

# ΠΑΡΑΤΗΡΗΤΗΡΙΟ ΒΑΣΙΚΩΝ ΚΑΤΑΝΑΛΩΤΙΚΩΝ ΑΓΑΘΩΝ

## ΣΥΓΚΡΙΣΗ ΜΕ ΠΡΟΗΓΟΥΜΕΝΟ ΜΗΝΑ



| Ιουλι 2024                    |  |                       |              |                       |            |
|-------------------------------|--|-----------------------|--------------|-----------------------|------------|
| Α/Α                           | ΠΡΟΪΟΝ   | Μέση Σταθμισμένη Τιμή |              | Αύξηση / Μείωση Τιμής | % Μεταβολή |
|                               |  | Προηγούμενος Μήνας    | Τρέχον Μήνας |                       |            |
| <b>ΑΛΛΑΝΤΙΚΑ</b>              |  |                       |              |                       |            |
| <b>ΑΛΛΑΝΤΙΚΑ</b>              |  |                       |              |                       |            |
| 1                             | Chrysodalia Lountza Smoked Slices 300gr            | 4.51                  | 4.70         | 0.19                  | 4.2%       |
| 2                             | Chrysodalia Turkey Smoked Slices 200gr             | 2.82                  | 2.84         | 0.02                  | 0.7%       |
| 3                             | Grigoriou Ham Slices 300gr                         | 3.96                  | 3.91         | -0.05                 | -1.3%      |
| 4                             | Grigoriou Lountza Slices 150gr                     | 3.29                  | 3.28         | -0.01                 | -0.3%      |
| 5                             | Grigoriou Salami Extra 300gr                       | 2.59                  | 2.57         | -0.02                 | -0.8%      |
| 6                             | Grigoriou Streaky Bacon Slices 150gr               | 2.69                  | 2.73         | 0.04                  | 1.5%       |
| 7                             | Grigoriou Turkey Smoked Slices 200gr               | 3.37                  | 3.21         | -0.16                 | -4.7%      |
| <b>ΒΟΗΘΗΜΑΤΑ ΜΑΓΕΙΡΕΜΑΤΟΣ</b> |  |                       |              |                       |            |
| <b>ΖΩΜΟΣ</b>                  |  |                       |              |                       |            |
| 8                             | KNORR BOUILLONS CHICKEN 12 CUBES 120GR             | 1.24                  | 1.18         | -0.06                 | -4.8%      |
| 9                             | KNORR BOUILLONS VEGETABLES 12 CUBES 120GR          | 1.56                  | 1.53         | -0.03                 | -1.9%      |
| 10                            | MAGGI BOUILLONS CHICKEN 12 CUBES 132GR             | 1.44                  | 1.43         | -0.01                 | -0.7%      |
| 11                            | MAGGI BOUILLONS PASTA 12 CUBES 132GR               | 1.92                  | 1.88         | -0.04                 | -2.1%      |
| 12                            | MAGGI BOUILLONS VEGETABLES 12 CUBES 132GR          | 1.96                  | 1.92         | -0.04                 | -2.0%      |
| <b>ΝΤΟΜΑΤΟΧΥΜΟΣ/ ΠΕΛΤΕΣ</b>   |  |                       |              |                       |            |
| 13                            | BLOSSOM TOMATO PASTE CUP 4X70GR                    | 1.99                  | 2.00         | 0.01                  | 0.5%       |
| 14                            | KEAN POMILORI SIEVE TOMATO PASTE JAR 700GR         | 1.85                  | 1.88         | 0.03                  | 1.6%       |
| 15                            | MITSIDES TOMATO PASSATA CARTON 3X500GR P-OFF       | 2.83                  | 2.84         | 0.01                  | 0.4%       |
| 16                            | MITSIDES TOMATO PASTE CUP 4X70GR                   | 1.96                  | 2.08         | 0.12                  | 6.1%       |
| 17                            | PELARGOS TOMATO PASSATA CARTON 3X250GR             | 1.35                  | 1.35         | 0.00                  | 0.0%       |
| <b>ΦΥΤΙΚΟ ΜΑΓΕΙΡΙΚΟ ΛΙΠΟΣ</b> |  |                       |              |                       |            |
| 18                            | SPRY 350GR   | 2.84                  | 2.91         | 0.07                  | 2.5%       |
| <b>ΓΑΛΑΚΤΟΚΟΜΙΚΑ</b>          |  |                       |              |                       |            |
| <b>ΓΙΑΟΥΡΤΙ</b>               |  |                       |              |                       |            |
| 19                            | ALAMBRA THE GRANNY SHEEP F/F PC 700GR              | 3.03                  | 3.03         | 0.00                  | 0.0%       |
