

FRESH FOOD – PRICE COMPARISON

Healthy Eating Money Saving Tips



Farmers Market

Supermarket

Fresh Item :

| | | |
|------------------------------------|------------------------|------------------------------|
| Avocados (Hass) | \$1.65 ea | \$2.98 ea |
| Apples (Green) | \$3 for 1.50 | 3 for \$3 |
| Broccoli (whole) | \$1.20 | 70c <i>on special</i> |
| Bananas (Cavendish) | \$2.99 kg | \$3.50 kg |
| Beans (green) | \$3.99 kg | \$4.98 kg |
| Cauliflower (whole) | \$4 | \$4.98 |
| Carrots | \$1.50 kg | \$1.15 kg <i>on special</i> |
| Ginger (root 100g) | \$1.39 <i>13.99 kg</i> | \$2.69 <i>26.98 kg</i> |
| Kale | \$2 bunch | \$5 bunch |
| Lemons | \$.80c ea | \$1.50 ea |
| Mushrooms (button) | \$3 bag (330g) | \$4 (400g) <i>on special</i> |
| Snow Peas | \$3.99 kg | \$12.98 kg |
| Tomatoes (round) | \$3.99 kg | \$6.98 kg |
| Mint/ Basil (herbs) | \$1.50 bunch | \$2.98 bunch |
| Chicken (Breast Free Range) | \$11 kg | \$18.49 kg |
| Mince (Beef 99% Fat free) | \$11 kg | \$14 kg |

Tot - \$55.50

Tot - \$89.91

Prices correct at 26 October 2014.

Farmers Market prices from – Boggo Rd Markets, Dutton Park Qld <http://boggoroadmarkets.com.au/>

Supermarket prices from – Coles, online <http://www.coles.com.au/>

www.tracietalkshealth.com.au

Brisbane, Qld AUSTRALIA



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ABN 64 948 512 548