



KCL Price Tracker: Grocery Essentials

10 everyday staples ranked by biggest price swings

Week of December 29, 2025



8/10

Items Stayed Stable

1%

Biggest Price Jump This Week

PRODUCT	2025 CHANGE	THIS WEEK	AVG. PRICE	PRICE RANGE	SHOPPING TIP
Ground Beef per pound	↗ 10%	-1%	\$6.15	\$5.47 - \$6.93	Consider buying meat at warehouse clubs
Milk (2%) per gallon	↘ -2%	+1%	\$3.26	\$2.93 - \$3.67	Shop around for best deals
Eggs per dozen	↘ -43%	0%	\$2.52	\$1.92 - \$3.60	Stick with store brands for the lowest price
Coffee Grounds per ounce	↗ 21%	0%	\$0.53	\$0.42 - \$0.75	Buy bulk sizes for better per-ounce pricing
Olive Oil per ounce	↘ -4%	0%	\$0.36	\$0.23 - \$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
Canned Tuna per ounce	↗ 3%	0%	\$0.22	\$0.18 - \$0.26	Stick with store brands for the lowest price
Sandwich Bread per ounce	↗ 2%	0%	\$0.14	\$0.07 - \$0.19	Consistently affordable
Chicken Breast per pound	0%	0%	\$3.47	\$2.67 - \$4.99	Buy larger bulk trays and freeze extras
Cereal per ounce	0%	0%	\$0.22	\$0.16 - \$0.29	Compare cost per ounce, not box price

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