

# June 2026 Price Tracker

A monthly look at grocery basket prices

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In June, overall prices fell relative to May. This was driven mainly by seasonal changes in produce prices, as peaches, blueberries, tomatoes, and blackberries all saw significant price decreases. This was tempered by increased meat and dairy prices.

Month	Monthly Growth	Growth Since September
January	-1.88%	-1.34%
February	1.43%	0.07%
March	-0.46%	-0.39%
April	-0.33%	-0.72%
May	0.84%	0.12%
June	-0.91%	-0.80%

## Drivers of Basket Decrease

This month saw large price decreases in produce. Peaches fell by \$0.79 per pound, or nearly 25.0% of their May price, now selling for an average of \$2.38 per pound. Blackberries saw a similar \$0.73-per-pound decrease, representing a 11.5 percent decrease from their May price. Plums and tomatoes had similar relative price drops of 12.3 percent (\$0.36) and 11.6 percent (\$0.21).

Outside of produce, the biggest price decrease this month was for tri-tip steak, which fell \$0.73 per pound. It appears that stores were using tri-tip as a loss leader. Eggs continue to recover from the high prices during the depths of the bird flu outbreak. The remaining largest price decreases were very small in relative terms. The average price of a pound of coffee and a 12-pack of Coke fell less than two percent each. The average price of orange juice fell only 2.3 percent.

Item	Price Change	Percent Change	Price
Peaches (pound)	-\$0.79	-24.92%	\$2.38
Blueberries (Pound)	-\$0.75	-11.54%	\$5.72
Tri-Tip Steak (Pound)	-\$0.73	-5.57%	\$12.33
Plums (pound)	-\$0.36	-12.26%	\$2.59
Tomatoes (pound)	-\$0.21	-11.55%	\$1.61
Orange Juice (Gallon)	-\$0.18	-2.31%	\$7.52
Blackberries (Pound)	-\$0.17	-2.56%	\$6.63
Coffee (Pound)	-\$0.15	-1.92%	\$7.45
12 pack of coke	-\$0.14	-1.49%	\$9.05
Eggs (Dozen)	-\$0.12	-6.32%	\$1.72

## Are All Prices Falling?

In the May data, the largest price decrease was a nearly one-dollar drop in the price of top sirloin. In June, the largest price increase was a \$0.76-per-pound increase in the price of top sirloin. I speculated last month that the price decrease was due to store competition for Memorial Day grillers, and it seems to be the case with this month's price increase. Beef supplies continue to tighten, as we see that flank steak (\$0.53) and ground beef (\$0.15) also increased in price in June.

Item	Price Change	Percent Change	Price
Top Sirloin Steak (Pound)	\$0.76	5.73%	\$14.00
Flank Steak (Pound)	\$0.53	3.77%	\$14.58
Fresh Cod (Pound)	\$0.33	2.65%	\$12.66
Deli Turkey (sliced) (pound)	\$0.30	4.79%	\$6.48
Frozen Pineapple (16 ounce)	\$0.28	8.29%	\$3.70
Bakery Fresh Store Bakery Cupcakes (6 Count)	\$0.25	4.41%	\$5.95
Milk (Gallon)	\$0.19	6.29%	\$3.16
Ground Beef (Pound) (Not Frozen)	\$0.15	2.46%	\$6.46
Bakery Fresh Dinner Rolls (22 Ounce)	\$0.13	2.95%	\$4.69
Celery (1 head)	\$0.13	5.48%	\$2.48

Cod is being affected by the quotas we mentioned last month, as it rose \$0.33 per pound on average. Milk prices appear to be on the rise in Cincinnati, Indianapolis, and Louisville despite falling wholesale prices.

My best guess for the rise in frozen pineapple prices is that it is at least partly driven by higher energy prices. All four frozen fruits and vegetables we track saw their prices increase in June. Deli turkey prices keep rising. In June, they rose \$0.30 per pound, while since September they have risen \$1.32 per pound, the largest per-pound price increase in the index for a unique item. Early on we tracked "cheapest cut of steak", rather than individual cuts, and at the moment the cheapest cut of steak is \$2.22 higher per pound than it was in September.

