wellshire			6.99		8.99							

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
VT	AGNE Stores	Shurfine		1.99				1.19	0.99	2.99	2.99	2.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Hannaford	My Essentials		1.79				1.19	0.99					
		Hormel		2.29										
		Taste of Inspiration		2.29										
		Hillshire Farms		2.79										
	Price Chopper	Alexander Hornung					2.29	2.69	2.69					
		Carando	2.99											
		Hillshire Farms	3.49											
		Hatfield								3.29	3.49			
		Cooks	2.49					1.19	0.99					
		Hormel Cure 81	2.99							5.29	5.49			
	Shaw's	Hormel Cure 81	2.49								5.49			
		Dietz & Watson	3.49											
	Tops	Tops	3.49											

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
SOUTHEASTERN U.S. - AL,FL,GA,MS,NC,SC,TN,VA,WV														
AL	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Breaux Market	Sugardale	1.88											
	Dollar General	Smithfield		1.85										
	Earth Fare	no label	5.99											
	Food Giant	Kentucky Legend										3.98		
		Best Choice		1.98										
		Clifty Farms											1.98	
	Food for Le\$\$	Carolina Pride							1.15					
		Sugartree	1.88											
	Greer's	Carolina Pride					1.49	1.69	1.69					
		Hormel	2.39											
	Lucky's	Smithfield							1.19					
		Cook's					1.49							
		Carolina Pride								2.79				
		Kentucky Legend									2.99			
		Best Choice		1.99										
		Clifty Farms											1.99	
	Piggly Wiggly AL	John Morrell		1.99			2.19							
		Carolina Pride						1.59	1.29					
	Piggly Wiggly FG	Gwaltney						1.18	0.98					
		Jamestown	1.28											
		Smithfield	2.38											
	Piggly Wiggly JTM	Piggly Wiggly							1.29					
		Carolina Pride							1.19					
		Smithfield	2.09											
	Publix	Publix		2.69		4.99		1.89						
	Ramey's Market	Carolina Pride						1.48	1.28			2.98		
		Best Choice	2.99											
		Mickelberry								2.88				
	Rouse's	Sugardale	1.88						0.97					
		Hormel Cure 81								3.99				
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shop-Rite	Smithfield						1.59	1.39					
	Target	Archer Farms	1.99											limit 2

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
AL (cont)	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Western	Carolina Pride							1.29		2.99			
		Hormel Cure 81		1.99							3.49			
		Royal					1.99							
		Zeigler					3.29							
	Winn-Dixie	Smithfield		1.99				1.59	1.49					
		Kentucky Legend										4.99		
	Dinnerbell					2.49								
	Winn-Dixie					1.99								
FL	Albertson's	Hormel Cure 81								2.99	2.99	2.99		
		Cook's					1.49	1.99	1.49					
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Bravo	Serrano								3.69				
		no label						1.39	1.39					
		Gwaltney	2.99											
		Jamestown						1.69	1.59					
	Dollar General	Smithfield		1.85										
	Earth Fare	no label	5.99											
	Food Giant	Kentucky Legend										3.98		
		Best Choice		1.98										
		Clifty Farms												
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Greer's	Carolina Pride					1.49	1.69	1.69					
		Hormel	2.39											
	Harris Teeter	Smithfield		3.49										
		Harris Teeter	1.99											
		HT Traders		2.49										
		Hormel Cure 81												
	Harvey's	Lee's						1.39	1.19					
		Carolina Pride						1.39	1.19					
		Smithfield	1.99											
	Hitchcock's	Carolina Pride						1.49	1.39		2.79			
	Presidente	Carolina Pride						1.68	1.68					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
FL (cont)	Publix	Publix		2.69		4.99		1.89						
	Save-a-Lot	Sugardale no label		1.79				1.19	0.99					
	Sedano's	Sugardale Carando	2.89											
				3.29										
	Sweetbay	My Essentials Smithfield		1.99				1.39	1.19					
			2.19											
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Walmart	no label Sam's Choice						1.58	1.58					
			1.98											
	Winn-Dixie	Smithfield Kentucky Legend Dinnerbell Winn-Dixie		1.99				1.59	1.49			4.99		
							2.49 1.99							
GA	ALDI	Specially Selected Appleton Farms	1.99											
				1.49				1.19	0.99					
	Bi-Lo	Gold Star no label Hormel Cure 81	1.99			1.99		1.59	1.49					
							2.99							
	Dollar General	Smithfield		1.85							BOGO	BOGO		
	Earth Fare	no label	5.99											
	Food Depot	Sugardale Smithfield Sunset Farms	1.77						0.95			1.58		
							1.77							
	Food Lion	My Essentials Smithfield		1.79 1.89					1.39 1.59					
	Harris Teeter	Smithfield Harris Teeter HT Traders Hormel Cure 81		3.49 1.99										
				2.49										
	Harvey's	Lee's Carolina Pride Smithfield						1.39 1.39	1.19 1.19		4.99			
			1.99											
	IGA	Smithfield Jamestown		2.49 1.69										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
GA (cont)	Ingle's	Gwaltney		1.98					1.38					
		Cades Cove					2.18							
	Kroger Atlanta	Kroger	1.99											
		Smithfield							1.49					
	Piggly Wiggly SC	Hillshire Farms		2.99				2.79						
		Smithfield	1.99					1.69	1.69					
	Piggly Wiggly JTM	Piggly Wiggly							1.29					
		Carolina Pride							1.19					
		Smithfield	2.09											
	Publix	Publix		2.69		4.99		1.89						
	Quality Foods	no label		1.89				1.39	1.29					
		Carolina Pride						1.59	1.49					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shop Rite	Smithfield					1.59	1.59	1.39					
		Kentucky Legend									3.29			
		Clifty Farms											1.79	
		Sugar Tree	1.79											
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wayfield's	Hormel	1.99											
	Carolina Pride					1.49								
Whole Foods	Wellshire Farms	3.99												
Winn-Dixie	Smithfield		1.99				1.59	1.49						
	Kentucky Legend										4.99			
	Dinnerbell					2.49								
	Winn-Dixie					1.99								
MS	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Breaux Market	Sugardale	1.88											
	Corner Market	Smithfield		1.99										
		Sugardale						1.29	1.29					
	Dollar General	Smithfield		1.85										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
MS	Food Giant	Kentucky Legend										3.98			
		Best Choice		1.98									1.98		
		Clifty Farms													
	Greer's	Carolina Pride					1.49	1.69	1.69						
		Hormel	2.39												
	Kroger Delta	Smithfield		1.99					1.49						
	Piggly Wiggly FG	Gwaltney						1.18	0.98						
		Jamestown	1.28												
		Smithfield	2.38												
	Ramey's Market	Carolina Pride						1.48	1.28			2.98			
		Best Choice	2.99												
		Mickelberry								2.88					
	Rouse's	Sugardale	1.88						0.97						
		Hormel Cure 81								3.99					
	Save-a-Lot	Sugardale						1.19	0.99						
		no label		1.79											
	Target	Archer Farms	1.99												
	The Fresh Market	TFM	2.99												
		Vowell's Market	Clifty Farms											1.99	
			Carolinian Pride						1.19	1.19					
	Walmart	no label							1.58	1.58					
		Sam's Choice	1.98												
	Winn-Dixie	Smithfield		1.99					1.59	1.49					
			Kentucky Legend										4.99		
			Dinnerbell					2.49							
			Winn-Dixie					1.99							
NC	ALDI	Specially Selected	1.99												
		Appleton Farms		1.49				1.19	0.99						
	Bi-Lo	Gold Star	1.99			1.99		1.59	1.49						
		no label					2.99								
		Hormel Cure 81									BOGO	BOGO			
	Bo's Food	Jamestown						1.19	1.19						
		no label					1.49								
	Carlie C's IGA	Jamestown		1.48											
		no label						1.38	1.28						
	Dollar General	Smithfield		1.85											
Earth Fare	no label	5.99													

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NC (cont)	Farmer's Foods	Sugardale						1.34	1.24					
		Smithfield		1.98									2.18	
		Clifty Farms												
	Farm Fresh	Farm Fresh	1.99											
		Smithfield	2.19											
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Galaxy Food	John Morrell		1.78										
		Butcher's Best					1.28							
		Carolina Pride						1.28	1.28					
	Harris Teeter	Smithfield		3.49										
		Harris Teeter	1.99											limit 2
		HT Traders		2.49										
		Hormel Cure 81									4.99			
	IGA	Smithfield		2.49										
		Jamestown		1.69										
	Ingle's	Gwaltney		1.98						1.38				
		Cades Cove						2.18						
	Just \$ave	Gwaltney		1.99										
		no label							1.39	1.39				
	Kroger Mid-Atlantic	Cumberland Gap						1.99				2.99		
		Private Selection				3.99								
		Gwaltney		2.49										
	Lowe's Food	Smithfield											4.49	
		Hormel Cure 81									4.49	4.69	4.69	
		Gwaltney		1.99										
	Piggly Wiggly Centrl	Smithfield		1.99					1.39	1.29				
	Piggly Wiggly NC	Smithfield	2.19	2.29				1.59	1.49	1.39			2.99	
		Daniel Boone												2.29
		Felt's												2.29
	Publix	Publix		2.69		4.99			1.89					
	Save-a-Lot	Sugardale							1.19	0.99				
		no label		1.79										
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	United Grocery	Jamestown	1.49											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NC (cont)	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	Wellshire Farms	3.99											
SC	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Bi-Lo	Gold Star	1.99			1.99		1.59	1.49					
		no label					2.99							
		Hormel Cure 81									BOGO	BOGO		
	Earth Fare	no label	5.99											
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Galaxy Food	John Morrell		1.78										
		Butcher's Best					1.28							
		Carolina Pride						1.28	1.28					
	Harris Teeter	Smithfield		3.49										
		Harris Teeter	1.99											
		HT Traders		2.49										
		Hormel Cure 81										4.99		
	Harvey's	Lee's						1.39	1.19					
		Carolina Pride						1.39	1.19					
		Smithfield	1.99											
	IGA	Smithfield		2.49										
		Jamestown		1.69										
	Ingle's	Gwaltney		1.98						1.38				
		Cades Cove					2.18							
	Kroger Atlanta	Kroger	1.99											
		Smithfield							1.49					
	Lowe's Food	Smithfield												
		Hormel Cure 81									4.49	4.69	4.49	
		Gwaltney		1.99									4.69	
	Piggly Wiggly SC	Hillshire Farms		2.99				2.79						
		Smithfield	1.99					1.69	1.69					
	Publix	Publix		2.69		4.99		1.89						
	Quality Foods	no label		1.89				1.39	1.29					
		Carolina Pride						1.59	1.49					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES

prices in \$US per pound unless otherwise noted.

