

Store Locations & Bus Lines

Hartford

Bravo Supermarket - 1291 Albany Avenue

Bus: Q, U, T

C-Town - 165 Wethersfield Avenue

Bus: U2, U7, U8

C-Town - 394 New Britain Avenue

Bus: Q2, Q3, Q4

Mega Foods - 259 Barbour Street

Bus: K1

Mega Foods - 1744 Park Street

Bus: K1, K4, K5

Mega Foods - 76 New Britain Avenue

Bus: Q2, Q3, Q4

Model Market - 660 Blue Hills Avenue

Bus: T

Shop Fair - 685 Maple Avenue

Bus: F2, N

Super Stop & Shop - 150 New Park Avenue

Bus: K3

**For More Information on Bus Routes, contact
CT Transit at (860) 525-9181.**

This survey is produced twice per year
by the Hartford Food Policy Commission

Thanks to Trinity College student
volunteers for their help in
data collection and analysis.

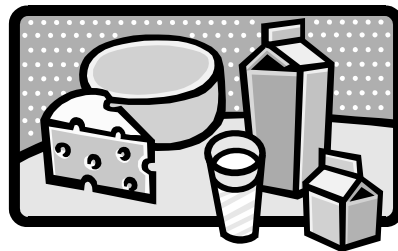
For more information:

Hartford Food Policy Commission
c/o Hartford Food System
191 Franklin Avenue
Hartford, CT 06114
(860) 296-9325

Hartford Area Food Stores Price Survey

Fall 2004

City of Hartford Food Policy Commission



Inside you will find a snapshot of food prices at eight mid-sized grocery stores and 1 large supermarket in the Hartford area. This price comparison survey of 29 selected items was conducted on November 21-22, 2004.

Each item is listed along with its price at each store. The total cost of all items for each supermarket is then added so that you can compare the stores.

To make the best use of this survey, look at those items which you buy most often. Then determine which store offers the best prices for your needs.

Other Food Resources in Hartford: Community Gardens!

Community gardening is an exciting way to interact with neighbors while growing fresh produce for you and your family. Knox Parks Foundation currently maintains 15 community garden sites throughout the city of Hartford. New and experienced gardeners are all welcome. Plot sizes average 20' x 20'.

NOW is the time to start planning your garden! If you are interested in joining a community garden, contact Knox Parks Foundation and request an application!

Knox Parks Foundation
75 Laurel St.
Hartford, CT 06106
860-951-7694
www.knoxparks.org



Summary of Results

If your shopping list resembles the items we have used in this sample, then the ratings below may help you determine which stores will give you the best value. But keep in mind that food quality is just as important as food price!

Overall Prices

- \$ 1 Mega Foods, 76 New Britain**
\$ 2 Shop Fair, 685 Maple Ave.
\$ 3 Mega Foods, 1744 Park St.
\$ 4 C-Town, 394 New Britain Ave.
\$\$ 5 Stop & Shop, 150 New Park
\$\$ 6 C-Town, 165 Wethersfield
\$\$ 7 Mega Foods, 259 Barbour St.
\$\$\$ 8 Model Market, 660 Blue Hills
\$\$\$ 9 Bravo, 1291 Albany Ave.

This survey shows that mid-sized grocery stores such as C-Town and Mega Foods can be very competitive and often less expensive than larger supermarkets like Stop & Shop. But beware that sometimes the mid-sized stores may be more expensive, as we found at Bravo Supermarket and Model Market.

Based on total cost for a basket of 29 basic foods, prices at Mega Foods at 76 New Britain Ave. were 13% lower than at Bravo Supermarket at 1291 Albany Avenue.

The best value for certain types of items (such as fruits and vegetables) may vary at stores. Also keep in mind that supermarkets such as Big Y and Stop & Shop often offer large discounts on specific items. Keeping an eye out for sales is a big money saver.