| 20                            | CHARALAMB/CHRISTIS STRAINED STRAGGATO F/F PC 1KG   | 4.11                  | 4.10         | -0.01                 | -0.2%      |
| 21                            | CHARALAMB/CHRISTIS STRAINED STRAGGATO LGT PC 1KG   | 4.11                  | 4.10         | -0.01                 | -0.2%      |
| 22                            | ZITA STRAINED F/F PC 1KG                           | 3.91                  | 3.92         | 0.01                  | 0.3%       |
| 23                            | ZITA STRAINED LGT PC 1KG                           | 3.90                  | 3.91         | 0.01                  | 0.3%       |
| <b>ΤΥΡΙ</b>                   |  |                       |              |                       |            |
| 24                            | ALAMBRA COTTAGE PC 200GR                           | 1.83                  | 1.72         | -0.11                 | -6.0%      |
| 25                            | ALAMBRA H GIAGIA GOAT/SHEEP HALLOUMI KG            | 14.00                 | 13.21        | -0.79                 | -5.6%      |
| 26                            | CHARALAMB/CHRISTIS FETA BLOCK 200GR                | 2.87                  | 3.10         | 0.23                  | 8.0%       |
| 27                            | CHARALAMB/CHRISTIS HALLOUMI PISSOURKOTIKO KG       | 15.85                 | 14.10        | -1.75                 | -11.0%     |
| 28                            | DIROLLO 2.2% COTTAGE 225GR                         | 2.27                  | 2.28         | 0.01                  | 0.4%       |
| 29                            | DODONI FETA BLOCK 400GR                            | 7.07                  | 7.06         | -0.01                 | -0.1%      |
| 30                            | KESES GOAT/SHEEP HALLOUMI KG                       | 15.03                 | 15.62        | 0.59                  | 3.9%       |
| 31                            | LA VACHE QUI RIT CHEEZ DIPPERS 4PORTION 140GR      | 3.42                  | 3.44         | 0.02                  | 0.6%       |
| 32                            | PHILADELPHIA LIGHT PLAIN SPREAD TUBS 200GR         | 2.59                  | 2.59         | 0.00                  | 0.0%       |
| 33                            | PHILADELPHIA PLAIN SPREAD TUBS 200GR               | 2.58                  | 2.60         | 0.02                  | 0.8%       |
| 34                            | VALIO EDAM LIGHT 17% SLICES 2X250GR P-OFF          | 6.99                  | 6.98         | -0.01                 | -0.1%      |
| 35                            | VEPO FOOD EDAM SLICES 200GR                        | 2.48                  | 2.46         | -0.02                 | -0.8%      |
| 36                            | VEPO FOOD GOUDA SLICES 200GR                       | 2.54                  | 2.44         | -0.10                 | -3.9%      |
| <b>ΦΡΕΣΚΟ ΓΑΛΛΑ</b>           |  |                       |              |                       |            |
| 37                            | CHARALAMBIDES CHRISTIS DELACT HDPE 1L              | 1.69                  | 1.69         | 0.00                  | 0.0%       |
| 38                            | CHARALAMBIDES CHRISTIS FULL FAT 3% HDPE 2L         | 2.85                  | 2.85         | 0.00                  | 0.0%       |
| 39                            | CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1.5L | 2.19                  | 2.19         | 0.00                  | 0.0%       |
| 40                            | CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1L   | 1.48                  | 1.48         | 0.00                  | 0.0%       |
| 41                            | CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 2L   | 2.84                  | 2.86         | 0.02                  | 0.7%       |
| 42                            | LANITIS FULL FAT 3% HDPE 2L                        | 2.83                  | 2.82         | -0.01                 | -0.4%      |
| 43                            | LANITIS SEMI SKIMMED 1.5% HDPE 1.5L                | 2.19                  | 2.19         | 0.00                  | 0.0%       |
| 44                            | LANITIS SEMI SKIMMED 1.5% HDPE 2L                  | 2.84                  | 2.83         | -0.01                 | -0.4%      |
| <b>ΕΛΑΙΑ</b>                  |  |                       |              |                       |            |
| <b>ΛΑΔΙ</b>                   |  |                       |              |                       |            |