Thanksgiving 2013

HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
SC (cont)	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
	Whole Foods	Wellshire Farms	3.99											
TN	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Bi-Lo	Gold Star	1.99			1.99		1.59	1.49					
		no label					2.99							
		Hormel Cure 81									BOGO	BOGO		
	Dollar General	Smithfield		1.85										
	Earth Fare	no label	5.99											
	E.W. James	Kentucky Legend								3.49	3.49			
		Cook's	2.19				1.69		1.29					
		Mickelberry's									2.99			
		Carolinian Pride						1.49	1.49		2.99			
		Frick's							1.59					
		Best Choice	1.89											
		Clifty Farms											1.99	
	Food City	Hormel	2.29											
		Hormel Cure 81									3.99			
		Food City	1.79	1.79			1.79	2.29		2.49	2.69			
		Kentucky Legend								3.79	3.79			
		Clifty Farms											1.99	
	Food Country USA	Clifty Farms											1.99	
		Kretschmar	6.49											
		Hormel Cure 81								3.97				
	Food Giant	Kentucky Legend										3.98		
		Best Choice		1.98										
		Clifty Farms											1.98	
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Food Rite	Best Choice	1.88	1.88										
		John Morrell								2.49	2.49			
		Clifty Farms											1.79	
		Cook's							1.17					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
TN (cont)	H.G. Hill	Smithfield		2.49										
		Best Choice	1.99	1.99										
		Carolinian Pride					1.39							1.89
		Clifty Farms												
		Cook's							1.39					
	Harris Teeter	Kretschmar								2.99	2.99			
		Smithfield		3.49										
		Harris Teeter	1.99											limit 2
		HT Traders		2.49										
	Hometown IGA	Hormel Cure 81									4.99			
		Smithfield		2.39			1.29	1.29						
		Kentucky Legend								3.49				
		Clifty Farm											1.99	
	Ingle's	Coon Creek											1.99	
		Gwaltney		1.98					1.38					
		Cades Cove					2.18							
	Kroger Delta	Smithfield		1.99					1.49					
	Kroger Mid-Atlantic	Cumberland Gap					1.99				2.99			
		Private Selection				3.99								
	Osborne's	Gwaltney		2.49										
		Cook's						1.49	1.49					
		Best Choice	1.89	1.89										
		Carolinian Pride					1.39	1.39	1.39					
		Kentucky Legend								3.29	3.29	3.59		
	Publix	Clifty Farms											1.99	
Publix			2.69		4.99		1.89							
Save-a-Lot	Sugardale						1.19	0.99						
	no label		1.79											
Shop Rite	Smithfield					1.59	1.59	1.39						
	Kentucky Legend									3.29				
	Clifty Farms											1.79		
Superlo Foods	Sugar Tree	1.79												
	Best Choice	1.79												
	Sugardale						1.19							
	Mickelberry's								2.69	2.69				
Target	Archer Farms	1.99											limit 2	
The Fresh Market	TFM	2.99												

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
TN (cont)	Town & Country/ Price Chopper	Kretschmar								2.29					
		Corn King							1.75						
		Cedar Hollow					1.69					3.79			
		Ozark Pride					1.99								
		Cook's					1.49	1.39	1.39						
		Sugardale					1.49	1.39	1.39						
	United Grocery	Jamestown	1.49												
	Walmart	no label					1.58	1.58							
		Sam's Choice	1.98												
Whole Foods	Wellshire Farms	3.99													
VA	ALDI	Specially Selected	1.99												
		Appleton Farms		1.49				1.19	0.99						
	Dollar General	Smithfield		1.85											
	Farm Fresh	Farm Fresh	1.99												
		Smithfield	2.19												
	Farmer's Foods	Sugardale					1.34	1.24							
		Smithfield		1.98											
		Clifty Farms										2.18			
	Food City	Hormel	2.29												
		Hormel Cure 81									3.99				
		Food City	1.79	1.79			1.79	2.29		2.49	2.69				
		Kentucky Legend								3.79	3.79				
		Clifty Farms										1.99			
	Food Country USA	Clifty Farms										1.99			
		Kretschmar	6.49												
		Hormel Cure 81								3.97					
	Food Lion	My Essentials		1.79					1.39						
		Smithfield		1.89					1.59						
	Galaxy Food	John Morrell		1.78											
		Butcher's Best					1.28								
		Carolina Pride						1.28	1.28						
	Giant of Maryland	Giant	1.99	1.99					1.29						
		Nature's Promise		4.49											ABF
		Carando	2.49	2.49											
	Giant Food Stores	Giant	1.99	1.99				1.49	1.29						
		Nature's Promise		4.49											ABF
		Carando	2.49	2.49											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
VA (cont)	Grant's	Smithfield	1.89											
		Superior								1.99				
	GreatVALU	no label											2.39	
		Smithfield	1.99											
		Sugardale						1.39	1.29					
	Harris Teeter	Smithfield		3.49										
		Harris Teeter	1.99											
		HT Traders		2.49										
		Hormel Cure 81									4.99			
	Ingle's	Gwaltney		1.98					1.38					
		Cades Cove					2.18							
	Kroger Mid-Atlantic	Cumberland Gap					1.99				2.99			
		Private Selection				3.99								
		Gwaltney		2.49										
	Lowe's Food	Smithfield										4.49		
		Hormel Cure 81								4.49	4.69	4.69		
		Gwaltney		1.99										
	Piggly Wiggly NC	Smithfield	2.19	2.29			1.59	1.49	1.39			2.99		
		Daniel Boone											2.29	
		Felt's											2.29	
	Safeway	Hormel Cure 81								3.99				
		Safeway		1.99				1.79	1.59					
		Safeway Select		2.99										
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shopper's Food	Gwaltney		1.99				1.59	1.49					
		Smithfield		2.49		3.99	1.99	1.99	1.89		3.59	3.99		
		Hormel Cure 81									3.99			
		Mash's						1.99	1.89					
		Mash's Brwn Sgr						2.29	2.19					
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wegman's	Wegman's		1.99										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
WV	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Fas-Chek	Superior								1.99				
	Food Fair	Hormel Cure 81	2.59											
		Superior					1.89	1.99						
		Kentucky Legend	3.99											
		Walnut Creek	2.99					1.99						
	Food Lion	My Essentials		1.79					1.39					
		Smithfield		1.89					1.59					
	Foodland	Farm Fresh		1.99										
		Sugardale								1.99	1.49	1.49		
	Galaxy Food	John Morrell		1.78										
		Butcher's Best					1.28							
		Carolina Pride						1.28	1.28					
	Giant Eagle	Giant Eagle		3.49										
		Giant Eagle	2.69	2.69			2.29	2.39	2.39	2.99	3.19	3.29		
		Market District						4.49	4.49					
		Sugardale					2.39	2.49		3.19	3.39	3.49		
		Hillshire Farms		3.59		4.99								
	Giant Food Stores	Giant	1.99	1.99				1.49	1.29					
		Nature's Promise		4.49										ABF
		Carando	2.49	2.49										
	Grant's	Smithfield	1.89											
		Superior								1.99				
	Kroger Columbus	Sugardale							1.49					
		Kroger	2.59											
		Private Selection	2.99											
		Cumberland Gap					1.99							
	Kroger Mid-Atlantic	Cumberland Gap					1.99				2.99			
		Private Selection				3.99								
		Gwaltney		2.49										
	Riesbeck's	Superior								1.99				
		Smithfield		2.69										
		John Morrell		2.39										
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
WV (cont)	Shop'n Save	Sugardale	2.49	2.49			1.99	2.19		1.78	1.98			
		Sugardale							2.49	2.99				
		Silver Star					3.69			3.89				
	Sparkle	CB Country Store		3.49										
		Sparkle							2.99		3.49			
	Target	Amish Valley		1.99										
		Archer Farms	1.99											
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
	Weis	Weis	2.49							2.49	2.89	2.89		
		Hormel	2.49											
		John F. Martin								2.49	2.89	2.89		
		no label						1.49						
		Smokehouse								2.99				
		Smithfield	3.29											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MIDWESTERN U.S. - IA,IL,IN,KY,MI,MN,ND,NE,OH,SD,WI														
IA	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
	ALDI	Cook's						1.38	1.18					
		John Morrell	1.98				2.29	2.39						
		Kretschmar								2.89	2.99			
		Specially Selected	1.99											
	County Market	Appleton Farms		1.49				1.19	0.99					
		Frick's						1.79	1.59					
		Corn Top						1.79	1.59					
		Kretschmar	2.19							2.49				
	Dahl's	Kentucky Legend									3.49			
		Farmland								1.75				
		Best Choice	1.69				1.69							
		Hormel Cure 81	1.99											
	Family Foods	Farmland	1.99							3.49				
		Our Family					1.99	1.69	1.39					
		Fareway					2.99	2.99	2.99					
		Webster City					2.99	2.99	2.99					
	Food Pride	Farmland	1.98											
		Fareway								3.49	3.49	3.79		
		Our Family		2.19			1.99	1.69	1.39					
		Hormel Cure 81								3.99				
	Hometown Foods	Maple River								2.69	2.89			
		Hormel Cure 81	1.99								3.49			
		Cook's						1.59	1.39					
		Hy-Vee				2.29		2.49						
	Maynard's	Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
		John Morrell		1.99			1.94	1.99	1.99					
		Kretschmar									2.88			
		Cook's						1.85	1.85					
		Double G								3.49				
		Farmland		2.59										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IA (cont)	No Frills	Farmland		1.77										
		Cook's						1.69	1.39					
		Hormel Cure 81								3.99	3.99			
	Quillin's	Cook's					1.89	1.29	1.29					
		John Morrell						1.99	1.99					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Target	Archer Farms	1.99											limit 2
Walmart	no label						1.58	1.58						
	Sam's Choice	1.98												
	Whole Foods	Wellshire Farms	6.99		7.99									nitrite-free
IL	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Angelo Caputo	Sugardale						0.49	0.49					w/ \$75 purchase; limit 1
		Sugardale	2.49					1.49	1.29					
		Dutch Farm						0.49	0.49					w/ \$75 purchase; limit 1
		Dutch Farm						1.49	1.29					
		Hillshire Farms	2.99	3.39										
		Centrella	2.49											
		Winters Brand	2.49											
	Berkot's	Hillshire Farms		3.29				2.99						
		Sugardale						1.49	1.29					
	Borowiak's IGA	Emge								3.48				
		Cumberland Gap					1.88							
		Kretschmar								2.29				
		Kentucky Legend					2.88							
	Butera	Nottingham						1.29	0.99					
		Farmland		2.69										
		Kentucky Legend								3.69	3.89			
	County Market	Frick's						1.79	1.59					
	Corn Top						1.79	1.59						
	Kretschmar	2.19							2.49					
	Kentucky Legend									3.49				
	Farmland								1.75					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IL (cont)	Cub Foods	Hormel Cure 81		2.49										
		Hillshire Farms		3.49										
		Cub					1.99	1.99						
	Dierberg's	Dierberg's		2.29						2.99	3.39			
		Kretschmar		2.99										
		Hillshire Farms		3.39										
	Dominick's	Hormel Cure 81								3.99				
		Smithfield		2.99										
		Safeway		1.99				1.79	1.59					
	Fairplay Foods	Cook's		2.49			1.79	1.39	1.29					
		Centrella		1.99										
	Fareway	Bell's Mill					2.99	2.99	2.99					
		Webster City					2.99	2.99	2.99					
		Farmland	1.98											
		Fareway								3.49	3.49	3.79		
	Food4Less	Cook's						1.48	1.48					
	Food Pride	Our Family		2.19			1.99	1.69	1.39					
		Hormel Cure 81								3.99				
		Maple River								2.69	2.89			
	Garden Fresh	Cook's						1.50	1.50					
		Sugardale	1.95						1.75					
		Hormel	1.95											
	Hy-Vee	Hillshire Farm				2.29		2.49						
		Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
	IGA	Kentucky Legend								3.39	3.59			
		Cumberland Gap					2.29							
		Kretschmar								2.59				
		Carolina Pride						1.59						
		Best Choice	1.99											
	Jewel-Osco	Cook's	1.99	1.99				1.49	1.19					
	Kirby IGA	Frick										4.99		
		Double G						1.89	1.69					
		Kretschmar	2.69							2.69				

