BALTIMORE RETAIL FOOD PRICE REPORT

Some seasonal citrus show price increases this week

Baltimore Retail Food Price Report—12 pt. — 29.6 picas

According to this report, the Baltimore Retail Food Price Report, prepared by the Md. Department of Agriculture and Helen Huber, marketing specialist, some seasonal citrus show price increases this week

California oranges, and tangelos are among those fruits which have increased during the past week.

AFRO consumers are urged to study this report before they purchase their weekly grocery items.

(*) indicates increases; (-), decreases.

MEATS	PRICE PER POUND
Rib Roast, 7-Inch Cut	1.49-1.19
Chuck Roast, Bone In	89-1.35
Chuck Roast, Boneless	1.39-1.69
Cross Cut, Boneless Roast	1.59-2.09
Steak, Round	1.89-2.19
Steak, Porterhouse	2.69-2.99
Steak, Sirloin, Bone In	1.69-1.99
Beef, Ground Regular	79-99
Beef, Ground Chuck	99-1.25
-Stew Beef, Boneless	1.59-1.79
Pork, Center Chops	2.09-2.29
Pork, End Chops	1.29-1.59
Pork, Shoulder Smoked	99-1.19
*Pork, Shoulder Fresh	98-1.10
Pork, Roast	1.29-1.59
Pork, Roast Rib End	1.19-1.49
Ham, Fully Cooked Whole	1.49-1.69
Ham, Smoked Shank Half	1.69-2.25
Frankfurters	1.09-1.29
	89-1.49
-Sausage; Fresh "Rope"	1.65-2.19
-Bacon, Sliced	1.19-2.29
Lamb, Leg	1.59-1.69
Lamb, Rib Chops	2.39-2.79
Lamb, Loin Chops	2.79-2.99
Lamb, Shoulder Chops Rd. Bone	1.99-2.29
Lamb, Breast	49-99
Veal, Rump Roast	1.49-1.79
Veal, Cutlet	3.39-4.79
-Liver, Beef	55-99
Liver, Calves	1.19-1.69
Liver, Pork	49-59

FISH	PRICE PER POUND
*Sea Bass	99-1.49
*Bluefish	55-79
Butterfish	79-1.29
Crabmeat	3.69-5.69
*Croakers	49-79
Flounders, Whole	79-1.29
-Norfolk Spots	49-99
Perch, White	89-1.29
*Rock	1.09-1.35
*Shrimp, 21-25	4.45-4.99
Shrimp, 36-42	3.79-4.49
-Steakfish	69-1.39
*Sea Trout	59-89
Scallops	3.49-4.59
Porgies	59-1.05
-Whiting	45-69
Halibut	2.19-2.79
-Fillet, Haddock Frozen	1.29-1.55
Fillet, Perch Frozen	99-1.29
-Fillet, Cod Frozen	1.15-1.59
*Oysters, Select, 12 oz.	1.99-2.35
*Oysters, Standard, 12 oz.	1.89-2.19

POULTRY	PRICE PER POUND
Chicken, Fryers Whole	45-59
-Chicken, Cut-up Breasts	89-1.19
-Chicken, Cut-up Legs	79-1.09
-Chicken, Roaster Frozen	79-89
Chicken, Stewers Frozen	79-89
*Capons, Frozen	1.29-1.39
Ducks, Frozen	89-1.09
Turkeys, Frozen under 16#	65-85
Turkeys, Frozen over 16#	59-75

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	25-35
Apricots	30 oz.	77-89
-Cherries	16 oz.	55-79
Fruit Cocktail	17 oz.	40-50
Fruit Cocktail	30 oz.	63-69
Pineapple Juice	46 oz.	63-73
Pineapple, Sliced	20 oz.	50-62
Orange Juice	46 oz.	50-66
Grapefruit Juice	46 oz.	49-63
Grapefruit and Pineapple Drink	46 oz.	40-60
Blended Juice	46 oz.	59-69
Pears	29 oz.	69-79
Peaches	16 oz.	40-48
Peaches	29 oz.	55-65
Beans, Cut Green	16 oz.	30-40
Spinach	15 oz.	23-33
Spinach	27 oz.	43-49
Beets, Sliced	16 oz.	25-33
Corn, CWK, Vac.	12 oz.	33-39
Corn, CWK	17 oz.	33-43
Corn, GCS	17 oz.	34-40
Green Peas	16 oz.	33-45
Tomatoes	28 oz.	50-70
Tomatoes	16 oz.	49-69
Tomato Juice	46 oz.	