|    |   |       |       |       |       |
|----|---|-------|-------|-------|-------|
| 45 | AMBROSIA SUNFLOWER OIL 3L                         | 6.75  | 6.83  | 0.08  | 1.2%  |
| 46 | ELIOHORI EXTRA VIRGIN OLIVE OIL 2L                | 30.41 | 30.33 | -0.08 | -0.3% |
| 47 | ELIOHORI EXTRA VIRGIN OLIVE OIL PET 1L            | 15.17 | 15.20 | 0.03  | 0.2%  |
| 48 | FLORA SUNFLOWER OIL 3L                            | 10.93 | 10.93 | 0.00  | 0.0%  |
| 49 | LESIEUR SUNFLOWER OIL 3L                          | 6.80  | 6.77  | -0.03 | -0.4% |
| 50 | SAINT GEORGE CYPRUS EXTRA VIRGIN OLIVE OIL PET 1L | 10.42 | 10.38 | -0.04 | -0.4% |
| 51 | THE KING OF OLIVES SALAD OIL PET 1L               | 2.95  | 2.96  | 0.01  | 0.3%  |

#### **ΖΥΜΑΡΙΚΑ / ΑΛΕΥΡΙ / ΡΥΖΙ / ΠΟΥΡΓΟΥΡΙ / ΟΣΠΡΙΑ / ΖΑΧΑΡΗ**

##### **ΑΛΕΥΡΙ**

|    |                                   |      |      |      |      |
|----|-----------------------------------|------|------|------|------|
| 52 | MITSIDES FARINA PLAIN 00 1KG      | 1.52 | 1.58 | 0.06 | 3.9% |
| 53 | MITSIDES PLAIN 00 ALL PURPOSE 1KG | 1.29 | 1.29 | 0.00 | 0.0% |
| 54 | MITSIDES SELF RAISING 1KG         | 1.52 | 1.58 | 0.06 | 3.9% |
| 55 | MITSIDES VILLAGE 1KG              | 1.60 | 1.66 | 0.06 | 3.7% |
| 56 | TRIUMPH FARINA 00 1KG             | 1.50 | 1.51 | 0.01 | 0.7% |
| 57 | TRIUMPH VILLAGE 1KG               | 1.57 | 1.60 | 0.03 | 1.9% |

##### **ΖΑΧΑΡΗ**

|    |       |      |      |      |      |
|----|-------|------|------|------|------|
| 58 | SUGAR | 1.07 | 1.09 | 0.02 | 1.9% |
|----|-------|------|------|------|------|

##### **ΖΥΜΑΡΙΚΑ**

|    |  |      |      |       |       |
|----|--|------|------|-------|-------|
| 59 | BARILLA SPAGHETTI No.5 500GR             | 1.28 | 1.29 | 0.01  | 0.8%  |
| 60 | MELISSA PRIMO GUSTO ORZO 500GR           | 1.33 | 1.44 | 0.11  | 8.3%  |
| 61 | MELISSA PRIMO GUSTO SPAGHETTI No.6 500GR | 1.15 | 1.16 | 0.01  | 0.9%  |
| 62 | MITSIDES MEZZANI A 500GR                 | 1.36 | 1.36 | 0.00  | 0.0%  |
| 63 | MITSIDES ORZO 500GR                      | 1.32 | 1.29 | -0.03 | -2.3% |
| 64 | MITSIDES SPAGHETTI 500GR                 | 1.18 | 1.17 | -0.01 | -0.8% |
| 65 | MITSIDES TRADITIONAL 500GR               | 1.46 | 1.51 | 0.05  | 3.4%  |
| 66 | TRIUMPH SPAGHETTI 500GR                  | 1.12 | 1.12 | 0.00  | 0.0%  |