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IL (cont)	Kroger Central	Kroger	1.97											
		Cook's						1.29						
		Private Selection	2.99											
	Kroger Louisville	Cumberland Gap						1.99	1.99					
		CB Country Store	3.99											
		Cumberland Gap					1.79			2.29				
	Mariano's Fresh	Kentucky Legend								2.99				
		Private Selection		2.49										
		Roundy's	2.99											
	Meijer	Cook's		1.89				1.69	1.69					
		Hormel		1.89										
		Sugardale	1.99					1.39	1.19					
	Pete's Market	Nottingham						1.29	1.29					
		Sugardale						1.19	0.99					
		no label		1.79										
	Schnuck's	Schnuck's	1.99								2.99			
		Kretschmar									2.99			
		Cook's							1.39					
		Sugardale							1.39					
		Smithfield	3.99											
		Double G									3.29			
	Shop'n Save	CB Country Store	3.99											
		Frick's						1.69	1.69					
		Farmland	1.97											
	Shop & Save Market	Kretschmar									2.99			
		Hillshire Farm	2.99							2.59				
		Amish Valley	2.19											
	Sullivan's	Cook's						1.39	1.39					
		Corn King								1.75				
		Hillshire Farms					1.99	2.29						
		Kentucky Legend								2.99	3.29			
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Tom's Market	Tom's					1.99	1.79	1.69		3.59			
		Best Choice		2.39										
		Kretschmar								2.79				

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IL (cont)	Tony's Finer Foods	Kentucky Legend								3.49		3.99		
		Hillshire Farms	2.99					2.69						
		Hormel		1.99										
		Sugardale						0.99						
	Ultra Foods	Cook's	1.99						1.49					
		Centrella	2.49											
	Valli Produce	Kentucky Legend								2.98	2.98			
		Jamestown	1.49											
	Walmart	Hillshire Farms		2.99										
		Amish Valley							1.49					
		no label						1.58	1.58					
	Walt's Food Center	Sam's Choice	1.98											
		Sugardale						1.29	0.99					
		Hillshire Farms	2.79	2.89			2.49							
Indiana Kitchen			1.99											
Whole Foods	Walt's					3.59								
	Wellshire Farms	6.99		7.99									nitrite-free	
IN	Al's Supermarkets	Cumberland Gap					1.97	2.17	2.17					
		Specially Selected	1.99											
	Buehler's Buy Low	Appleton Farms		1.49				1.19	0.99					
		Best Choice	1.99											
		Kentucky Legend								3.39	3.59			
		Cumberland Gap					2.29	2.49						
	Dollar General	Kretschmar								2.59				
		Carolina Pride						1.59						
		Smithfield		1.85										
		Gusto					1.79							
	Double 8 Foods	Jamestown							1.19					
		no label	5.99											
	Earth Fare	Sugardale					1.69							
		Best Choice	1.89	1.89										
Harvest Market	Kentucky Legend								3.29					
	Smithfield	2.39					1.29	1.29						
	Coon Creek										1.99			
	Clifty Farm										1.99			
Houchen's	Kentucky Legend								3.49					

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES
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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IN (cont)	IGA	Kentucky Legend								3.39	3.59			
		Cumberland Gap					2.29							
		Kretschmar								2.59				
	Jay C	Carolina Pride						1.59						
		Best Choice	1.99											
		Private Selection	1.88											
	Jewel-Osco	Kentucky Legend								2.98	2.98			
		Cumberland Gap					1.88	1.88	1.88					
		Cook's	1.99	1.99				1.49	1.19					
	Kirby IGA	Frick										4.99		
		Double G						1.89	1.69					
		Kretschmar	2.69							2.69				
	Kroger Central	Kroger	1.97											
		Cook's							1.29					
		Private Selection	2.99											
	Kroger Cincinnati	Cumberland Gap						1.99	1.99					
		Cook's							1.39					
		Kroger	1.99											
	Kroger Louisville	Smithfield							1.49					
		Private Selection	2.49											
		John Morrell	2.49											
	Main Street Market	CB Country Store	3.99											
		Cumberland Gap					1.79			2.29				
		Kentucky Legend								2.99				
	Marsh	Private Selection		2.49										
		Sugardale						1.49						
		Alexander Hornung					1.99	2.19	2.19	2.39				
	Martin's	Marsh	\$10 off	\$10 off										
		Indiana Kitchen		1.99										
		Hormel Cure 81									4.99	4.99		
	Martin's	Sugardale						1.49						
		Alexander Hornung					1.99	2.19	2.19	2.39				
		Marsh	\$10 off	\$10 off										
	Martin's	Indiana Kitchen		1.99										
		Hormel Cure 81									4.99	4.99		
		Sugardale		2.29										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
IN (cont)	Meijer	Cook's		1.89				1.69	1.69					
		Hormel		1.89										
	New Market	John Morrell	1.99							1.99				
		Hickory Hills												
	Save-a-Lot	Sugardale					1.19	0.99						
		no label		1.79										
	Schnuck's	Schnuck's	1.99							2.99				
		Kretschmar								2.99				
		Cook's							1.39					
		Sugardale							1.39					
		Smithfield	3.99											
		Double G									3.29			
		CB Country Store	3.99											
	Strack & VanTil	Hillshire Farms					2.49	2.69	2.69					
		Cook's						1.49	1.19					
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Ultra Foods	Centrella	2.49											
		Kentucky Legend								2.98	2.98			
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Wesselman's	Double G						1.58	1.48	2.99	3.39			
		Emge								2.99	3.39			
		Kentucky Legend								2.99	3.39			
		Cumberland Gap					2.29	2.39						
		Hormel Cure 81	1.99											
		Whole Foods	Wellshire Farms	6.99		7.99								nitrite-free
KY	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Cox IGA	John Morrell	1.99											
	Dollar General	Smithfield		1.85										
	Earth Fare	no label	5.99											

