

Price Comparison List

A nice companion for the shopping list from September's newsletter is a price comparison list. Most of us shop at multiple stores, and a price comparison list makes it easier to know which store has the lower price and whether a sale price is worth an extra trip to a particular store.

I used Microsoft Excel to create my list, but you could use any spreadsheet or even a table in a word processor.

In the first row of your spreadsheet, type "Items" or "Products" in the first cell. Then in further cells to the right, list each store you regularly shop at – one store name per cell. To the right of that, label the cell "Sales". Bold everything on the first row and adjust cell width as needed to fit the store names. I also freeze the top row in my spreadsheet so that the "headers" are always showing, no matter how far down the list I've scrolled.

Underneath the Items column, start entering a list of items that you regularly purchase – keeping just one item per line. I personally group my items together according to what type of item they are.

So, my group of cheese items would look something like this:

Cheese - Kraft - Slices - 2% PepperJack
Cheese - Store - Block - SharpChed
Cheese - Kraft - Block - JalJack
Cheese - Store - Block - JalJack
Cheese - Kraft - Shred - ChedJal
Cheese - Store - Shred - Ched, 8cups

And my list of frozen dinners like this:

Frozen Dinners - Hot Pockets
Frozen Dinners - Hot Pocket Panini
Frozen Dinners - Kashi Entrees
Frozen Dinners - Kashi Pocket Bread
Frozen Dinners - Soft Tacos
Frozen Dinners - Stouffers Lasagna, 96oz

Another thing to make sure to do is list the sizes of items. You don't want to inadvertently be comparing prices on differently-sized products.

Frozen Snacks - Bagel Bites - 9 ct
Frozen Snacks - Bagel Bites - 18ct
Frozen Snacks - Bagel Bites - 40ct

If you pick up the store brand of any products or want to just compare prices, include a separate line for store brand from the brand-name items.

Cough Syrup - Nyquil - 2pk
Cough Syrup - Store Brand - 2pk

And I also tend to alphabetize (or at least mostly alphabetize) the items in my list, but you are welcome to set them up in any order that makes sense to you.

As you go shopping, you can add prices (and sizes if necessary) to your shopping list to transfer later to your price comparison list. (I tend to use a highlighter on my shopping list to remind myself that I want to get a price for something I'm not planning to purchase on this trip. Or, sometimes I write the letter "p" out to the side of the item on my list.) Also, shortly after you've put the shopping away, pull out your store receipt and record prices for items on your list. The receipt is a great way to also add new items that you had forgotten previously or that are new to your regular shopping.

Some stores distinctly mark sale prices on the receipt, and that makes it easy to add sales data into the Sales column. In the sales column – include a date, the sale price, and which store it was at. Some stores regularly run sales on certain items, and you can notice a pattern if you keep regular data. (Okay, so I'm not so good at that part myself – but I'm working on it! ~smile~) Sales prices can also come from the store ads, they don't have to be just from your store receipt.

You can find an example price comparison list on our [Home Life](#) page. The example list has some real current prices in my area, some old prices from my area, and some made-up prices. It's intended as an example only, not as a factual list. (Heck, some of the items on this list are not even items that I actually buy. ~grin~) Under the sales column, you'll notice a few entries – again, not always factual. I actually designate the name of the sale store with initials in my real list, but wanted to give you an idea of how you can list them.

About The Author

Marie Rice is the founder and editor of [PartOfTheWhole.com](#) - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, or **most likely** – reading a book!