Supermarket Survey Nov 21-22, 2004	Size	Bravo Supermarket 1291 Albany Ave.	C-Town 165 Wethersfield Ave.	C-Town 394 New Britain Ave.		Mega Foods 259 Barbour Street	Mega Foods 76 New Britain Ave.	Mega Foods 1744 Park St.	Model Market, 660 Blue Hills Ave.	Shop Fair 685 Maple Ave.	Stop & Shop 150 New Park Ave.
Vegetables & Fruit:											
Potatoes, fresh, eastern, white	5 lb. bag	1.49	0.99	0.99		1.79	1.49	1.79	1.99	1.49	1.99
Carrots, fresh	1 lb. bag	2.16	0.50	1.49	o	0.50	0.50	0.50	0.56	0.79	1.29
Iceberg lettuce, fresh	1 head	0.99	0.99	1.59		1.39	0.65	1.59	1.29	0.99	1.59
Onions, yellow, loose	per lb.	0.59	0.59	0.89		0.79	0.89	0.89	0.69	0.69	0.99
Bananas	per lb.	0.49	0.33	0.33		0.39	0.39	0.39	0.41	NA	0.59
Apples, lowest price variety, loose	per lb.	0.99	0.79	1.29	p	0.99	0.99	1.39	0.99	0.99	0.99
Meat											
Ground beef, 80% lean	per lb.	1.49	2.59	1.99	a	2.59	2.19	a	2.59	a	3.39
Chicken drumsticks, smallest package, least expensive	per lb.	1.59	1.59	1.59		1.59	1.58	1.49	1.39	1.29	0.99
Canned/Packaged:											
Tuna, chunk light, water packed	6 oz. can	1.49	0.89	0.79		0.69	1.29	0.65	1.69	0.79	0.50
Campbell's chicken noodle soup, regular	10.75 oz. can	1.05	1.05	1.19	q	0.89	1.49	0.89	0.99	1.29	0.99
Red kidney beans, dry	1 lb. bag	0.99	0.89	0.79		0.89	0.99	0.99	0.99	0.99	0.59
Corn, whole kernel, canned, regular	15.25 oz. can	0.63	0.59	0.93	r	0.65	0.65	0.89	0.69	0.69	0.60
Macaroni and Cheese, box, generic	7.25 oz. box	0.45	0.50	0.45		0.75	0.45	0.50	0.50	0.39	0.20
Peanut butter, creamy, generic	18 oz. jar	1.84	NA	1.89		1.69	1.79	1.69	2.19	2.29	1.39
Grape jelly, generic	18 oz. jar	1.42	NA	1.59		1.17	1.39	1.49	0.89	k	1.79
Apple Juice, generic	64 oz. bottle	2.69	g	2.39	m	1.50	1.59	g	1.39	0.99	2.49
Pasta sauce, traditional, meatless, generic	26 oz. jar	2.29		1.59		0.99	2.19	1.49	1.39	2.49	1.24
Coffee, Maxwell House, original, ground	13 oz. can	2.99		1.99		2.99	s	3.99	2.84	j	1.50
Grains:											
Rice, white, long, enriched, cheapest brand	3 lb bag	1.89		2.49		1.59	1.49	1.18	1.72	NA	2.39
Spaghetti, regular (#8) store brand	1 lb. box	1.49		0.50		0.50	0.85	0.89	0.79	1.19	1.29
Cereal, Cheerios, regular	15 oz. box	4.69		4.69		1.99	t	3.79	3.99	3.99	3.32
Fats/Oils/Sweets:											
Coca Cola, regular	2-liter bottle	0.99		1.19		0.99	0.99	0.99	0.99	0.99	1.29
Vegetable oil, store brand	24 oz. bottle	1.99		1.94	n	1.89	1.49	1.59	1.69	2.09	1.89
Milk/Cheese:											
Eggs, white, grade A large	per dozen	1.18		1.69		1.49	1.79	1.19	1.49	1.49	1.18
Whole Milk, store brand	1 gallon	3.89		3.49		3.49	3.49	2.99	3.79	3.49	2.99
Low-fat milk, 1%, store brand	1 gallon	3.89		3.49		3.49	3.49	2.99	3.79	3.49	2.99
American Cheese, sliced, generic	12 oz. pkg	2.99		2.99		3.89	u	3.69	3.69	3.19	2.99
Margarine, quarters, veg oil, store brand	1 lb. package	0.49		0.99		0.85	0.79	0.79	0.79	0.99	0.69
Frozen:											
Orange juice, froz concen., store brand	12 oz. can	1.99		1.99		1.99	1.59	1.69	NA	1.69	1.59
Totals: Total reflects inclusion of items estimated at an average price.											
		51.11	*	47.19		44.97		48.20	*	44.53	*
										50.74	*
										44.71	*
											46.22

Notes: a=unspecified fat content, b=chicken and stars, c=based on price of 36 oz size, d= based on price of 11.5 oz size, e=based on 5 lb bag, f= based on 16 oz size, g= motts apple juice, h= based on 9 oz size, j= based on 16 oz. size, k= based on 32 oz size, m= Red Cheek brand, n= based on 32 oz. size, o= baby carrots, peeled, q= bagged. 1.25 lbs, r= chicken noodle o's, s= substitute 10 oz. Cafe Bustelo, t= Krasdale Crispy Oats, u= 1lb. package, unsliced, NA = Item not found or not available, price estimated based on city average.