

Virginia State Milk Commission

Market Basket Survey

August 2019

The Virginia State Milk Commission's Market Basket Survey is designed to measure the price change in the retail cost of a fixed quantity of foods. It combines 40 items priced during the same period of time each month at select stores throughout two metropolitan regions in Virginia: Richmond and Virginia Beach-Norfolk-Newport News. The Market Basket is not intended to represent the cost of food for a family of a particular size or household income.

Some items included in the Market Basket may no longer be available in the size referenced. The Milk Commission converts those items to the size referenced in order to maintain a consistent comparison over time.

Area	August 2019	July 2019	Monthly Change (%)	August 2018	Annual Change (%)
Richmond	\$133.26	\$131.59	1.3%	\$130.50	2.1%
VB-Norfolk-Newport News	\$137.30	\$139.01	-1.2%	\$135.62	1.2%

Items included in the Market Basket Survey

American Cheese (8 oz)	Grape Jelly (10 oz)
Apples (lb)	Hamburger (lb)
Bacon (lb)	Ice Cream (pint)
Bananas (2 lb)	Lettuce (head)
Bread (6 loaves)	Margarine (lb)
Cabbage (2 lb)	Onions (lb)
Carrots (lb)	Orange Juice Conc. (6 oz)
Celery (stalk)	Oranges (dozen)
Cereal (2 boxes)	Peaches (can)
Chicken (2 lb)	Peanut Butter (8 oz)
Coffee (lb)	Peas (can)
Corn (can)	Pork Chops (lb)
Crackers (box)	Potatoes (10 lb)
Eggs (2 dozen)	Round Steak (lb)
Evap. Milk (2 cans)	Shortening (lb)
Flour (4 lb)	Soft Drinks (carton)
Frankfurters (lb)	Soup (can)
Frozen Fish (lb)	Tomatoes (can)
Frozen Green Beans	Tuna (can)
Granulated Sugar (5 lb)	Whole Milk (5 1/2 gallons)

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www.vdacs.virginia.gov/food-state-milk-commission.shtml

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