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
KY (cont)	E.W. James	Kentucky Legend								3.49	3.49			
		Cook's	2.19				1.69		1.29					
		Mickelberry's									2.99			
		Carolinian Pride						1.49	1.49		2.99			
		Frick's							1.59					
	Food City	Best Choice	1.89										1.99	
		Clifty Farms												
		Hormel	2.29											
		Hormel Cure 81								3.99				
		Food City	1.79	1.79			1.79	2.29		2.49	2.69			
	Food Fair	Kentucky Legend								3.79	3.79		1.99	
		Clifty Farms												
		Hormel Cure 81	2.59											
		Superior					1.89	1.99						
		Kentucky Legend	3.99											
	Food Giant	Walnut Creek	2.99					1.99					3.98	
		Kentucky Legend												
		Best Choice		1.98										
		Clifty Farms												
		My Essentials		1.79					1.39					
	Food Lion	Smithfield		1.89					1.59					
		Farm Fresh		1.99										
		Sugardale								1.99	1.49	1.49		
	Hometown IGA	Smithfield		2.39				1.29	1.29					
		Kentucky Legend								3.49				
		Clifty Farm												
		Coon Creek												
		Cook's							1.39					
	Kroger Cincinnati	Kroger	1.99											
		Smithfield							1.49					
Private Selection		2.49												
John Morrell		2.49												
Smithfield			1.99					1.49						
Kroger Delta	Smithfield													
Kroger Louisville	CB Country Store	3.99												
	Cumberland Gap					1.79			2.29					
	Kentucky Legend								2.99					
	Private Selection		2.49											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
KY (cont)	Kroger Mid-Atlantic	Cumberland Gap					1.99					2.99		
		Private Selection				3.99								
		Gwaltney		2.49										
	Meijer	Cook's		1.89				1.69	1.69					
		Hormel		1.89										
	Remke Markets	Frick										4.99		
		John Morrell	2.49											
		Sugardale							1.39					
		Kentucky Legend									3.99			
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	ValuMarket	Fischer								2.29	2.49			
		Smithfield	2.99						1.19					
		Hillshire Farms	2.99											
		Clifty Farms											1.99	
	Kentucky Legend								2.99	3.19				
	Best Choice	1.99	1.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
MI	Affiliated Midwest	Double G						1.79	1.79			3.49		
		Hormel Cure 81									3.59	3.69		
		Farmland									1.87	2.00		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Busch's	Busch's	2.49											
		Kentucky Legend									3.69	3.99		
		Dearborn	3.59											
	D&W Market	Spartan	3.99	2.49										
	Family Fare/Glen's	Smithfield							1.49					
	Food Pride	Our Family		1.99										
	Harding's	Sugardale		1.99						1.69				
		Spartan		1.99										
	Hiller's	Hiller's	2.99											
			Kentucky Legend									3.99		

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MI (cont)	Hollywood Market	Dearborn	3.99	3.99			2.99	2.99	2.99					
	Kroger Michigan	Smithfield							1.39					
		Cumberland Gap					2.49							
		Private Selection	2.99											
		Kroger	1.67							2.39				
	Martin's	Sugardale		2.29										
	Meijer	Cook's		1.89				1.69	1.69					
		Hormel		1.89										
	Plumb's	Alexander Hornung							1.49					
		Spartan		1.99										
	Ric's Food Center	Little Town						1.99	1.99					
		Frick's						1.69	1.69					
		Amish Valley		1.99										
		Cumberland Gap								2.49	2.69	2.99		
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Spartan Stores	Superior		1.99										
		Winter's		2.99										
	SuperOne Foods	Hormel Cure 81		1.97						2.99				
		Hillshire Farms									2.49			
		Elliott's						1.97	1.97					
	Tadych's	Our Family						1.99	1.99					
	Target	Archer Farms	1.99											limit 2
	Tom's/Olesen's	Spartan		2.49							2.99			
	VG's	Alexander Hornung						2.49						
		Smithfield							1.49					
	Spartan		2.49											
Walmart	no label						1.58	1.58						
	Sam's Choice	1.98												
	Whole Foods	Wellshire Farms	6.99		7.99									nitrite-free
MN	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
		Cook's						1.38	1.18					
		John Morrell	1.98				2.29	2.39						
		Kretschmar								2.89	2.99			

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MN (cont)	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Cash Wise	Hormel	1.98											
	Coborn's	Coborn's	1.99											
		Hormel Cure 81								3.19	3.19			
	Cub Foods	Hormel Cure 81		2.49										
		Hillshire Farms		3.49										
		Cub						1.99	1.99					
	Econofoods	Our Family	2.49				1.99	1.89	1.59					
		Hormel Cure 81						2.69		4.49				
	Family Fresh	Our Family						1.89	1.59					
	Fareway	Bell's Mill					2.99	2.99	2.99					
		Webster City					2.99	2.99	2.99					
		Farmland	1.98											
		Fareway								3.49	3.49	3.79		
	Festival	Festival					2.69	2.69	2.69					
	Food Pride	Our Family		1.99										
	Hornbacher's	Farm Fresh		1.98							2.98	3.98		
		Cloverdale								2.98				
	Hugo's	Our Family					1.98	1.98	1.98					
		John Morrell									2.98			
		Cloverdale									2.98			
		Hillshire Farm						2.48						
	Hy-Vee	Hillshire Farm			2.29			2.49						
		Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
	Lund's & Byerly's	Lund's & Byerly's	5.99											
		Hormel Cure 81								BOGO				
	Marketplace	Klondike		1.29										
		Hormel Cure 81	2.29							3.49	3.49			
		Hillshire Farm					2.49							
		John Morrell					2.19	2.19	2.19					
	Maynard's	John Morrell		1.99			1.94	1.99	1.99					
		Kretschmar									2.88			
		Cook's						1.85	1.85					
		Double G								3.49				
		Farmland		2.59										

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MN (cont)	Quillin's	Cook's						1.29	1.29					
		John Morrell					1.89	1.99	1.99					
	Rainbow Foods	Sugardale						1.99	1.99					
		Cook's		2.99			1.99							
		Hillshire Farm		3.49			2.99							
		Roundy's	3.99	2.49						3.49	3.49			
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Sunshine Foods	Cook's						1.69	1.49					
		John Morrell		1.88			1.99	2.29	2.29					
		Farmland								2.00				
	Sun Mart	Our Family	2.49				1.99	1.89	1.59					
		Hormel Cure 81						2.69		4.49				
	SuperOne Foods	Hormel Cure 81		1.97						2.99				
		Hillshire Farms									2.49			
		Elliott's						1.97	1.97					
	Target	Archer Farms	1.99											limit 2
	Teal's Market	Frick's						1.59	1.59					
		Our Family		1.89										
		Hormel		2.19										
		Hormel Cure 81								3.99	3.99			
	Valleymaid					1.89	1.99	1.99						
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
	Whole Foods	Wellshire Farms	6.99		7.99									nitrite-free
ND	Cash Wise	Hormel	1.98											
	Coborn's	Coborn's	1.99											
		Hormel Cure 81								3.19	3.19			
	Dan's	Cloverdale							2.59	2.79				
		John Morrell					1.79	1.99	1.99					
	Hornbacher's	Farm Fresh		1.98							2.98	3.98		
		Cloverdale								2.98				
	Hugo's	Our Family					1.98	1.98	1.98					
		John Morrell									2.98			
		Cloverdale									2.98			
		Hillshire Farm						2.48						
	Leever's	John Morrell				1.98	2.18	2.18		3.38				

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
ND (cont)	Marketplace	Klondike		1.29										limit 2
		Hormel Cure 81	2.29						3.49	3.49				
		Hillshire Farm				2.49								
	Sun Mart	John Morrell				2.19	2.19	2.19						
		Our Family	2.49			1.99	1.89	1.59						
		Hormel Cure 81					2.69		4.49					
	Target	Archer Farms	1.99											
	Teal's Market	Frick's					1.59	1.59						
		Our Family		1.89										
		Hormel		2.19										
	Walmart	Hormel Cure 81							3.99	3.99				
		Valleymaid				1.89	1.99	1.99						
		no label					1.58	1.58						
Sam's Choice		1.98												
NE	Affiliated Midwest	Double G					1.79	1.79		3.49				
		Hormel Cure 81							3.59	3.69				
		Farmland							1.87	2.00				
	ALDI	Cook's					1.38	1.18						
		John Morrell	1.98			2.29	2.39							
		Kretschmar							2.89	2.99				
	Apple Market	Specially Selected	1.99											
		Appleton Farms		1.49			1.19	0.99						
		Cook's					1.48	1.38						
	B&R Stores (Russ)	Hormel							3.99	3.99				
		Farmland		2.49					1.75					
		Best Choice	1.98	1.98										
	Bag'n Save	Farmland		2.99					3.79					
		Hormel Cure 81							3.49	3.49				
		Maple River							2.79	2.79				
	Baker's	Kretschmar	2.99											
		Farmland		1.77										
		Cook's					1.69	1.39						
	Private Selection	Hormel Cure 81							3.99	3.99				
		Kroger	1.99						2.79	2.79				
		Cook's				1.69		1.69						
		Private Selection	2.99		3.99									

