

Walmart Grocery Prices vs Military Commissary Grocery Prices!

This blog post is orientated towards US military personnel & their dependents and those government employees authorized to shop at United States military commissaries.

And for you good folks not associated with the military, this blog post may interest you if you have a young member in your family or a friend thinking about entering the US military.

I've been asked this question and I asked myself the same question - *"Am I really saving money shopping at the military Commissary?"*

I can't possibly list the thousands of grocery products for price comparison. But I can give you a list of the things that I purchase. Well here are 37 answers in black & white. I've shopped at the local Sparta Walmart and at Scott AFB Commissary both located in Illinois.

I've priced common grocery products that I use and you may use too. I've tried to keep all the groceries in alphabetical order. And to insure I matched both products, I used the barcodes on all grocery products.

I've priced these grocery products between June - September 2019. OK, *'Let's Get Reeeaaaaddddyyyyy Tooooo Shoooooooooooooop!!!'*

Product	WALMART (WM) -----	SAFB COMMISSARY (SAFBC)	PRICE DIFFERENCE (& Winner)
Arm & Hammer Double Duty Litter (40lbs)	-\$15.26	-\$10.40	-\$04.86 (SAFBC)
Arm & Hammer Double Duty Litter (20lbs)	-\$08.37	-\$06.49	-\$01.88 (SAFBC)
Armour Vienna Sausages (06)	-\$02.88	-\$02.97	-\$00.09 (WM)
Banquet Spaghetti & Meatballs	-\$01.24	-\$00.99	-\$00.25 (SAFBC)
Banquet Turkey Meal	-\$01.24	-\$00.99	-\$00.25 (SAFBC)
Barilla Thick Spaghetti (01 lb)	-\$01.28	-\$00.95	-\$00.33 (SAFBC)
Beach Cliff Sardines	-\$00.93	-\$00.81	-\$00.12 (SAFBC)
Bounty Quilted Napkins	-\$02.97	-\$01.89	-\$01.08 (SAFBC)
Campbell's Chunky Beef w/Vegetables	-\$01.52	-\$01.91	-\$00.39 (WM)
Campbell's Chunky Classic ChickenNoodle	-\$01.52	-\$01.91	-\$00.39 (WM)

Product	WALMART (WM) -----	SAFB COMMISSARY (SAFBC) -----	PRICE DIFFERENCE (& Winner)
Cheez-It BIG-----	\$02.57-----	\$01.87-----	\$00.70 (SAFBC)
CocaCola Cherry (12 cans)-----	\$03.68-----	\$04.99-----	-\$01.31 (WM)
Dawn Ultra, Blue - Large-----	\$03.74-----	\$03.17-----	\$00.57 (SAFBC)
French's Classic Yellow Mustard (20oz)---	\$01.92-----	\$01.78-----	\$00.14 (SAFBC)
Gatorade (08 bottles)-----	\$04.98-----	\$04.33-----	\$00.65 (SAFBC)
Gatorade Orange Powder, Can (50.9 oz)---	\$08.38-----	\$07.42-----	\$00.96 (SAFBC)
Hungry Man Mesquite Fried Chicken-----	\$03.23-----	\$02.64-----	\$00.59 (SAFBC)
Hungry Man Classic Fried Chicken-----	\$03.23-----	\$02.64-----	\$00.59 (SAFBC)
Kellogg's Rasin Bran Crunch, Family-----	\$03.64-----	\$04.20-----	-\$00.56 (WM)
Lay's Potato Chips, Family Size-----	\$02.98-----	\$03.20-----	-\$00.22 (WM)
Mary Callender's Sesame Chicken-----	\$02.50-----	\$02.39-----	\$00.11 (SAFBC)
Mary Callender's Spaghetti...-----	\$02.50-----	\$02.39-----	\$00.11 (SAFBC)
Miracle Whip (30 fl oz)-----	\$03.48-----	\$03.48-----	\$00.00 Draw
Nature Valley Sweet & Salty (12)-----	\$04.98-----	\$04.70-----	\$00.28 (SAFBC)
Oscar Meyer Beef Bologna-----	\$05.47-----	\$04.12-----	\$02.62 (SAFBC)
Oscar Meyer Uncured Franks (15oz)-----	\$04.24-----	\$02.50-----	\$01.74 (SAFBC)
Pepsi, Wild Cherry (12)-----	\$04.98-----	\$02.50-----	\$02.48 (SAFBC)
Pop-Secret Movie Theatre (06 bags)-----	\$03.23-----	\$03.07-----	\$00.16 (SAFBC)
Premium Saltine Crackers-----	\$02.74-----	\$02.58-----	\$00.16 (SAFBC)
Purina Cat Chow (15lbs)-----	\$13.98-----	\$13.29-----	\$00.68 (SAFBC)
Ragu Traditional Sauce (66oz)-----	\$03.98-----	\$03.71-----	\$00.27 (SAFBC)
Red Barron Supreme Classic Crust-----	\$03.50-----	\$02.75-----	\$00.75 (SAFBC)
Sandies Classic Shortbread Cookies-----	\$02.08-----	\$01.98-----	\$00.10 (SAFBC)
Sargento Baby Swiss-----	\$02.84-----	\$02.50-----	\$00.34 (SAFBC)
Sensodyne ProNamel Multi-Action-----	\$05.47-----	\$05.32-----	\$00.15 (SAFBC)
V8 Original (64 fl oz)-----	\$03.33-----	\$02.79-----	\$00.54 (SAFBC)
VanCamps Beanie Weenies (7.75oz)-----	\$01.00-----	\$01.05-----	-\$00.05 (WM)

