

The following chart shows cost comparisons of items I buy pretty frequently. I've highlighted the cheapest options in green, whereas yellow shows when the price points are pretty close. It's clear that buying from a large-scale grocer is usually cheaper, however, with Bulk Barn's sales & coupons, they do often match or beat grocery store prices. Plus, being able to buy just the amount you need also helps prevent food waste!

	Amount	Superstore	Bare/Unboxed Market	Bulk Barn
Almonds	100 g	\$2.30	\$3.16	\$2.37
BBQ chips	100 g	\$1.40	\$2.80	
Beyond Meat burger	1	\$3.74	\$4.00	
Chocolate chips	100 g	\$0.95	\$1.22	\$1.43
Cocoa powder	100 g	\$1.38	\$1.05	\$1.47
Dried chickpeas	100 g	\$0.33	\$0.50	\$0.35
Flour	100 g	\$0.15	\$0.38	\$0.30
Frozen organic blackberries	400 g	\$4.78	\$5.75	
Fuji apple	1	\$1.05	\$1.25	
Fuzzy Peach candy	100 g	\$0.84	\$0.90	\$1.13
Hummus	100 g	\$1.32	\$1.50	
Ketchup	100 ml	\$0.35	\$0.68	
Oat milk	100 ml	\$0.23	\$0.60	
Organic broccoli	1 bunch	\$3.48	\$3.50	
Organic peanut butter	500 g	\$6.98	\$5.50	\$7.95
Organic quinoa	100 g	\$0.89	\$1.06	\$1.40
Organic tofu	500 g	\$4.98	\$6.59	
Red onion	1	\$1.62	\$0.95	
Red pepper	1	\$1.84	\$2.50	
Rice	100 g	\$0.39	\$0.74	\$0.52
Rolled oats	100 g	\$0.40	\$0.34	\$0.30
Sugar	500 g	\$0.50	\$1.25	\$1.05