##### **ΟΣΠΡΙΑ**

|    |   |      |      |       |       |
|----|---|------|------|-------|-------|
| 67 | KAOURIS CANADIAN LAIRD LENTILS 1KG        | 2.87 | 2.91 | 0.04  | 1.4%  |
| 68 | NATURAL LIFE IMPORTED BLACK EYE BEANS 1KG | 3.02 | 3.07 | 0.05  | 1.7%  |
| 69 | NATURAL LIFE IMPORTED LENTILS 1KG         | 2.44 | 2.46 | 0.02  | 0.8%  |
| 70 | SOLEAS 3A BEANS 1KG                       | 3.08 | 3.04 | -0.04 | -1.3% |
| 71 | SOLEAS 3A BLACK EYE BEANS 1KG             | 3.90 | 3.88 | -0.02 | -0.5% |
| 72 | SOLEAS 3A GREEN LENTILS 1KG               | 3.08 | 3.12 | 0.04  | 1.3%  |

##### **ΠΟΥΡΓΟΥΡΙ**

|    |   |      |      |       |       |
|----|---|------|------|-------|-------|
| 73 | A.KEPOLA BULGUR WHEAT 1KG                 | 2.54 | 2.67 | 0.13  | 5.1%  |
| 74 | A.KEPOLA BULGUR WHEAT 500GR               | 1.67 | 1.67 | 0.00  | 0.0%  |
| 75 | KAOURIS BULGUR WHEAT 500GR                | 1.46 | 1.51 | 0.05  | 3.4%  |
| 76 | LISKO FAMELISKO BULGUR WHEAT MEDIUM 500GR | 1.19 | 1.18 | -0.01 | -0.8% |
| 77 | MITSIDES BULGUR WHEAT 1KG                 | 3.06 | 3.21 | 0.15  | 4.9%  |
| 78 | MITSIDES BULGUR WHEAT 500GR               | 1.78 | 1.74 | -0.04 | -2.2% |

##### **ΡΥΖΙ**

|    |                                    |      |      |       |       |
|----|------------------------------------|------|------|-------|-------|
| 79 | SOLEAS 3A BASMATI RICE BAG 1KG     | 3.43 | 3.32 | -0.11 | -3.2% |
| 80 | SOLEAS 3A GLUTINOUS RICE BAG 1KG   | 2.55 | 2.59 | 0.04  | 1.6%  |
| 81 | SOLEAS 3A PARBOILED RICE 1KG       | 2.53 | 2.53 | 0.00  | 0.0%  |
| 82 | TILDA BASMATI RICE 1KG             | 5.81 | 5.82 | 0.01  | 0.2%  |
| 83 | UNCLE BENS LONG GRAIN RICE 1KG     | 4.49 | 4.65 | 0.16  | 3.6%  |
| 84 | UNCLE BENS LONG GRAIN RICE BOX 2KG | 9.03 | 8.88 | -0.15 | -1.7% |

#### **ΚΑΤΕΨΥΓΜΕΝΑ**

##### **ΚΑΤΕΨΥΓΜΕΝΑ ΖΥΜΑΡΙΚΑ**

|    |                                      |      |      |       |       |
|----|--------------------------------------|------|------|-------|-------|
| 85 | CHARALAMBIDES CHRISTIS RAVIOLI 400GR | 4.28 | 4.28 | 0.00  | 0.0%  |
| 86 | HERCULES RAVIOLI 400GR               | 3.15 | 3.22 | 0.07  | 2.2%  |
| 87 | MITSIDES VILLAGE RAVIOLI 375GR       | 3.72 | 3.47 | -0.25 | -6.7% |