Lowest Price Shopping Score!

(37 Grocery Products)

WALMART-----07 lowest prices
SCOTT AIR FORCE BASE COMMISSARY-----29 lowest prices
DRAW-----01

As you can see by the chart above, Scott Air Force Base Commissary has the most lowest prices on the 37 grocery products that I purchased. The score is:

SAFB Commissary 29 WalMart 07 01 Draw

I added up the total cost savings from the 29 winning SAFB Commissary prices versus the prices at Walmart and I saved \$21.79.

And that doesn't take into account the IL state taxes. Authorized customers who shop in the military Commissary DON'T PAY THE IL STATE TAX for their groceries. It's paid for by the US Government - thus US tax dollars. Thus, MORE SAVINGS by being in the military or government personnel authorized to shop at all US military Commissaries.

And take into account if I used some grocery coupons! I could push it to saving \$25 or even \$30 bucks on just 01 shopping around for 29 grocery products at the Commissary!

SEE [COUPONS COUPONS COUPONS](#)

Now for you folks that don't have Commissary privileges, no big deal. Just go to your local grocery stores and make a list like I did. Make a list and price the products that you buy most often at each of your local grocery stores. You'll find out real quick which grocery store can save you the most money. And sometimes to save money, it may be in your interest to switch to a different brand name product.

Bottom line, try shopping at 01 grocery store versus burning up gas and your time. Yeah, you could go shopping at 03 different grocery stores to get the lowest prices for different products but your burning-up \$10 worth of gas and 02-hours of your time doing it. And don't forget about using coupons.

SEE [COUPONS COUPONS COUPONS](#)

WAIT WAIT WAIT WAIT!!!

For you good folks on a low income, did you know you could qualify to get FREE Food at Food Banks in your local area? Yes, multiple Food Banks. The Food Banks give-out FREE Food on a weekly basis. And that FREE Food is good stuff too. The foods include canned foods of all types, vegetables of all types, fruits of all types, candies of all types, boxed foods of all types,...

Where does all this FREE FOOD come from? All or most local grocery stores are ALWAYS checking their products for Expiration Dates. If products reach their Expiration Date, they donate them to the Food Banks. If boxes or cans are dented or mis-shaped, they donate the food products to the Food Banks.

And often times, the Food Banks have food products that are well within Expiration Dates and food products are in perfect condition.

So if you're in a low income bracket, see if you can qualify to get FREE food at your local Food Banks on a weekly basis.

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