Grocery flyer price log

Write down the prices you buy often, store by store and week by week, so you know a real sale when you see one. Compare by unit price, not package price.

NAME _____ DATE _____

Item	Size or unit	Store	Regular price (CAD)	Flyer or sale price (CAD)	Unit price	Week of	Bought?
Rice							
Flour or atta							
Lentils or dal							
Cooking oil							
Eggs							
Milk							
Chicken							
Onions							
Bread							
Frozen vegetables							

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html (checked 2026-11-26)