##### **ΚΑΤΕΨΥΓΜΕΝΑ ΜΑΛΑΚΙΑ/ ΟΣΤΡΑΚΟΕΙΔΗ**

|    |                                 |      |      |       |       |
|----|---------------------------------|------|------|-------|-------|
| 88 | 7 THALASSES SHRIMPS 30/50 500GR | 9.84 | 9.80 | -0.04 | -0.4% |
| 89 | BLUE GREEN WAVE OCTOPUS 1KG     | 5.44 | 6.07 | 0.63  | 11.6% |
| 90 | BLUE GREEN WAVE SQUID RINGS 1KG | 5.24 | 5.33 | 0.09  | 1.7%  |
| 91 | EDESMA SQUID RINGS 1KG          | 5.59 | 6.11 | 0.52  | 9.3%  |

##### **ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ**

|    |                                  |       |       |       |       |
|----|----------------------------------|-------|-------|-------|-------|
| 92 | EDESMA RED FISH 1KG              | 7.68  | 7.67  | -0.01 | -0.1% |
| 93 | FINDUS SALMON PORTIONS 4X125GR   | 20.01 | 20.02 | 0.01  | 0.0%  |
| 94 | FOODPAX SALMON PORTIONS 4X125GR  | 14.52 | 15.53 | 1.01  | 7.0%  |
| 95 | QUALIFOOD PANGASIUS FILLETS 1KG  | 5.16  | 5.22  | 0.06  | 1.2%  |
| 96 | QUALIFOOD SALMON PORTION 4X125GR | 13.80 | 13.38 | -0.42 | -3.0% |

##### **ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ**

|     |  |       |       |       |       |
|-----|--|-------|-------|-------|-------|
| 97  | 7 SEAS COD BREADED FISH FILLETS 400GR              | 3.62  | 3.62  | 0.00  | 0.0%  |
| 98  | BIRDS EYE COD FISH FINGERS 14PCS 350GR             | 6.63  | 6.64  | 0.01  | 0.2%  |
| 99  | BIRDS EYE SIMPLY 4 COD FILLET BREADED 440GR        | 10.58 | 10.53 | -0.05 | -0.5% |
| 100 | BLUE GREEN WAVE COD FISH FILLET BREADED 4PCS 400GR | 4.48  | 4.57  | 0.09  | 2.0%  |

