

Top 10 Items to Buy in Bulk

A price comparison between Sam's Club and Rainbow Foods

Love it or hate it, grocery shopping is part of everyday life. The average American spends \$100 a week in the supermarket. Considering the current economy and a five thousand dollar annual grocery tab, finding ways to cut corners is important. Warehouses, such as Sam's Club, play an important role in saving money. Serving 74 million members at 713 locations, Sam's Club makes shopping in bulk more convenient than ever. After talking with company representatives and shopping the aisles of both Rainbow Foods and Sam's Club, here are the products with the best bulk value.

1. Frozen chicken breast

Sam's Club: \$2.16/pound

Rainbow Foods: \$3.00/pound

Meat often comprises half of the grocery bill. But for many Americans, replacing meat altogether isn't appetizing. Compromise and buy poultry in bulk. A six pound bag of frozen Tyson boneless skinless chicken breasts is only \$12.98 at Sam's Club. That's a 39% savings over a bag at Rainbow Foods.

2. Frozen cooked shrimp

Sam's Club: \$5.49/pound

Rainbow Foods: \$6.99/pound

Shrimp is often thought of as a luxury item reserved for holidays and special events. But purchasing it from a warehouse club makes it more accessible for everyday fare. Save 27% on a bag of frozen shrimp from Sam's and enjoy it year round.

3. Salsa

Sam's Club: \$.07/oz

Rainbow Foods: \$.20/oz

Zippy, chunky, and healthy – salsa is a snacker's best friend. It is easy to dip your way through an entire 12-ounce jar with a single bag of chips. Buying multiple jars quickly adds up, but not so at Sam's Club. Purchase a 64-ounce bottle of Pace Chunky Salsa and save an incredible 186% over grocery store sizes. Its plastic bottle and screw top lid ensures airtight freshness for up to one month in the fridge.

4. Semi-sweet chocolate chips

Sam's Club: \$.13/oz

Rainbow Foods: \$.23/oz

This popular pantry staple just doesn't make sense to buy anywhere but a warehouse. Sam's Club's 72-ounce bag costs 77% less than at the grocery store. The re-closeable zippered bag is easy to store and keeps chips useable for up to two years. However, if you are looking for dark, white, or milk chocolate, butterscotch, or other specialty chips, grocery stores carry the best selection.

5. Dried pastas

Sam's Club:	\$.81/pound
Rainbow Foods:	\$1.35/pound

Sure, a 10 for \$10 pasta sale at Rainbow Foods sounds like a good deal. But compare a 67% savings at Sam's, where dried pasta equates to \$.81 per pound. Bulk up on elbow macaroni, penne, and spaghetti for the best value. Purchase other pasta varieties at the supermarket.

6. Granola Bars

Sam's Club:	\$.18/bar
Rainbow Foods:	\$.29/bar

Who hasn't sampled a Quaker Chewy bar? Whether packed in lunches or tossed in a purse, these perfectly portioned granola bars are great snacks. Purchase a 48-count box from Sam's Club and save 61% compared to the traditional 10-count box.

7. Butter

Sam's Club:	\$1.65/pound
Rainbow Foods:	\$2.85/pound

Americans love butter for good reason. Butter is versatile, freezes easily and is great to have on hand. The four-pound Sam's Club pack provides a savings of 73% over supermarket prices. Making an extra batch of cookies for the holidays has never been more affordable.

8. Tortilla chips

Sam's Club:	\$.15/oz
Rainbow Foods:	\$.42/oz

You've saved money with salsa; do the same with chips. Buying Sam's Club's 24-ounce bag of tortilla chips saves 180% compared to Tostitos brand at the grocery store. Stock up and munch guiltlessly.

9. Canned goods

	Cream of mushroom tomatoes	Mandarin oranges	Diced
Sam's Club:	\$.89/can	\$.86/can	\$.75/can
Rainbow Foods:	\$1.15/can	\$1.59/can	\$1.55/can

Canned foods are notorious for a long shelf life. The general guideline is two years, but canned goods last much longer if not bulging or dented. Keep Campbell's cream of mushroom soup on hand to add flavor and texture to casseroles. Dole mandarin oranges are perfect to toss with salads or mix with gelatin. Add Hunt's diced tomatoes to stews and salsas. Save over 75% on these common canned items at Sam's Club.

10. Frozen vegetables

Sam's Club:	\$.95/pound
Rainbow Food:	\$1.99/pound

Fresh produce is the best way to go, but face it: off-season prices leave much to be desired. This is when frozen vegetables become invaluable to any cook. Add a few cups to soups and casseroles to up the nutritional value, or simply steam them straight from the bag. Corn, peas, and broccoli are generally the cheapest picks, especially with 109% Sam's Club savings. Just clear freezer space for the five-pound bag.