

Budget Menu Store Cupboard

prices correct as of May 2013

ITEM	ASDA PRODUCT	COST	TESCO PRODUCT	COST	SAINSBURYS PRODUCT	COST	AVERAGE	CHEAPEST PRODUCT
SALT	ASDA table salt 750g	£0.29	Tesco Table Salt 750g	£0.29	Sainsburys 750g	£0.29	£0.29	EQUAL (A, T & S)
GROUND BLACK PEPPER	ASDA smartprice 25g	£0.26	Saxa ground black pepper 25g	£0.40	Sainsburys Basics 25g	£0.25	£0.30	SAINSBURYS
OLIVE OIL	ASDA 500ml	£1.98	Sun Grown Olive oil 500ml	£1.50	Sainsburys 500ml	£1.99	£1.40	EQUAL (A & T)
PLAIN FLOUR	ASDA smartprice 1.5kg	£0.45	Tesco Value 1.5kg	£0.45	Sainsburys Basics 1.5kg	£0.65	£0.52	EQUAL (A & T)
CRUSHED CHILLIES	ASDA 28g	£0.71	Tesco 28g	£0.95	Sainsburys 32g	£1.05	£0.90	ASDA
DRIED MIXED HERBS	ASDA Smartprice 18g	£0.19	Tesco 14g	£0.80	Sainsburys Basics 13g	£0.30	£0.43	ASDA
WHITE WINE VINEGAR	ASDA 350ml	£0.80	Tesco 350ml	£0.80	Sainsburys 500ml	£1.15	£0.92	EQUAL (A & T)
ENGLISH MUSTARD	ASDA Smartprice 200g	£0.32	Tesco 190g	£0.59	Sainsburys Basics 180g	£0.28	£0.40	SAINSBURYS
WHOLE MILK	ASDA 4 pints	£1.00	Tesco 4 pints	£1.29	Sainsburys 4 pints	£1.29	£1.19	ASDA
TINNED CHOPPED TOMATOES	ASDA Smartprice 400g tin x 2	£0.62	Tesco Value 400g tins x 2	£0.62	Sainsburys Basics 400g tin x2	£0.62	£0.62	EQUAL (A, T & S)
TINNED TUNA (chunks in brine) x2	ASDA Smartprice 185g x 2	£1.22	Tesco Value 185g x 2	£1.64	Sainsburys Basics 185g x 2	£1.60	£1.48	ASDA
BEEF, CHICKEN OR VEG STOCK CUBES	ASDA chosen by you (120g = 12 x 10g cubes)	£0.78	Tesco Value 10pk (100g)	£0.15	Sainsburys Basics 10pk (100g)	£0.15	0.32 per 100g	EQUAL (T & S) (for less amount)
BUTTER	ASDA smartprice 250g	£0.98	Tesco Value 250g	£0.98	Sainsburys Basics 250g	£1.20	£1.05	EQUAL (A & T)
PASTA, PENNE	ASDA 1kg	£0.98	Tesco Italian Penne Pasta 1kg	£1.40	Sainsburys 1kg	£1.79	£1.39	ASDA
RICE	ASDA smartprice long grain 1kg	£0.40	Tesco Value long grain white 1kg	£0.40	Sainsburys Basics long grain rice 1kg	£0.40	£0.40	EQUAL (A, T & S)
BROWN SLICED BREAD	ASDA smartprice medium sliced brown bread 800g	£0.47	Tesco Value Medium Sliced Wholemeal 800g	£0.45	Sainsburys Basics Medium Sliced wholemeal 800g	£0.50	£0.47	TESCO
GARLIC	ASDA Organic 3 bulbs	£0.70	Tesco Value 3 bulbs (av.8 cloves in bulb)	£0.69	Sainsburys Basics 2 bulbs	£0.46	0.23 per bulb	SAINSBURYS (for less amount)
EGGS	ASDA smartprice mixed weight eggs 6	£0.95	Tesco Value x 6	£0.95	Sainsburys Basics Mixed Size Barn Eggs x 6	£1.00	£0.97	EQUAL (A & T)
POTATOES	ASDA smartprice small potatoes 1kg	£0.69	Tesco Value small potatoes 1kg	£0.69	Sainsburys Basics Salad Potatoes 1kg	£0.69	£0.69	EQUAL (A, T & S)
ONIONS	ASDA smartprice 2kg	£0.98	Tesco Value 1kg pack	£0.63	Sainsburys Basics Onions 1.5kg	£0.95	0.58 per kg	TESCO (for less amount)
PEAS (FROZEN)	ASDA smartprice 1kg	£0.99	Tesco Value garden peas 900g	£0.89	Sainsburys garden peas 910g	£1.60	13p per 100g	TESCO (for less amount)
SWEETCORN (FROZEN)	ASDA smartprice 1kg	£0.98	Tesco value sweetcorn 907g	£0.98	Sainsburys 1kg	£1.50	£1.15	ASDA
TOTAL =		ASDA Total £16.74		Tesco Total £17.54		Sainsbury's Total £19.71	£18.00	