|  |   |      |      |       |        |
|--|---|------|------|-------|--------|
| 101  | NORDA WHITE FISH FISH STICKS 10PCS 300GR      | 3.00 | 3.13 | 0.13  | 4.3%   |
| <b>ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΑ ΜΠΕΡΚΕΡ</b>               |   |      |      |       |        |
| 102  | EDESMA VEGETABLE BURGERS 4P 380GR             | 5.01 | 5.05 | 0.04  | 0.8%   |
| 103  | EN ELLADI NOSTIMIES BURGERS 420GR             | 3.87 | 3.90 | 0.03  | 0.8%   |
| 104  | GRIGORIOU BEEF BURGERS 4P 600GR               | 5.39 | 5.32 | -0.07 | -1.3%  |
| 105  | GRIGORIOU HAMBURGERS 6P 480GR                 | 4.22 | 4.08 | -0.14 | -3.3%  |
| 106  | GRIGORIOU TURKEY BURGERS 6P 480GR             | 4.30 | 4.12 | -0.18 | -4.2%  |
| 107  | KYPRIANOU SPECIAL CHICKEN BURGERS 900GR       | 6.60 | 6.60 | 0.00  | 0.0%   |
| <b>ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΟ ΚΡΕΑΣ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ</b> |   |      |      |       |        |
| 108  | EDESMA CHICKEN NUGGETS 500GR                  | 5.56 | 5.48 | -0.08 | -1.4%  |
| 109  | EDESMA CHICKEN NUGGETS 900GR                  | 7.52 | 7.53 | 0.01  | 0.1%   |
| 110  | EMA FOODS CHICKEN NUGGETS 900GR               | 6.99 | 7.06 | 0.07  | 1.0%   |
| 111  | EN ELLADI CHICKEN NUGGETS 400GR               | 4.58 | 4.49 | -0.09 | -2.0%  |
| 112  | EN ELLADI MEAT BALLS 420GR                    | 4.17 | 4.45 | 0.28  | 6.7%   |
| 113  | PARADISIOTIS CHICKEN NUGGETS 800GR            | 4.96 | 4.97 | 0.01  | 0.2%   |
| <b>ΚΑΦΕΣ</b>   |   |      |      |       |        |
| <b>ΚΥΠΡΙΑΚΟΣ ΚΑΦΕΣ</b>                               |   |      |      |       |        |
| 114  | CHARALAMBOUS GREEN 200GR                      | 2.76 | 2.77 | 0.01  | 0.4%   |
| 115  | CHARALAMBOUS GREEN 500GR                      | 6.91 | 6.93 | 0.02  | 0.3%   |
| 116  | LAIKON GOLD 200GR                             | 2.79 | 2.79 | 0.00  | 0.0%   |
| 117  | LAIKON GOLD 500GR                             | 6.95 | 6.94 | -0.01 | -0.1%  |
| <b>ΣΤΙΓΜΙΑΙΟΣ ΚΑΦΕΣ</b>                              |   |      |      |       |        |
| 118  | CELEST CAFE TIN 200GR                         | 4.25 | 4.27 | 0.02  | 0.5%   |
| 119  | JACOBS EKLEKTOS JAR 100GR                     | 4.03 | 4.10 | 0.07  | 1.7%   |
| 120  | NESCAFE AZERA ESPRESSO TIN 100GR              | 5.36 | 5.31 | -0.05 | -0.9%  |
| 121  | NESCAFE CLASSIC DEC TIN 100GR                 | 4.61 | 4.60 | -0.01 | -0.2%  |
| 122  | NESCAFE CLASSIC TIN 100GR                     | 3.76 | 3.74 | -0.02 | -0.5%  |
| 123  | NESCAFE CLASSIC TIN 200GR                     | 5.73 | 5.68 | -0.05 | -0.9%  |
| 124  | NESCAFE GOLD BLEND JAR 190GR                  | 5.82 | 6.02 | 0.20  | 3.4%   |
| 125  | NESCAFE GOLD BLEND JAR 95GR                   | 3.33 | 3.42 | 0.09  | 2.7%   |
| <b>ΚΟΝΣΕΡΒΕΣ</b>                                     |   |      |      |       |        |
| <b>ΓΑΛΑ ΕΒΑΠΟΡΕ/ ΖΑΧΑΡΟΥΧΟ</b>                       |   |      |      |       |        |
| 126  | MANA CONDENSED CAN 397GR                      | 1.89 | 1.88 | -0.01 | -0.5%  |
