



Shaping Places for Healthier Lives
Food Insecurity Project
Focus: South-West Shropshire
Appendix 6

Price comparison shopping basket items and prices

Engagement period:
February to April 2021

Publication date:
11 November 2021

		CLUN SPAR			CRAVEN ARMS TUFFINS			BISHOPS CASTLE CO-OP			LUDLOW - TESCO			LUDLOW - ALDI			Co-Op Church Stretton		
description	comparison price (Asda)	special offer price (£)	Additional comments	RRP retail price (£)	special offer price (£)	Additional comments	RRP retail price (£)	special offer price (£)	Additional comments	RRP retail price (£)	special offer price (£)	Additional comments	RRP retail price (£)	special offer price (£)	Additional comments	RRP retail price (£)	special offer price (£)	Additional comments	
1	400g can chopped tomatoes in tomato	£0.39 (3 for £1)			0.65			2.75	for 4 tins	0.42	4 for £1.50	Club card	0.35		Cucina brand	0.65		six pack not seven	
2	Fresh bananas (7 pk)	£0.98 (0.14/each)	1.59	Loose only, 1.59 a kg. Sorry, I've no idea how much an average	1.25	Sold by weight 1.25kg	0.9		6 pk	0.91		No packs	0.91		69p per 5pk. 13p each	1.05			
3	Red apples (6 pk)	£0.95 (15.83/each)	2		1.41	Sold by weight 1.99kg	1.75			0.97			0.93			1.75		2 pks for £3	
4	1kg fresh Carrots	£0.20 (special offer)	1.58	500g bag 79p	0.89		0.42			0.4			0.4			0.79			
5	1kg Frozen garden peas	£0.66	2	680g, 1.35	1	907g bag	0.85			0.66		Own brand	0.55		907g	1.29		750g	
6	1 litre breakfast orange	£0.65 (6.5p/100 ml)	1.29		0.85		1			0.69		Own brand	0.69					not available	
7	415g can baked beans in tomato sauce	£0.85	0.72		0.99		0.32		Own brand	0.3	4for£1	Club card	0.29		425g	0.35		400g	
8	145g Tuna in brine/water	£0.79	2.09		3.5	Sold in 4 pack only, 87p each	0.85			0.79	4for2.83	Own brand	0.59			0.89			
9	Box 6 free range eggs	£0.81	1.65		1.29		1			0.89		medium	0.69		medium	1.35			
10	Minced beef (500g, reduced fat)	£2.59 (£5.18/kg)	4.99	400g 3.99, no reduced fat mince in stock	4	5% £0.80 per 100g	2.6	2for £5	450g	1.49			1.45		25% fat	4			
11	300g sliced bacon	£1.25 (£4.17/kg)	2.7	250g 2.25	1.11	0.37p per 100g	2.1	2for £4		1.25			1.25			3		450g	
12	500g Penne Pasta	£0.45 (90p/kg)	1.05	fusilli	1		0.58			0.53			0.29			0.79			
13	800g loaf of bread (wholemeal)	£0.58 (Asda brand)	1.95		1		1.15			0.59		Tesco thick	0.49		Village bakery	1			
14	2.5kg potatoes	£0.97 (38.8p/kg)	2.49	1.5kg 1.49	1.23	0.49p per kg	2.75		2kg	0.89		imperfect	0.89			2.99			
15	4 pint semi-skimmed Milk	£1.09 (48.02p/litre)	1.77	2litres 1.55	1.49		1.5	2 for £2.70		1.09			1.09			1.49			
16	500g Low fat spread	£0.94 (Asda brand)	1	No low fat in stock	1.89	Sunflower spread	2		proactive	0.85		Tesco buttery	1.59			2.75			
17	400g cheddar cheese	£1.99 (£4.97/kg)	2.57	350g 2.25	3.14		2.75		350g	2			1.79		emporium	2.79			
18	Ultra-normal sanitary towels (16 pk)	£0.54	2.55		1		2.1	2 for £3	12pk	0.66		Free spirit	0.49		14pk	0.95			
19	1.4kg washing powder	£4.00 (£2.80/kg)	5	700g 2.50	4		1.75		780	4		ariel	2.99		2.6g only	1.75		750g	
20	Nappies new baby size 0 (24 pk)	£3.50 (14.58p/each)	4	Size 0 not stocked - size 3	5.5	Size 3 pack 21	5.25		29 size 1	0.89			0.79		mamia	4		36 pk	
		£24.18	CLUN SPAR	£43.69	CRAVEN ARMS TUFFINS	£37.19	BISHOPS CASTLE CO-OP	£34.37	LUDLOW - TESCO	£20.27	LUDLOW - ALDI	£18.51	Co-Op Church Stretton	£33.63					