## Full Rundown of Average Prices

Item	Average Price	Price Increase	Percent Increase
12 pack of Coke	\$9.05	-\$0.14	-1.5%
Apples (Pound)	\$1.52	\$0.04	2.8%
Bacon (Pound)	\$4.60	-\$0.06	-1.3%
Bagels (Half Dozen)	\$2.30	\$0.01	0.5%
Bakery Fresh Dinner Rolls (22 Ounce)	\$4.69	\$0.13	3.0%
Bakery Fresh Store Bakery Cupcakes (6 Count)	\$5.95	\$0.25	4.4%
Bananas (pound)	\$0.52	\$0.01	1.4%

Blackberries (Pound)	\$6.63	-\$0.17	-2.6%
Blueberries (Pound)	\$5.72	-\$0.75	-11.5%
Boneless Skinless Chicken Breast (Pound)	\$3.40	\$0.01	0.4%
Bread (20 ounce Loaf)	\$1.72	-\$0.01	-0.6%
Butter (Pound)	\$3.30	\$0.03	1.0%
Can of Tuna (5 Ounce)	\$1.03	\$0.01	0.5%
Canned Green Beans (14.5 ounce)	\$0.86	-\$0.02	-2.7%
Canned Peaches (15.25 ounce)	\$1.85	\$0.06	3.4%
Canned Pineapple (20 ounce)	\$1.81	-\$0.01	-0.4%
Canned Soup (Store Brand) (10.5 ounce)	\$0.81	-\$0.02	-2.9%
Canned Spinach (13.5 ounce)	\$1.52	\$0.01	0.7%
Canned Tomatoes (Store Brand-Diced, 14.5 ounces)	\$1.00	\$0.02	2.3%
Carrots (Pound)	\$1.33	\$0.05	3.7%
Celery (1 stalk)	\$2.48	\$0.13	5.5%
Cereal (Store Brand) (12 ounces)	\$2.16	-\$0.04	-2.0%
Cheese (Store Brand -Block)	\$3.72	\$0.01	0.3%
Coffee (Pound)	\$7.45	-\$0.15	-1.9%
Cream Cheese (Store Brand) (16 ounce)	\$3.27	\$0.00	-0.1%
Cucumber (1 count)	\$0.86	-\$0.01	-1.2%
Deli Turkey (sliced) (pound)	\$6.48	\$0.30	4.8%
Eggs (Dozen)	\$1.72	-\$0.12	-6.3%
Flank Steak (Pound)	\$14.58	\$0.53	3.8%
Flat Iron Steak (Pound)	\$13.25	\$0.02	0.1%
Flour (Pound)	\$0.61	\$0.02	2.8%
Fresh Cod (Pound)	\$12.66	\$0.33	2.7%
Fresh Salmon (Pound)	\$10.43	\$0.11	1.0%
Fresh Tilapia (Pound)	\$7.62	-\$0.11	-1.4%
Frozen Peas (16 ounce)	\$1.49	\$0.05	3.7%
Frozen Pineapple (16 ounce)	\$3.70	\$0.28	8.3%
Frozen Shredded Potatoes (16 ounce)	\$2.08	\$0.04	1.7%
Frozen berry mix (16 ounce)	\$4.25	\$0.10	2.5%
Grapes (Pound)	\$2.34	-\$0.11	-4.4%
Green Bell Pepper (Per Pepper price)	\$1.17	-\$0.01	-0.5%
Ground Beef (Pound) (Not Frozen)	\$6.46	\$0.15	2.5%
Head of Lettuce	\$2.49	\$0.12	4.9%

Lemon (Each)	\$0.71	-\$0.01	-1.1%
Lime (Each)	\$0.54	-\$0.03	-4.7%
Milk (Gallon)	\$3.16	\$0.19	6.3%
Olive Oil (Store brand) (16.9 fluid ounces)	\$6.87	-\$0.05	-0.8%
Orange Juice (Gallon)	\$7.52	-\$0.18	-2.3%
Oranges (pound)	\$1.17	-\$0.05	-3.8%
Peaches (pound)	\$2.38	-\$0.79	-24.9%
Peanut Butter (Store Brand) (16 Ounces)	\$2.22	\$0.01	0.3%
Pears (pound)	\$2.55	\$0.05	1.8%
Plums (pound)	\$2.59	-\$0.36	-12.3%
Potato Chips (Store Brand) (8 ounces)	\$1.93	\$0.05	2.4%
Potatoes (Pound)	\$0.91	\$0.03	3.4%
Rice, White, Long grain (Pound)	\$0.92	\$0.01	1.4%
Sour Cream (Store Brand) (16 ounce)	\$1.96	\$0.01	0.6%
Spaghetti noodles (Store Brand) (pound)	\$1.14	\$0.01	1.0%
Spinach (Bunch)	\$1.86	\$0.04	2.1%
Store Bakery Chocolate Chip Cookies (12 Count)	\$4.34	\$0.00	0.1%
Strawberries (Pound)	\$2.89	-\$0.02	-0.7%
Sugar (Ground-white) (Pound)	\$0.79	-\$0.02	-3.1%
Tomatoes (pound)	\$1.61	-\$0.21	-11.5%
Top Sirloin Steak (Pound)	\$14.00	\$0.76	5.7%
Tri-Tip Steak (Pound)	\$12.33	-\$0.73	-5.6%
Vanilla or Chocolate Ice Cream (Gallon-Store Brand)	\$7.70	-\$0.11	-1.5%