

†Based on a comparison of Aldi products against products shown only. Sainsbury's may sell own brand/other products at different prices. Lowest Sainsbury's price pro rata, considering size and offers, used and checked on sainsburys.co.uk on 18/03/21. Aldi price and packaging correct as of 18/03/21. Subject to availability. Product packaging may differ in each region. Products and price may vary in Scotland, Aldi Local and for Deliveroo. For more information visit aldi.co.uk/swap.

ALDI				
Product code	Product name	Item price	Weight (no symbols)	Weight measurement
20296	Carrots	£0.40	1000	g
7282	Celery	£0.43	1	each
51029	Cauliflower	£0.79	1	each
46737	Beet root	£0.47	1	each
65927	Spinach	£0.99	240	g
65245	Sweet Potato	£0.89	1000	g
10054	Lentils	£0.54	4	pack
65848	Ginger	£0.85	125	g
53116	Kale	£0.63	200	g
709632	Fresh Cut Parsley	£0.57	30	g
56507	Mixed Chillies	£0.46	65	g
21709	Broccoli	£0.47	1	each
708224	Garlic	£0.55	4	pack
78885	Nature's Pick Red Onions	£0.59	1000	g
51049	Nature's Pick Mixed Peppers	£0.79	3	pack
58190	Nature's Pick Cherry Tomatoes	£0.67	350	g
49727	Cucina Chunky Chopped Tomatoes (premium)	£0.35	400	g
78730	Four Seasons Chickpeas	£0.30	400	g
78730	Four Seasons Chickpeas	£0.30	400	g
701978	Cucina Tomato Pesto	£0.27	200	g
700283	Stonemill Paprika	£0.49	40	g
70535	Stonemill Medium Curry Powder	£0.79	90	g
21929	Ground Curries	£0.49	40	g
21935	Stonemill Oregano	£0.49	11	g
703473	The Foodie Market Dried Lentils (Red)	£0.99	500	g
701928	Cucina Creamy Sauce for Lasagne	£0.49	500	g
702557	Foodie Market Cashew Nuts	£1.59	200	g
705037	The Pantry Baking Almonds (Blanched)	£1.39	150	g
61520	Ready Set Cook Coconut Milk	£0.55	400	ml
20709	The Fishmonger Smoked Haddock	£3.15	250	g
701041	Greenvale Ready Rolled Puff Pastry	£0.79	375	g
705818	S/S Wood Fired Ham, Mushroom & Mascarpone	£3.29	521	g
4632	Quixo Beef Stock Cubes	£0.35	120	g
65396	Merevale Organic 6 pack eggs	£1.49	6	pack
9767	S/S Cumberland Sausages	£1.99	400	g
9767	S/S Cumberland Sausages	£1.99	400	g
53819	Quixo Onion Gravy Granules	£0.79	300	g
704019	Hangers Brewing Cold Amber Ale	£0.99	500	ml
703480	The Fishmonger Cold Water Prawns	£1.65	150	g
2248	Worldwide Basmati Rice	£1.29	1000	g
1700	Extra Virgin Olive Oil	£1.75	750	ml
Total		£37.94		
ALDI Basket - no multibuy offers required, just every day low prices				

Sainsbury's					
Sainsbury's product	Weight (no symbols)	Weight measurement	Per item price including any multibuy offers	Pro rata price including any multibuy offers and size	Aldi savings
Sainsbury's Carrots	1000	g	£0.40	£0.40	0.00%
Sainsbury's Celery	1	each	£0.43	£0.43	0.00%
Sainsbury's Cauliflower	1	each	£0.79	£0.79	0.00%
Sainsbury's Living Best Pot	1	each	£1.25	£1.25	62.40%
Sainsbury's Young Spinach 260g	260	g	£1.50	£1.38	28.26%
Sainsbury's Sweet Potato 1.25kg	1250	g	£1.50	£1.20	25.83%
Lentils 5pk	5	pack	£1.50	£1.20	25.00%
Sainsbury's Ginger 100g	100	g	£0.85	£1.06	34.91%
Sainsbury's Kale 200g	200	g	£0.80	£0.80	21.25%
Sainsbury's Fresh Packed Flat Leaf Parsley 30g	30	g	£0.75	£0.75	24.00%
Sainsbury's Mixed Chillies 80g	80	g	£0.80	£0.65	23.25%
Sainsbury's Broccoli Loose	1	each	£1.60	£1.60	70.63%
Sainsbury's Garlic	4	pack	£1.60	£1.00	45.00%
Sainsbury's Red Onions 1kg	1000	g	£1.00	£1.00	41.00%
Sainsbury's Mixed Peppers	3	pack	£1.35	£1.35	41.48%
Sainsbury's Cherry Tomatoes 500g	500	g	£1.25	£0.88	29.60%
Hubbard's Foodstore Chopped Tomatoes 400g	400	g	£0.28	£0.28	-25.00%
Sainsbury's Chickpeas in Water	400	g	£0.55	£0.55	45.45%
Sainsbury's Chickpeas in Water	400	g	£0.55	£0.55	45.45%
Sainsbury's Tomato Pesto, Double Concentrate 200g	200	g	£0.35	£0.35	22.86%
Sainsbury's Paprika	44	g	£0.85	£0.77	38.36%
Sainsbury's Mild Curry Powder 75g	75	g	£1.00	£1.14	30.70%
Sainsbury's Ground Curries	43	g	£0.85	£0.79	37.67%
Sainsbury's Dried Oregano	12	g	£0.90	£0.83	40.96%
Sainsbury's Dried Red Split Lentils	500	g	£1.15	£1.15	13.91%
Sainsbury's Creamy White Lasagne Sauce	480	g	£0.78	£0.81	39.51%
Sainsbury's Cashew Nuts 200g	200	g	£2.50	£2.50	36.40%
Sainsbury's Blanched Almonds	100	g	£1.50	£2.25	38.22%
Sainsbury's Coconut Milk 400ml	400	ml	£0.90	£0.90	38.89%
Sainsbury's Skinless & Boneless Smoked Haddock Fillets	240	g	£4.50	£4.69	32.84%
Sainsbury's Puff Pastry 375g	375	g	£1.20	£1.20	34.17%
Sainsbury's Prosciutto Mushroom & Mascarpone Pizza, Taste the Difference	480	g	£4.50	£4.88	32.58%
Sainsbury's Stock Cubes, Beef 10x10g	100	g	£0.50	£0.60	41.67%
Sainsbury's Woodland Free Range Medium Eggs, SO Organic	6	pack	£1.80	£1.80	17.22%
Sainsbury's Pork Cumberland Sausages, Taste the Difference x8	400	g	£2.00	£2.00	0.50%
Sainsbury's Pork Cumberland Sausages, Taste the Difference x8	400	g	£2.00	£2.00	0.50%
Sainsbury's Gravy Granules 500g	500	g	£1.50	£0.90	12.22%
Sainsbury's Kenish Ale, Taste the Difference 500ml	500	ml	£1.50	£1.50	33.00%
Sainsbury's Peeled Prawns	150	g	£2.75	£2.75	40.00%
Sainsbury's Basmati Rice 500g	500	g	£1.00	£2.00	35.50%
Sainsbury's Olive Oil, Extra Virgin 1L	1000	ml	£3.40	£2.55	31.37%
Total				£55.48	31.61%
Total of cheapest competitor prices, adjusted for size variances and applying multibuy prices.					