

Savings on grocery staples

Grocery prices in general are increasing — but some foods are actually seeing a drop in price.

A new analysis from CouponFollow looked at the Bureau of Labor Statistics' monthly Consumer Price Index data of average food prices over the past two years to determine how prices have changed since 2024.

The analysis found that 11 of 25 common grocery staples actually dropped in price over the past two years, led by eggs, which saw the largest decline of any item.

A dozen Grade A large eggs dropped 16.6% from February 2024, when they cost \$3, to February 2026, when they cost \$2.50. But they still cost 73% more than their price in February 2020.

Potatoes and tomatoes were down 10.8%. A pound of potatoes decreased from 97 cents to 87 cents, while tomatoes went from \$2.13 to \$1.90. The price per pound of white bread, pasta, butter and flour also decreased.

The analysis found that proteins and beverages are leading the overall surge in price. *Brooke Steinberg*