VEGETABLES	UNIT	PRICE
*Cabbage	lb.	18-25
Carrots	lb.	25-35
Celery	bunch	49-69
*Corn	ear	20-24
-Cucumbers	each	20-34
*Eggplant	lb.	39-49
*Lettuce, Iceberg	head	49-59
Mushrooms	lb.	65-1.25
Squash	lb.	29-79
*Onions, Green	bunch	19-25
*Onions, Yellow	lb.	23-29

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	25-39
Bananas	lb.	20-26
Pineapples	each	89-1.09
*Oranges, Calif 88's	doz.	1.08-1.58
Oranges, Fla 100's	doz.	60-84
-Lemons	doz.	1.18-1.58
*Grapes	lb.	35-79
Pears	lb.	34-50
-Grapefruit, 40's	each	12-20
*Avocados	each	59-69
Coconuts	each	59-79

Week's food economies

If year end holidays have left you with a depleted budgeted, it is time to take a look at how to get the most for your food dollar in the New Year; says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Smart shopping starts at home. If you read food ads in newspapers and store flyers, get a pad and pencil and start building a shopping list from the specials, especially in meats. Read further for sales of canned, frozen or fresh vegetables. Basic menus should be taking form from your list.

Keep your list flexible so you can take advantage of in store sales or specials of foods you usually use. Usually it is more efficient to pick a convenient, reasonably priced store and stay with it.

Store-hopping for advertised specials may be penny-wise; but unless the stores are close together it can be costly in time, gasoline or bus fare.

Try to shop when the store is not too crowded and you have time to select with care. Develop an awareness of prices you normally paid for staples and frequently purchased items to aid in comparing prices and finding good buys.

Buy in quantities to suit your family size and use you intend to make of the food. Large containers are not a good buy if food is left over and eventually thrown out or using it up means monotonous meals or it cannot be properly stored. Take time to read labels for nutrition information.

Compare prices beween different size and brand containers of foods. **Unit Pricing** helps you make decisions faster if stores are keeping **Unit Pricing** current.

Compare prices of meat on a cost per serving basis rather than price per pound. All your economy measures will be voided if proper home care is not exercised. Store foods at correct temperatures, in proper packages for recommended length of time. Find ways to use leftovers.

FOOD-A-RAMA SUPER MARKET

FOOD-A-RAMA

* 3805 LIBERTY HEIGHTS AVENUE
* 5431 REISTERSTOWN ROAD
* 6318 WINDSOR MILL ROAD
* 625 NORTH MILTON AVENUE
* 2701 WEST COLD SPRING LANE
* 3420 CLIFTON AVENUE
* 2040 HARFORD ROAD
* 20 SOUTH HILTON STREET

SALE STARTS TUES. JAN. 6TH THRU SUN. JAN. 11TH

PLENTY OF FREE PARKING

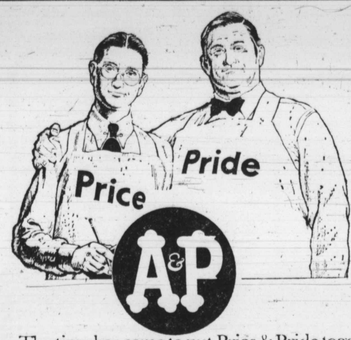
OPEN SUNDAYS
STORE HOURS:
OPEN DAILY 9:00 A.M. TO 9:00 P.M.
WE ACCEPT U.S.D.A. FOOD COUPONS
* WE CASH WELFARE AND GOVERNMENT— PAYROLL CHECKS WITH PROPER IDENTIFICATION.

WASHINGTON BUTTERMILK PANCAKE MIX 6 7-oz. BOXES $1.00
HUNTS Ketchup 32-oz. BTL. 89¢
CHUNK LIGHT Tuna BREAST O'CHICKEN 6½-oz. CAN 59¢
CHICKENS ROASTING TRIM 5-lb. TO 7-lb. AVG. lb. 49¢
WASHINGTON CORN MUFFIN MIX 6 7-oz. BOXES $1.00
WASHINGTON BRAN MUFFIN MIX 6 7-oz. BOXES $1.00
WASHINGTON HOT MUFFIN MIX 6 7-oz. BOXES $1.00
ESSKAY'S LARD lb. 43¢
ESSKAY'S Sausage HIGHLAND 2 lb. PKG. $1.59
FINZ CORNED BEEF 12-oz. CAN 99¢
NOMIS TOMATOES 3 16-oz. CANS $1.00
DELTA TOWELS JUMBO ROLL 39¢
ESSKAY'S CHITTERLINGS 10 lb. BUCKET $5.99
ESSKAY'S SPARE RIBS $1.29 lb.
CHEESE PIZZA CHEF-BOY-AR-DEE 13-oz. BOX 89¢
COOK'N BAGS BANQUET ASSORTED VARIETIES 5-oz. BAG 4 FOR 99¢
BIRDS EYE AWAKE 12-oz. CAN 39¢
MARGARINE BLUE BONNET GOLDEN QTRS. lb. 49¢
TURKEY WINGS lb. 49¢
CHUCK ROAST USDA CHOICE Boneless 99¢ lb.
GOLDEN RIPE BANANAS lb. 18¢
SWEET FLORIDA, JUICY TANGELOS 20 FOR 89¢
TURKEY NECKS lb. 39¢
ESSKAY'S SCRAPPLE 2 lb. PKG. $1.09

