

## Jerry's

### Low Lactose Milk    Least Expensive Brand

Lactose Free  
**½ gallon or Gallon**  
Lactaid

### Soy Milk – refrigerated

**½ gallon and Quart**  
Silk Original: Plain

### TOFU    Look for the word “Firm” on the label

**14 oz.:** Simple Truth Organic  
**16 oz.:** Azumaya

### Pediasure - RTF

**8 oz.** – Vanilla

### Pediasure – RTF w/ Fiber

**8 oz.** – Strawberry

### Canned Fish

Tuna                    **5 oz. cans**  
Salmon                **3.75 and 14.75 oz. cans**  
Sardines               **3.75 oz. cans**

Starkist

## Albertson's

### Low Lactose Milk    Least Expensive Brand

Lactose Free  
**½ gallon or Gallon**  
Lactaid  
Lucerne

### Soy Milk – refrigerated

**½ gallon**  
Silk Original: Plain

### TOFU    Look for the word “Firm” on the label

**14 oz.:** House, Simple Truth  
**16 oz.:** Azumaya, Nasoya

### Pediasure - RTF

**8 oz.** – Vanilla, Berry Cream, Banana, Strawberry,  
Chocolate

### Pediasure – RTF w/ Fiber

**8 oz.** – Vanilla and Strawberry

### Canned Fish

Tuna                    **5 oz. cans**  
Salmon                **3.75 and 14.75 oz. cans**  
Sardines               **3.75 oz. cans**

Starkist    Chicken of the Sea    COS

## Smith's

### Low Lactose Milk    Least Expensive Brand

Lactose Free  
**½ gallon or Gallon**  
Lactaid  
Kroger

### Soy Milk – refrigerated

**½ gallon and Quart**  
Silk Original: Plain

### TOFU    Look for the word “Firm” on the label

**14 oz.:** Simple Truth Organic  
**16 oz.:** Azumaya

### Pediasure - RTF

**8 oz.** – Vanilla, Banana, Strawberry, Chocolate

### Pediasure – RTF w/ Fiber

**8 oz.** – Vanilla

### Canned Fish

Tuna                    **5 oz. cans**  
Salmon                **3.75 and 14.75 oz. cans**  
Sardines               **3.75 oz. cans**

Starkist    Kroger    Chicken of the Sea    COS