

Price Comparison Worksheet

Your Day 1 challenge is to create a list of 10 foods you buy regularly. Then, look up the price of each item at THREE stores: Walmart, Whole Foods, and Vitacost. Write the prices down and circle who has the best deal on each item.

A couple of things worth noting:

1. If you don't have Walmart in your area, ALDI and LIDL are comparative in price.
2. If you don't have Whole Foods in your area, Sprouts, and The Fresh Market will be comparative in prices.
3. Vitacost is online, doesn't require a membership, and has free shipping for orders as low as \$25.

	Big Box Store (i.e. Walmart)	Health Food Store (i.e. Whole Foods)	Online Store (i.e. Vitacost)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Totals			