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NE (cont)	Fareway	Bell's Mill					2.99	2.99	2.99					
		Webster City					2.99	2.99	2.99					
		Farmland	1.98							3.49	3.49	3.79		
	Food Pride	Fareway												
		Our Family		1.99										
		Hillshire Farm				2.29		2.49						
	Hy-Vee	Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
		Hormel Cure 81								3.99				
	Safeway	Safeway		1.99				1.89	1.69					
		Safeway Select		2.99										
		Our Family	2.49				1.99	1.89	1.59					
	Sun Mart	Hormel Cure 81						2.69		4.49				
Archer Farms		1.99											limit 2	
no label							1.58	1.58						
Target	Sam's Choice	1.98												
Walmart														
Whole Foods	Wellshire Farms	6.99		7.99									nitrite-free	
OH	Acme Fresh	Acme Fresh		2.59				2.29	2.29	2.99	3.09	3.29		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Bottom Dollar	Smithfield	1.88											
		My Essentials							0.97					
	Buehler's	Berk's								2.99				
		Superior								2.49				
	Buehler's	Buehler's	2.99											
		Superior								1.99				local
	Chief	John Morrell		1.99										
		Chief		3.99										
	Cox IGA	John Morrell	1.99											
	Cub Foods	Hormel Cure 81		2.49										
		Hillshire Farms		3.49										
	Cub	Cub					1.99	1.99						
		Smithfield		1.85										
	Dollar General	no label	5.99											
Earth Fare														
Fisher Foods	Amish Valley		1.99											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
OH (cont)	Food Fair	Hormel Cure 81	2.59											
		Superior					1.89	1.99						
		Kentucky Legend	3.99											
		Walnut Creek	2.99					1.99						
	Foodland	Farm Fresh		1.99										
		Sugardale								1.99	1.49	1.49		
	Fresh Encounter	Jamestown						1.19	1.19					
		Heartland								2.29				
		John Morrell		2.29										
	Geyer's	Farm Fresh		1.88				1.49	1.49	1.98	2.19			
		Sugardale						1.89	1.89	1.99				
	Giant Eagle	Giant Eagle		3.49										
		Giant Eagle	2.69	2.69			2.29	2.39	2.39	2.99	3.19	3.29		
		Market District						4.49	4.49					
		Sugardale					2.39	2.49		3.19	3.39	3.49		
	Heinen's	Hillshire Farms		3.59		4.99								
		Heinen's	4.99				2.99							
		Kentucky Legend								3.39	3.59			
		Cumberland Gap					2.29							
	Kroger Cincinnati	Kretschmar								2.59				
		Carolina Pride						1.59						
		Best Choice	1.99											
		Cook's							1.39					
		Kroger	1.99											
		Smithfield							1.49					
		Private Selection	2.49											
		John Morrell	2.49											
	Kroger Columbus	Sugardale							1.49					
		Kroger	2.59											
		Private Selection	2.99											
	Kroger Mid-Atlantic	Cumberland Gap					1.99							
		Cumberland Gap					1.99				2.99			
		Private Selection				3.99								
		Gwaltney		2.49										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
OH (cont)	Main Street Market	Sugardale						1.49						
		Alexander Hornung					1.99	2.19	2.19	2.39				
		Marsh	\$10 off	\$10 off										
		Indiana Kitchen		1.99										
		Hormel Cure 81									4.99	4.99		
	Marsh	Sugardale						1.49						
		Alexander Hornung					1.99	2.19	2.19	2.39				
		Marsh	\$10 off	\$10 off										
		Indiana Kitchen		1.99										
		Hormel Cure 81									4.99	4.99		
	Meijer	Cook's		1.77				1.47	1.47					
		Hormel		1.77										
	Riesbeck's	Superior								1.99				
		Smithfield		2.69										
		John Morrell		2.39										
	Remke Markets	Frick											4.99	
		John Morrell	2.49											
		Sugardale							1.39					
		Kentucky Legend									3.99			
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Shop'n Save	Sugardale	2.49	2.49			1.99	2.19		1.78	1.98			
		Sugardale								2.49	2.99			
	Silver Star					3.69			3.89					
	CB Country Store		3.49											
Sparkle	Sparkle								2.99		3.49			
	Amish Valley		1.99											
Target	Archer Farms	1.99											limit 2	
	The Fresh Market	TFM	2.99											
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
SD	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
		Cook's						1.38	1.18					
		John Morrell	1.98				2.29	2.39						
		Kretschmar								2.89	2.99			

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES
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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
SD (cont)	Coborn's	Coborn's	1.99											
		Hormel Cure 81								3.19	3.19			
	Family Thrit Center	Our Family						1.89	1.59					
	Hy-Vee	Hillshire Farm				2.29		2.49						
		Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
	Ken's Super Fair	John Morrell					1.99							
	Lynn's Dakotamart	Cook's						1.28	1.28					
		John Morrell	1.99				1.99	2.19						
	Maynard's	John Morrell		1.99			1.94	1.99	1.99					
		Kretschmar									2.88			
		Cook's						1.85	1.85					
		Double G								3.49				
	Farmland			2.59										
	Safeway	Hormel Cure 81								3.99				
		Safeway		1.99				1.89	1.69					
		Safeway Select		2.99										
	Sunshine Foods	Cook's						1.69	1.49					
		John Morrell		1.88			1.99	2.29	2.29					
		Farmland								2.00				
	Target	Archer Farms	1.99											
	Teal's Market	Frick's						1.59	1.59					
		Our Family		1.89										
		Hormel		2.19										
		Hormel Cure 81								3.99	3.99			
		Valleymaid					1.89	1.99	1.99					
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
WI	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Cub Foods	Hormel Cure 81		2.49										
		Hillshire Farms		3.49										
	Cub						1.99	1.99						

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
WI (cont)	Econofoods	Our Family	2.49				1.99	1.89	1.59					
		Hormel Cure 81						2.69		4.49				
	Family Fresh	Our Family						1.89	1.59					
	Gordy's	Hormel Cure 81		1.98							2.98			
	Hy-Vee	Hillshire Farm				2.29		2.49						
		Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
	Pick'n Save/Copps	Cook's		2.99			1.99							
		Roundy's	3.99	2.49						3.49	3.49			
		Sugardale						1.99	1.99					
		Hillshire Farms	3.49				2.99							
	Piggly Wiggly	Nottingham						1.29	1.29					
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Sentry	Cook's						1.49	1.49					
		Hormel		2.19										
		Hormel Cure 81								3.49	3.49			
	SuperOne Foods	Hormel Cure 81		1.97						2.99				
		Hillshire Farms									2.49			
		Elliott's						1.97	1.97					
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	Wellshire Farms	6.99			7.99								nitrite-free

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless		Whole	Butt	Shank	Whole	Half	1/4		
			Whole	Half	Whole	Half								
SOUTH CENTRAL U.S. - AR,AZ,CO,KS,LA,MO,NM,OK,TX,UT														
AR	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Bill's Fresh Market	Carolina Pride					1.18	1.28	1.28					
		Best Choice	1.88	1.88										
		Petit Jean					2.59							
		Bryan	2.79								2.99			
		Corn King								2.00				
	Brookshire's	Smithfield					1.59	1.59						
		Hormel Cure 81								2.99	2.99			
	Cranford's	Best Choice	1.58	1.58										
		Cook's							1.19					
		Kentucky Legend										3.99		
		Hormel Cure 81								3.99	3.99			
		Carolina Pride									2.99	2.99		
		Petit Jean		2.99										
	CV's Family Food	Hormel Cure 81								3.99				
		Hormel	1.69											
		Frick's					1.99	1.69	1.49	3.29		3.99		
		Corn King								2.00				
	Food Giant	Kentucky Legend										3.98		
		Best Choice		1.98										
		Clifty Farms											1.98	
	G&W Foods	Sugardale						1.58	1.38					
		Cook's							1.48					
		Best Choice	1.78	1.78										
		Farmland								1.97				
	Harp's	Farmland								2.00	2.20			
		Best Choice	1.99	1.99			1.99	2.29	1.99					
		Cedar Hollow									3.29			
	Hay's Supermarket	Cook's		2.48				1.58	1.38					
		Best Choice	1.98											
		John Morrell					2.98			3.98	3.98			
		Kretschmar	2.58							2.48	2.68			
		Petit Jean						2.98						
		Carolina Pride									2.99			
		Ozark Pride								3.99				

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
AR (cont)	Kroger Delta	Smithfield		1.99					1.49					
	Mac's Fresh	Best Choice		1.99										
	Marvin's	Hormel Cure 81								3.99				
		Hormel	1.69											
		Frick's					1.99	1.69	1.49	3.29		3.99		
		Corn King								2.00				
	Piggly Wiggly FG	Gwaltney						1.18	0.98					
		Jamestown	1.28											
		Smithfield	2.38											
	Price Chopper	Best Choice	1.78	1.99										
		Cook's					1.69		1.89					
		Farmland		2.49						3.49				
		Hormel Cure 81	1.99	2.19						3.99				
		Burger's											2.49	
		Frick's							2.29					
		Cook's							1.19					
		Best Choice		1.99										
		Corn King								2.25				
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Town & Country/ Price Chopper	Kretschmar								2.09				
		Corn King								1.75				
		Cedar Hollow					1.69					3.79		
		Ozark Pride					1.99							
		Cook's					1.49	1.39	1.39					
		Sugardale					1.49	1.39	1.39					
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	no label	6.99											
AZ	Albertson's	Hormel Cure 81	1.79											
		American Chef												
		Cook's						1.67	1.47	BOGO				
		Kentucky Farms			3.99									
		Hormel Cure 81									2.99			

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
AZ (cont)	Basha's	Cook's						1.39	0.99					
		Hormel	1.99											
	Food City	Hormel Cure 81								3.99	3.99			
		Cook's							1.29					
		Fresh & Easy	Fresh & Easy	2.49										
		Farmer John					1.99	1.99						
	Fry's	Cook's	1.67					1.67	1.47					
		Hormel Cure 81								2.99				
	Safeway	Kroger								2.79	2.79			
		Hormel Cure 81								3.99				
		Safeway		2.29				1.89	1.69					
		Safeway Select		2.99										
	Smart & Final	Farmer John		1.99										
		Smith's	Cook's					1.49						
	Sprout's	John Morrell	1.99											
		Butcher Shop	2.49											
	Target	Archer Farms	1.99											
	Walmart	no label						1.58	1.58					limit 2
		Sam's Choice	1.98											
		Whole Foods	Amer. Homestead	4.99										ABF
no label			9.99	9.99										
Organic Prairie		11.99												
Pederson's							3.99	3.99						
Wellshire Farms	6.59											ABF		
CO	Affiliated Foods	Cook's						1.49	1.29					
	Affiliated Midwest	Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
		Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
		Cook's						1.38	1.18					
		John Morrell	1.98				2.29	2.39						
	Kretschmar								2.89	2.99				