| 127  | NOYNOY CONDENSED CAN 397GR                    | 1.73 | 1.71 | -0.02 | -1.2%  |
| 128  | NOYNOY EVAPORATED CAN 410GR                   | 1.28 | 1.26 | -0.02 | -1.6%  |
| 129  | NOYNOY LIGHT EVAPORATED CAN 410GR             | 1.27 | 1.26 | -0.01 | -0.8%  |
| 130  | NOYNOY LIGHT EVAPORATED PORTIONS 10X15GR      | 1.24 | 1.22 | -0.02 | -1.6%  |
| <b>ΚΟΝΣΕΡΒΕΣ ΚΡΕΑΤΟΣ</b>                             |   |      |      |       |        |
| 131  | Karla Corned Beef 340gr                       | 3.20 | 3.20 | 0.00  | 0.0%   |
| 132  | Tulip Pork Chopped Ham 200gr                  | 2.38 | 2.36 | -0.02 | -0.8%  |
| 133  | Tulip Pork Luncheon Meat 200gr                | 2.13 | 2.11 | -0.02 | -0.9%  |
| 134  | Zwan Chicken Luncheon Meat 200gr              | 2.22 | 2.08 | -0.14 | -6.3%  |
| 135  | Zwan Pork Chopped Ham 200gr                   | 3.08 | 3.10 | 0.02  | 0.6%   |
| 136  | Zwan Pork Luncheon Meat 200gr                 | 2.25 | 2.26 | 0.01  | 0.4%   |
| <b>ΚΟΝΣΕΡΒΕΣ ΨΑΡΙΟΥ</b>                              |   |      |      |       |        |
| 137  | RIO MARE TUNA IN OLIVE OIL 2X160GR            | 5.12 | 5.20 | 0.08  | 1.6%   |
| 138  | RIO MARE TUNA MEAT LIGHT IN OLIVE OIL 3X80GR  | 4.19 | 4.16 | -0.03 | -0.7%  |
| 139  | SEVYCO WHITE TUNA LIGHT IN WATER 4X100GR      | 3.98 | 3.91 | -0.07 | -1.8%  |
| 140  | SHEIK PINK TUNA IN SOYABEAN OIL 4X80GR        | 3.38 | 3.39 | 0.01  | 0.3%   |
| 141  | SHEIK WHITE TUNA LIGHT IN WATER 4X160GR       | 6.46 | 6.44 | -0.02 | -0.3%  |
| <b>ΞΗΡΑ ΤΡΟΦΗ</b>                                    |   |      |      |       |        |
| <b>ΔΗΜΗΤΡΙΑΚΑ ΠΡΟΓΕΥΜΑΤΟΣ</b>                        |   |      |      |       |        |
| 142  | KELLOGG S SPECIAL K 750GR                     | 6.06 | 6.35 | 0.29  | 4.8%   |
| 143  | Kellogg S Coco Pops 500gr                     | 4.26 | 3.41 | -0.85 | -20.0% |
| 144  | Kellogg S Coco Pops Chocos 375gr              | 3.27 | 3.78 | 0.51  | 15.6%  |
| 145  | Kellogg S Corn Flakes 500gr                   | 3.36 | 3.35 | -0.01 | -0.3%  |
| 146  | Kellogg S Honey Loops 330gr                   | 4.00 | 3.99 | -0.01 | -0.2%  |
| 147  | Oreo Os Cookies&Cream Cerals 350gr            | 3.84 | 3.88 | 0.04  | 1.0%   |
| 148  | Quaker Traganes Mpoukies Dark Chocolate 450gr | 3.55 | 3.49 | -0.06 | -1.7%  |
| 149  | Quaker White Oats Bag 500gr                   | 2.29 | 2.33 | 0.04  | 1.7%   |
| <b>ΚΟΥΛΟΥΡΙΑ</b>                                     |   |      |      |       |        |
| 150  | 7DAYS BAKE ROLLS MINI PIZZA 80GR              | 0.84 | 0.83 | -0.01 | -1.2%  |
| 151  | BAKANDYS BREADSTICKS OLIVE OIL 250GR          | 3.78 | 3.70 | -0.08 | -2.1%  |
| 152  | BAKANDYS RUSKS RYE 200GR                      | 2.78 | 2.75 | -0.03 | -1.1%  |
| 153  | ELITE TOAST RYE 360GR(3+1 FREE)               | 2.01 | 2.07 | 0.06  | 3.0%   |
| 154  | ELITE TOAST WHEAT 500GR(3+1 FREE)             | 2.10 | 2.18 | 0.08  | 3.8%   |
| 155  | JOHNSOF BREAD COOKIES NAPOLITANO RAISIN 240GR | 2.97 | 3.01 | 0.04  | 1.3%   |
| 156  | JOHNSOF CROUTONS WHEAT 320GR                  | 2.83 | 2.90 | 0.07  | 2.5%   |