VALUABLE COUPON
MAXWELL HOUSE COFFEE REG. • DRIP • ELECTRIC 1-LB. CAN 99¢
WITH COUPON and PURCHASE OF $5 OR MORE
GOOD ONLY AT FOOD-A-RAMA MKTS. • (EXCLUDING CIGARETTES)
COUPON EXPIRES SUN. JAN. 11, 1976 • ONE PER SHOPPING FAMILY.

GOLDEN SCEPTRE CHUM SALMON 1-lb. CAN $1.29

SHOULDERS ESSKAY FRESH lb. 89¢



The time has come to put Price & Pride together again.
If we can't do it, nobody can.

SUPER-RIGHT QUALITY BONELESS CHUCK
ROAST lb. 1.09 STEAK lb. 1.19
ARM POT ROAST lb. 1.09 CROSS-CUT ROAST lb. 1.29
STEW BEEF lb. 1.59

ADVERTISED ITEM POLICY
Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P store, except as specifically noted in this ad.

For Shopping A&P . . . Our Cashiers "THANK YOU".
If we fail, you are entitled to one of the four items listed below
FREE
☆ 1-lb. bag COFFEE EIGHT O'CLOCK CUSTOM GRIND
☆ ½-gal. ctn. ICE CREAM CRESTMONT (ALL FLAVORS)
☆ 1-lb. pkg. BUTTER SUNNYFIELD (IN ½-LB. PRINTS)
☆ 1 doz. LARGE EGGS SUNNYBROOK GRADE A
"Thank You" Have A Nice Day!!

MEAT FEATURES!
SUPER-RIGHT QUALITY CORNISH HENS lb. 69¢
A&P PURE GROUND BEEF IN 5-LB. ROLL ONLY lb. 79¢
SUPER-RIGHT QUALITY GROUND CHUCK lb. 99¢
SILVER LABEL ESSKAY BACON 12-oz. pkg. 1.19
SUPER-RIGHT QUALITY TOP ROUND ROAST lb. 1.69 STEAK lb. 1.89
U.S.D.A. FRESH CHICKEN LEGS WHOLE WITH THIGHS lb. 69¢ CHICKEN BREAST WHOLE WITH RIBS lb. 89¢
SKINLESS MEAT A&P FRANKS 1-lb. pkg. 89¢ 2-lb. pkg. 1.75
BOX O' CHICKEN —CONSISTS OF 3 EACH— BREAST QTRS. w/BACKS, LEG QTRS. w/BACKS, GIBLET PACKS, WINGS lb. 49¢

CAMPBELL'S SOUP CHICKEN NOODLE 5 10½-oz. cans 1.00 SAVE 8¢
SAN GIORGIO THIN or REGULAR SPAGHETTI 2 1-lb. pkg. 89¢ SAVE 10¢
FRUIT DRINKS A&P ASST'D. FLAVORS 2 46-oz. cans 89¢ SAVE 10¢
STARTFORD FARM STRAWBERRY PRESERVES 24-oz. jar 69¢
SOFT-WEVE BATHROOM TISSUE WHITE & ASST'D. 140.6 sq. ft. 2 Roll Pkg. 47¢
MARVEL WHITE BREAD 3 22-oz. loaves 1.00
A&P LOOK-FIT YOGURT ALL FLAVORS 4 8-oz. ctns. 1.00

FROZEN FOOD SELECTIONS
A&P GRADE 'A' CUT CORN —OR— MIXED VEGETABLES 4 10-oz. pkgs. 1.00
ITALIAN DINNERS ON-COR LASAGNA w/MEAT SAUCE RAVIOLI w/MEAT BALLS SPAGHETTI SAUCE W/ MEAT BALLS 2 1-lb. pkg. 1.49

FRESH FRUITS & VEGETABLES
CRISP ICEBERG LETTUCE large head —OR— FIRM RIPE FOR SLICING TOMATOES cello ctn. 3 for 1.00
TASTE TEMPTING CALIFORNIA NAVEL ORANGES 10 for 89¢
JUICY INDIAN RIVER GRAPEFRUIT PINK OR WHITE 8 for 89¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru 976 in A&P Stores in BALTIMORE INCLUDING ANNAPOLIS, ABERDEEN, BEL AIR, HAVRE DE GRACE, JOPPATOWNE AND THE DELMARVA PENINSULA!

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