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
CO (cont)	Albertson's	Hormel Cure 81	1.79											
		American Chef								BOGO				
		Cook's						1.67	1.47					
		Kentucky Farms			3.99									
		Hormel Cure 81									2.99			
	King Soopers	Cook's						1.39	1.39					
		Private Selection	2.49											
	Lowe's	Cook's						1.59	1.39					
		Smithfield	3.29											
	Safeway	Hormel Cure 81								3.99				
		Safeway		1.99				1.89	1.69					
		Safeway Select		2.99										
	Sprout's	Butcher Shop	2.49											
Target	Archer Farms	1.99											limit 2	
Walmart	no label						1.58	1.58						
	Sam's Choice	1.98												
KS	Affiliated Foods	Cook's						1.49	1.29					
		Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
		Cook's						1.38	1.18					
		John Morrell	1.98				2.29	2.39						
		Kretschmar								2.89	2.99			
	Apple Market	Cook's						1.48	1.38					
		Hormel								3.99	3.99			
		Farmland		2.49						1.75				
		Best Choice	1.98	1.98										
	ALDI	Specially Selected	1.99											
	Appleton Farms		1.49				1.19	0.99						

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
KS (cont)	Country Mart	Hormel Cure 81	1.68	1.68										
		Best Choice		1.69										
		Corn King								2.00				
		Cook's					1.69		1.39					
		Frick's					2.19							
		Kentucky Legend								3.49	3.49	3.49		
	Country Mart	Hormel Cure 81	1.88	1.98						3.48	3.48	3.48		
		Cook's					1.48	1.58						
		Frick's					1.98							
		Best Choice	1.68	1.78										
	Dillon's	Kroger	1.99							2.79	2.79			
		Cook's					1.69		1.69					
	G&W Foods	Private Selection	2.99		3.99									
		Sugardale							1.48					
		Cook's							1.48					
		Best Choice	1.78	1.78										
	Hen House	Farmland								1.97				
		Hen House	4.99		6.99									
		Ball's		3.99										
		Farmland		2.29						3.49		3.49		
		Hormel Cure 81		2.20						4.49	4.49	4.49		
	Hy-Vee	Cook's						1.89	1.79					
		Hillshire Farm				2.29		2.49						
		Cook's		1.99				1.99						
		Hy-Vee	1.99	2.39										
	Marvin's	Hormel Cure 81								3.99				
		Hormel	1.69											
		Frick's					1.99	1.69	1.49	3.29		3.99		
		Corn King								2.00				
	Price Chopper	Cook's					1.69		1.89					
		Best Choice	1.79	1.99										
		Farmland		2.49						3.49				
		Hormel Cure 81	1.99	2.19						3.99				
		Frick's							2.29					
		Burger's											2.49	
	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
KS (cont)	Sun Fresh	Farmland	3.49	3.49						1.75				
		Maple River							2.99	2.99				
		Hormel Cure 81	1.89	1.99					3.69	3.69	3.69			
		Cook's				1.59	1.79	1.79						
		Frick's				2.29	2.49	2.49						
	Target	Archer Farms	1.99											
	The Fresh Market	TFM	2.99											
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
LA	Albertson's	Hormel Cure 81		2.49						2.99	2.99	2.99		
		Cook's					1.49	1.99	1.79					
	AGBR	Smithfield	3.99											
		Smithfield	1.99					1.39	1.29					
		Tyson	1.99											
		John Morrell								2.59				
	Breaux Market	Smokey Hollow								3.49	3.49			
		Sugardale	1.88											
	Brookshire's	Smithfield					1.59	1.59						
		Hormel Cure 81								2.99	2.99			
	Kroger Southwest	Cook's						1.69	1.49					
		Kroger	1.99							2.79				
		Private Selection	2.99											
		Hormel	2.99											
	LeBlanc's	Smithfield		1.88				1.39	1.29					
		John Morrell								2.79				
	Mac's Fresh	Best Choice		1.99										
		Cook's		2.29					1.59					
	Market Basket	Bryan					3.49							
		Tyson	2.49											
	Piggly Wiggly	Carolina Pride						1.59	1.39					
		Sugardale	1.88						0.97					
	Rouse's	Hormel Cure 81								3.99				
		Sugardale						1.19	0.99					
	Save-a-Lot	no label		1.79										
		Smithfield					1.49	1.49	1.49					
	Super1Foods	Hormel		1.99										
	Target	Archer Farms	1.99											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
LA (cont)	The Fresh Market	TFM	2.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Winn-Dixie	Smithfield		1.99				1.59	1.49					
		Kentucky Legend										4.99		
		Dinnerbell					2.49							
		Winn-Dixie					1.99							
	Whole Foods	no label	6.99											
	Amer. Homestead	4.99												
	Wellshire	4.99												
MO	Affiliated Midwest	Double G						1.79	1.79		3.49			
		Hormel Cure 81								3.59	3.69			
		Farmland								1.87	2.00			
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
	Apple Market	Cook's						1.48	1.38					
		Hormel								3.99	3.99			
		Farmland		2.49						1.75				
		Best Choice	1.98	1.98										
	C&R Market	Cook's						1.37	1.17					
		Kretschmar								2.89				
		Hormel Cure 81		1.77										
	County Market	Frick's						1.79	1.59					
		Corn Top						1.79	1.59					
		Kretschmar	2.19							2.49				
		Kentucky Legend									3.49			
		Farmland								1.75				
	Country Mart	Hormel Cure 81	1.88	1.98						3.48	3.48	3.48		
		Cook's					1.48	1.58						
		Frick's					1.98							
		Best Choice	1.68	1.78										
	Dierberg's	Dierberg's		2.29						2.99	3.39			
		Kretschmar		2.99										
		Hillshire Farms		3.39										
	Food Giant	Kentucky Legend										3.98		
		Best Choice		1.98										
		Clifty Farms											1.98	

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MO (cont)	G&W Foods	Sugardale							1.48					
		Cook's							1.48					
		Best Choice	1.78	1.78										
	Gerbes	Farmland								1.97				
		Kroger	1.99							2.79	2.79			
		Cook's					1.69		1.69					
	Harp's	Private Selection	2.99		3.99									
		Farmland								2.00	2.20			
		Best Choice	1.99	1.99			1.99	2.29	1.99					
	Harter House	Cedar Hollow									3.29			
		Frick's										3.49		
		Harter House					1.99							
	Hay's Supermarket	Hormel	1.99							2.99				
		Cook's		2.48				1.58	1.38					
		Best Choice	1.98											
	Hy-Vee	John Morrell					2.98			3.98	3.98			
		Kretschmar	2.58							2.48	2.68			
		Petit Jean						2.98						
		Carolina Pride									2.99			
		Ozark Pride								3.99				
		Hillshire Farm				2.29		2.49						
		Cook's		1.99				1.99						
	Kroger Central	Hy-Vee	1.99	2.39										
		Kroger	1.97											
		Cook's							1.29					
	Moser's	Private Selection	2.99											
		Cumberland Gap						1.99	1.99					
		Best Choice	1.67	1.67										
		Cook's					1.49		1.59					
		Frick's							2.19					
		Farmland					3.99			1.75				
		Maple River								2.99	2.99			
		Hormel Cure 81			1.89	1.89				3.49	3.49			

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
MO (cont)	Patricia's	Best Choice	1.67	1.67											
		Cook's					1.49		1.59						
		Frick's							2.19						
		Farmland					3.99			1.75					
		Maple River								2.99	2.99				
		Hormel Cure 81			1.89	1.89				3.49	3.49				
	Price Chopper	Cook's					1.69		1.89						
		Best Choice	1.79	1.99											
		Farmland		2.49						3.49					
		Hormel Cure 81	1.99	2.19						3.99					
		Frick's							2.29						
		Burger's											2.49		
	Pyramid Foods	Kretschmar								2.29					
		Best Choice	1.69	1.79											
		Hillshire Farms		2.79											
		Burger's	3.69												
		Hormel		2.69											
		Farmland					1.99								
		Sugardale					1.69	1.59	1.59						
		Frick's					2.19	1.89	1.89						
		Double G						1.79	1.79						
		Carolina Pride								2.69					
	Save-a-Lot	Kentucky Legend								3.49					
		Hormel Cure 81								2.99	3.99				
		Sugardale						1.19	0.99						
		no label		1.79											
		Schnuck's	Schnuck's	1.99							2.99				
			Kretschmar								2.99				
			Cook's							1.39					
			Sugardale							1.39					
			Smithfield	3.99											
			Double G									3.29			
	Shop'n Save	CB Country Store	3.99												
		Frick's						1.69	1.69						
		Farmland	1.97												
		Kretschmar								2.99					

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MO (cont)	Sun Fresh	Farmland	3.49	3.49						1.75				limit 2

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NM (cont)	John Brooks	Cook's						1.49	1.29					
		Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
		Smithfield		2.79										
	Lawrence Bros.	Best Choice		2.99										
	Lowe's	Cook's					1.59	1.39						
		Smithfield	3.29											
	Safeway	Hormel Cure 81							3.99					
		Safeway		1.99			1.89	1.69						
		Safeway Select		2.99										
	Smith's	Cook's					1.49							
		John Morrell	1.99											
	Sprout's	Butcher Shop	2.49											
Target	Archer Farms	1.99												
Walmart	no label					1.58	1.58							
	Sam's Choice	1.98												
OK	Affiliated Foods	Cook's						1.49	1.29					
		Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49			1.19	0.99						
	Apple Market	Hormel Cure 81	1.68	1.68										
	Buy for Le\$\$	Kentucky Legend								2.99	2.99	2.99		
	Country Mart	Hormel Cure 81	1.68	1.68										
		Best Choice		1.69										
		Corn King								2.00				
		Cook's					1.69	1.39						
		Frick's					2.19							
		Kentucky Legend								3.49	3.49	3.49		
	Country Mart	Hormel Cure 81	1.88	1.98						3.48	3.48	3.48		
		Cook's					1.48	1.58						
		Frick's					1.98							
	Best Choice	1.68	1.78											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
OK (cont)	Harp's	Farmland								2.00	2.20			
		Best Choice	1.99	1.99			1.99	2.29	1.99					
		Cedar Hollow									3.29			
	Homeland	Cook's						1.69	1.49					
		Frick's					2.39							
		Kentucky Legend								4.29	4.29			
	Marvin's	Hormel								4.39	4.39			
		Hormel Cure 81								3.99				
		Hormel	1.69											
	Market Square	Frick's					1.99	1.69	1.49	3.29		3.99		
		Corn King								2.00				
		Smithfield		2.79										
	Pyramid Foods	Cook's						1.49	1.29					
		Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
		Kretschmar								2.29				
		Best Choice	1.69	1.79										
		Hillshire Farms		2.79										
		Burger's	3.69											
		Hormel		2.69										
		Farmland					1.99							
		Sugardale					1.69	1.59	1.59					
		Frick's					2.19	1.89	1.89					
		Double G						1.79	1.79					
		Carolina Pride								2.69				
		Kentucky Legend								3.49				
	Reasor's	Hormel Cure 81								2.99	3.99			
		Farmland								2.00				
		Kretschmar								2.99				
	Rehkopf's	no label		1.68			1.99							
		Cook's							1.19					
		Best Choice		1.99										
	Save-a-Lot	Corn King								2.25				
		Sugardale						1.19	0.99					
		no label		1.79										
	Sprout's	Butcher Shop	2.49											

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
OK (cont)	Target	Archer Farms	1.99											limit 2
	Terry's	John Morrell		2.49										
	The Fresh Market	TFM	2.99											
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
	Warehouse	Sugardale					1.49		1.49					
		Best Choice		1.89						1.75				
		Kentucky Legend								3.79	3.79			
	Whole Foods	no label	6.99											
		Amer. Homestead	4.99											
		Wellshire	4.99											
	Williams	Hormel Cure 81	1.99	1.99						3.99				
		Cook's					1.69		1.49					
		Kentucky Legend								3.69				
		Best Choice	1.79											
		Frick's					2.19							
TX	Albertson's	Hormel Cure 81								2.99	2.99	2.99		
	Southern Div.	Cook's					1.49	1.99	1.79					
		Smithfield	3.99											
	Albertson's	Hormel Cure 81	1.79											
	Southwest Div.	American Chef								BOGO				
		Cook's					1.67	1.47						
		Kentucky Farms			3.99									
		Hormel Cure 81									2.99			
		American Chef								BOGO				
	Affiliated Foods	Cook's					1.49	1.29						
		Farmland								1.75				
		Hormel	2.19											
		Hormel Cure 81								3.99	3.99	4.99		
	ALDI	Specially Selected	1.99											
		Appleton Farms		1.49				1.19	0.99					
		Cook's							1.29					
	Arlan's	Cook's						1.89	1.79	2.99	2.99			
	Brookshire Bros.	Hormel Cure 81								3.99	3.99			
	Corn King								2.22					
Brookshire's	Smithfield					1.59	1.59							
	Hormel Cure 81								2.99	2.99				

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless		Whole	Butt	Shank	Whole	Half	1/4			
			Whole	Half	Whole	Half									
TX (cont)	David's	Hormel		1.99											
		Double G						2.19	1.79						
		Hormel Cure 81		1.79						3.99	3.99				
	Diamond IGA	Corn King								2.25					
		Cook's					1.59	1.59	1.39						
		Best Choice		2.99											
	El Rio Grande	John Morrell					1.99								
	Fiesta Mart	Farmland	1.69					1.57	1.57						
	Foodarama	Gwaltney	1.97						1.59						
	Food Fair	Cook's		1.88					1.49						
	Food Town	Cook's	1.88												
		Sugardale	1.88												
	H-E-B	H-E-B	2.99												
		Smithfield							1.47	1.27					
	Homeland	Cook's							1.69	1.49					
		Frick's					2.39								
		Kentucky Legend									4.29	4.29			
		Hormel									4.39	4.39			
	Kroger Southwest	Cook's							1.69	1.49					
		Kroger	1.99								2.79				
		Private Selection	2.99												
		Hormel	2.99												
	La Fiesta	Cook's		2.77						1.59					
		Corn King									2.25				
	Lawrence Bros.	Best Choice		2.99											
	Lowe's	Cook's							1.59	1.39					
		Smithfield	3.29												
	Market Basket	Cook's		2.29						1.59					
		Bryan					3.49								
	Market Place	Wright									3.29				
		Cook's							1.38	0.98					
		Hormel	1.99												
		Hormel Cure 81									3.99	3.99			
		Farmland									1.75				

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
TX (cont)	Market Square	Smithfield	2.19	2.79						1.75			limit 2		
		Cook's												1.49	1.29
		Farmland													
	Hormel														
	Hormel Cure 81						3.99	3.99	4.99						
	Rehkopf's	Cook's					1.19								
		Corn King					2.25								
	Save-a-Lot	Sugardale				1.19	0.99								
		no label		1.79											
	Seller's Bros.	Cook's		1.99			1.39	0.99							
	Sprout's	Butcher Shop	2.49												
	Super1Foods	Smithfield				1.49	1.49	1.49							
		Hormel										1.99			
	Target	Archer Farms	1.99												
	Terry's	John Morrell		2.49											
	Tom Thumb/Randall	Hormel Cure 81							1.89	1.69	3.99				
		Safeway										2.29			
		Safeway Select										2.99			
	United/ Market St.	Market Street	4.99												
		Hormel Cure 81	1.57												
		Wright				1.97		1.97							
	Cook's														
	Hormel Cure 81	1.99													
	Vista Markets	John Morrell	2.49												
		Cook's					1.49	1.19							
	Walmart	no label					1.58	1.58							
		Sam's Choice	1.98												
Whole Foods	no label	6.99													
	Amer. Homestead	4.99													
	Wellshire	4.99													
UT	Albertson's Southwest Div.	Hormel Cure 81	1.79												
		American Chef								BOGO					
		Cook's					1.67	1.47							
		Kentucky Farms			3.99						2.99				
		Hormel Cure 81													
		American Chef								BOGO					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
UT (cont)	Albertson's	Cook's						1.79	1.49					
	InterMountain	Hormel Cure 81	2.49							2.99				
		Amish Pride	3.99											
		Albertson's								2.79				
	Assoc. Food	John Morrell	1.99							2.89	2.99			
		Western Family						1.49	1.29	3.49				
		Farmland								1.69				
		Hormel Cure 81	1.99							3.99	3.99			
	Harmon's	Harmon's	2.49							3.99				
		Hormel Cure 81	2.48											
	Ream's	Sugardale					1.29	1.69	1.69		2.49			
	Smith's	Cook's						1.49						
		John Morrell	1.99											
	Sprout's	Butcher Shop	2.49											
	Target	Archer Farms	1.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											

limit 2

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
SOUTHWESTERN U.S. - CA, HI, NV															
CA	Albertson's	Hormel		2.49											
		Hormel Cure 81	2.49				2.99								
		Farmer John						1.79	1.79						
	Best Way	Farmer John					1.39	1.39	1.39						
	Dollar General	Smithfield		1.85											
	El Tapatio	no label	1.99												
	Food4Less	Farmer John		2.18											
	Fresh & Easy	Fresh & Easy	2.49												
		Farmer John						1.99	1.99						
	Holiday Market	Cook's	2.79						1.99	1.99					
		Premier									3.99				
		Farmer John					1.99	1.89	1.89						
	K.V. Mart	Cook's	1.99					BOGO	BOGO					w/ \$25 purchase; limit 1 free	
	Lucky's	John Morrell									3.19				
		Lunardi's	3.89								4.89				
		Bell's Mill					3.89								
	Mar-Val	Farmer John	1.99												
		Cook's	1.99												
		Mar-Val	3.99												
	Mi Pueblo	Sunny Valley	2.49												
	Mollie Stone	Mollie Stone	4.99					3.99			5.49				
		Snake River						6.59							Kurobuta
		Farmer John						1.99							
	Northgate Market	Sunny Valley	2.99						2.49	2.49					local
	Nugget Market	Raley's	2.99							2.49	3.99				
	Raley's	no label													
		Farmer John							1.69	1.69					
		Private Selection	2.69												
	Rancho San Miguel	Sunny Valley						0.99	0.99						
	Ray's Food Place	Sunny Valley								1.39					
		Daily's									3.99				
		Hormel Cure 81									3.99				
	Safeway	Safeway		2.49					1.99	1.79					
	Save Mart	Cook's	1.99						BOGO	BOGO					w/ \$25 purchase; limit 1 free
		John Morrell									3.19				