|   |  |       |       |       |        |
|---|--|-------|-------|-------|--------|
| 157                                     | MARIAS BREAD COOKIES CAROB 350GR                               | 3.17  | 3.23  | 0.06  | 1.9%   |
| <b>ΜΠΙΣΚΟΤΑ</b>                         |  |       |       |       |        |
| 158                                     | FROU FROU JOKER CHOCO COV. SW 12X25GR(3 FREE)                  | 4.17  | 4.23  | 0.06  | 1.4%   |
| 159                                     | FROU FROU MORNING COFFEE PL 150GR                              | 1.21  | 1.21  | 0.00  | 0.0%   |
| 160                                     | KATERINA PETIT FOURS PL 500GR                                  | 4.65  | 4.57  | -0.08 | -1.7%  |
| 161                                     | KINDER CARDS COCOA&MILK FIL 5X25.6GR                           | 2.15  | 2.19  | 0.04  | 1.9%   |
| 162                                     | NUTELLA FILLED CHOCO BISCUITS FIL T22 304GR                    | 3.59  | 3.60  | 0.01  | 0.3%   |
| 163                                     | OREO VANILLA SW 154GR  | 1.45  | 1.42  | -0.03 | -2.1%  |
| <b>ΡΟΦΗΜΑΤΑ</b>                         |  |       |       |       |        |
| <b>ΑΝΑΨΥΚΤΙΚΑ</b>                       |  |       |       |       |        |
| 164                                     | 7 UP DIET/FREE CAN 8X330ML                                     | 4.46  | 4.36  | -0.10 | -2.2%  |
| 165                                     | 7 UP REGULAR CAN 8X330ML                                       | 4.47  | 4.37  | -0.10 | -2.2%  |
| 166                                     | COCA COLA REGULAR CAN 330ML                                    | 0.94  | 0.95  | 0.01  | 1.1%   |
| 167                                     | COCA COLA REGULAR CAN 8X330ML                                  | 4.88  | 4.89  | 0.01  | 0.2%   |
| 168                                     | COCA COLA ZERO CAN 8X330ML                                     | 4.83  | 4.80  | -0.03 | -0.6%  |
| 169                                     | PEPSI MAX CAN 8X330ML  | 3.74  | 3.74  | 0.00  | 0.0%   |
| <b>ΕΜΦΙΑΛΩΜΕΝΟ ΝΕΡΟ</b>                 |  |       |       |       |        |
| 170                                     | AGROS STILL PET 12X500ML                                       | 3.02  | 3.13  | 0.11  | 3.6%   |
| 171                                     | AGROS STILL PET 6X1.5L   | 2.52  | 2.62  | 0.10  | 4.0%   |
| 172                                     | ΑΥΙΟΣ ΝΙΣΤΟΛΑΟΣ STILL PET 12X500ML                             | 3.06  | 3.07  | 0.01  | 0.3%   |
| 173                                     | ΑΥΙΟΣ ΝΙΣΤΟΛΑΟΣ STILL PET 6X1.5L                               | 2.47  | 2.46  | -0.01 | -0.4%  |
| 174                                     | ΚΥΚΚΟΣ STILL PET 12X500ML                                      | 2.79  | 2.77  | -0.02 | -0.7%  |
| 175                                     | ΚΥΚΚΟΣ STILL PET 6X1.5L  | 2.30  | 2.28  | -0.02 | -0.9%  |
| <b>ΧΥΜΟΙ</b>                            |  |       |       |       |        |
| 176                                     | ΚΕΑΝ ΜΑΝΓΟ&ΠΟΜΕΓΡΑΝΑΤΕ ΝΕΚΤΑΡ ΤΡ 1L                            | 1.70  | 1.71  | 0.01  | 0.6%   |
| 177                                     | ΚΕΑΝ ΟΡΑΝΤΖ 100% ΤΡ 1L   | 2.09  | 2.07  | -0.02 | -1.0%  |
| 178                                     | ΚΕΑΝΙΤΑ ΚΙΔΣ ΟΡΑΝΤΖ ΔΡΙΝΚ ΤΒ 9X250ML                           | 4.23  | 4.23  | 0.00  | 0.0%   |
| 179                                     | LIFE APPLE&CARROT&ORANGE 100% PET 400ML                        | 1.61  | 1.60  | -0.01 | -0.6%  |
| 180                                     | LIFE ORANGE 100% PET 1L  | 2.69  | 2.74  | 0.05  | 1.9%   |
| 181                                     | LIFE ORANGE 100% PET 400ML                                     | 1.60  | 1.59  | -0.01 | -0.6%  |
| <b>ΦