

KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of November 10, 2025

7/10

Items Stayed Stable

3%

Biggest Price Drop This Week



PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
Eggs per dozen	↘ -43%	-3%	\$2.64	\$1.92 - \$4.08	Stick with store brands for the lowest price
Coffee Grounds per ounce	↗ 20%	-1%	\$0.53	\$0.42 - \$0.73	Buy bulk sizes for better per-ounce pricing
Milk (2%) per gallon	↘ -3%	-1%	\$3.09	\$2.78 - \$3.72	Shop around for best deals
Ground Beef per pound	↗ 12%	0%	\$6.22	\$5.47 - \$6.99	Consider buying meat at warehouse clubs
Canned Tuna per ounce	↗ 3%	0%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price
Sandwich Bread per ounce	0%	0%	\$0.14	\$0.07 - \$0.18	Consistently affordable
Cereal per ounce	0%	0%	\$0.22	\$0.16 - \$0.29	Compare cost per ounce, not box price
Chicken Breast per pound	↘ -1%	0%	\$3.46	\$2.57 - \$4.99	Buy larger bulk trays and freeze extras
Olive Oil per ounce	↘ -4%	0%	\$0.35	\$0.22 - \$0.47	Buy bulk sizes for better per-ounce pricing
Cheese per ounce	↘ -4%	0%	\$0.26	\$0.16 - \$0.40	Buy bulk sizes for better per-ounce pricing

Pricing Note: Prices reflect cost per unit (e.g., per oz or per lb), not total item price.