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HAMS

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			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
CA (cont)	Save-a-Lot	Sugardale						1.19	0.99					
		no label		1.79										
	Smart & Final	Farmer John		1.99										
	Sprout's	Butcher Shop	2.49											
	Stater Bros.	Smithfield	1.99											
		Farmer John					1.79	1.79						
	Super A Foods	Farmer John	1.99											
		Hormel	1.99											
	Superior Grocers	Farmer John					1.79	1.79						
	Target	Archer Farms	1.99											limit 2
	The Fresh Market	TFM	2.99											
	Von's/Pavillion	Farmer John					1.89	1.69						
		Safeway		1.99										
		Safeway Select		2.99										
	Walmart	no label					1.58	1.58						
		Sam's Choice	1.98											
	Whole Foods	Wellshire Farms				7.99	3.99	3.99		6.99				nitrate-free
	Whole Foods	Amer. Homestead	4.99											ABF
	Southern Pacific	no label	9.99	9.99										
		Organic Prairie	11.99											
	Pederson's					3.99	3.99							
	Wellshire Farms	6.59											ABF	
HI	Foodland	Farmer John		2.99					1.99					
	Safeway	Hormel Cure 81								4.49				
		Ashley Farms		3.69										
		Safeway		2.99				1.99	1.79					
	Target	Archer Farms	1.99											limit 2
	Times Supermarket	Farmer John					1.99	2.39	1.99					
		Cook's						1.79	1.49					
	Whole Foods	Amer. Homestead	4.99											ABF
		no label	9.99	9.99										
		Organic Prairie	11.99											
		Pederson's					4.99	4.99						
		Wellshire Farms	6.59											ABF
NV	Albertson's	Hormel		2.49										
		Hormel Cure 81	2.49				2.99							
		Farmer John						1.79	1.79					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
NV (cont)	Assoc. Food	John Morrell	1.99							2.89	2.99			
		Western Family					1.49	1.29	3.49					
		Farmland							1.69					
		Hormel Cure 81	1.99						3.99	3.99				
	Dollar General	Smithfield		1.85										
		Fresh & Easy	2.49											
	Farmer John	Farmer John					1.99	1.99						
		Farmer John					1.69	1.69						
	Private Selection	Private Selection	2.69											
		Hormel Cure 81							3.99					
	Safeway	Safeway		2.49			1.99	1.79						
		Sunny Valley	2.59					1.59						
	Farmer John	Farmer John		1.99										
		Cook's					1.49							
	John Morrell	John Morrell	1.99											
		Butcher Shop	2.49											
	Archer Farms	Archer Farms	1.99											
	Farmer John	Farmer John					1.89	1.69						limit 2
		Safeway		1.99										
		Safeway Select		2.99										
		Amer. Homestead	4.99											ABF
	no label	no label	9.99	9.99										
		Organic Prairie	11.99											
		Pederson's					3.99	3.99						
Wellshire Farms		6.59											ABF	

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless		Whole	Butt	Shank	Whole	Half	1/4		
			Whole	Half	Whole	Half								
NORTHWESTERN U.S. - AK,ID,MT,OR,WA,WY														
AK	Carr's	Safeway		2.79				2.19	1.99					
		Safeway Select		3.49										
		Hormel Cure 81								4.49				
	Fred Meyer	Kroger	2.79											
		Sea Mart	John Morrell		2.49									
		Maple River								2.99	2.99			
	Super Bear	Hempler's					3.40	3.49	3.49	3.99				
		Cook's						1.79	1.79					
		Cook's		2.69				1.99	1.79					
		Walmart	no label					1.58	1.58					
Sam's Choice		1.98												
ID	Albertson's	Cook's						1.79	1.49					
		Hormel Cure 81		2.49						2.99				
		Albertson's				3.49								
	Assoc. Food	Amish Pride	3.99											
		Albertson's								2.79				
		John Morrell	1.99							2.89	2.99			
		Western Family						1.49	1.29	3.49				
		Farmland								1.69				
	Family Foods	Hormel Cure 81	1.99							3.99	3.99			
		Cook's	2.38					1.78	1.58					
		Fred Meyer	2.49											
	Harvest Foods	Cook's						1.88	1.88					
		John Morrell		1.98										
		Farmland								2.49				
		no label	1.99											
	Paul's Market	Western Family						1.49	1.29					
		Sugardale						1.49	1.29					
		John Morrell		2.29						2.69				
	Rosauer's	Kretschmar								2.69				
		Cook's		1.99				1.69	1.49					
	Safeway	Safeway		2.29				1.89	1.69					
	Safeway	Hormel Cure 81								3.99				
	Seattle	Safeway Select		2.99										
		Safeway		2.29				1.89	1.69					

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
ID (cont)	Smith's	Cook's						1.49							
	Super 1 Foods	John Morrell	1.99												
		John Morrell		2.28							2.68				
		Kretschmar													
	Cook's		1.98				1.68	1.48							
	Target	Archer Farms	1.99												
Walmart	no label						1.58	1.58							
	Sam's Choice	1.98													
	Yoke's	John Morrell		2.29				2.29							
MT	Albertson's	Cook's						1.79	1.49						
		Hormel Cure 81		2.49						2.99					
		Albertson's				3.49									
		Amish Pride	3.99												
		Albertson's								2.79					
	Assoc. Food	John Morrell	1.99							2.89	2.99				
		Western Family						1.49	1.29	3.49					
		Farmland								1.69					
		Hormel Cure 81	1.99							3.99	3.99				
		Cook's	2.38					1.78	1.58						
	Family Foods	Cook's						1.88	1.88						
		John Morrell		1.98											
		Farmland								2.49					
		Reynold's	no label					1.59	1.29						
		Sugardale							1.29						
	Hormel	Hormel		1.99											
		Hormel Cure 81								3.99	3.99				
		Farmland								1.69					
		Rosauer's	John Morrell		2.29					2.69					
		Kretschmar								2.69					
	Safeway	Cook's		1.99				1.69	1.49						
		Hormel Cure 81								3.99					
		Safeway Select		2.99											
	Smith's	Safeway		2.29				1.89	1.69						
		Cook's						1.49							
		John Morrell	1.99												

SUPERMARKET HOLIDAY FEATURING OF POULTRY, MEAT, FRUITS & VEGETABLES

prices in \$US per pound unless otherwise noted.

Thanksgiving 2013

HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
MT (cont)	Super 1 Foods	John Morrell		2.28										
		Kretschmar												
		Cook's		1.98				1.68	1.48		2.68			
	Target	Archer Farms	1.99											
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
OR	Albertson's	Cook's						1.79	1.49					
		Hormel Cure 81	1.98											
	Family Foods	Cook's	2.38					1.78	1.58					
	Fred Meyer	Kroger	2.49											
	Haggen's	Cook's		2.29				1.99	1.79					
	Lamb's Market	Cook's	2.29											
	Market of Choice	Beeler's		5.99										
		OHSE		1.99										
	McKay's	John Morrell									2.99			
		Cook's		1.99										
		Kentucky Legend									3.99			
	New Seasons	New Seasons								5.99				
		Beelers	5.99				3.99							
	QFC	Hormel Cure 81		1.88						3.99				
		Gusto						1.79	1.79					
	Ray's Food Place	Sunny Valley							1.39					
		Daily's									3.99			
	Red Apple	Cook's					1.49	1.49	1.49					
		John Morrell		2.49										
		Maple River								2.99	2.99			
		Hempler's					2.99	2.99	2.99					
	Rosauer's	John Morrell		2.29							2.69			
		Kretschmar									2.69			
		Cook's		1.99				1.69	1.49					
	Roth's	Cook's		2.49										
	Safeway	Hormel Cure 81								3.99				
		Safeway Select		2.99										
		Safeway		1.99				1.89	1.69					
	Select Markets	Cook's		1.99										
		John Morrell									2.99			
		Kentucky Legend										3.99		

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HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions
			Bone-in		Boneless									
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4		
OR (cont)	Target	Archer Farms	1.99											limit 2
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	no label			3.99									
		Wellshire Farms				4.99								
WA	Albertson's	Cook's						1.79	1.49					
		Hormel Cure 81	1.98											
	Family Foods	Cook's	2.38					1.78	1.58					
	Fred Meyer	Kroger	2.49											
	Haggen's	Cook's		2.29				1.99	1.79					
	Harvest Foods	Cook's						1.88	1.88					
		John Morrell		1.98										
		Farmland								2.49				
	Metropolitan	Kurobuta		5.99						6.99				
	New Seasons	New Seasons								5.99				
		Beelers	5.99				3.99							
	QFC	Hormel Cure 81		1.88						3.99				
		Gusto						1.79	1.79					
	Rosauer's	John Morrell		2.29						2.69				
		Kretschmar								2.69				
		Cook's		1.99				1.69	1.49					
	Saar's Market	Ripple Creek						1.99	1.99					
		Cook's						1.49	1.49					
		John Morrell								2.00				
	Safeway	Hormel Cure 81								3.99				
		Safeway Select		2.99										
		Safeway		2.29				1.89	1.69					
	Super 1 Foods	John Morrell		2.28										
		Kretschmar									2.68			
		Cook's		1.98				1.68	1.48					
	Target	Archer Farms	1.99											
	The Markets LLC	Beeler's						4.98						
	Walmart	no label						1.58	1.58					
		Sam's Choice	1.98											
	Whole Foods	no label				3.99								
		Wellshire Farms				4.99								

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Thanksgiving 2013
HAMS

State	Supermarket	Label	Spiral Cut Hams				Bone-in/Semi-Boneless			Boneless			Country Ham	Conditions	
			Bone-in		Boneless										
			Whole	Half	Whole	Half	Whole	Butt	Shank	Whole	Half	1/4			
WA (cont)	Yoke's	John Morrell		2.29				2.29							
		Yoke's	2.27												
		Longhorn	1.97												
WY	Albertson's	Cook's		2.49		3.49		1.79	1.49		2.99			limit 2	
		Hormel Cure 81													
		Albertson's													
	Assoc. Food	Amish Pride	3.99												
		Albertson's							2.79						
		John Morrell	1.99					2.89	2.99						
		Western Family				1.49	1.29	3.49							
	King Soopers	Farmland						1.69							
		Hormel Cure 81	1.99					3.99	3.99						
		Cook's					1.39	1.39							
		Private Selection	2.49												
	Safeway	Hormel Cure 81							3.99						
		Safeway		1.99				1.89	1.69						
		Safeway Select		2.99											
	Smith's	Cook's						1.49							
		John Morrell	1.99												
	Target	Archer Farms	1.99												
	Walmart	no label						1.58	1.58						
		Sam's Choice	1.98												

limit 2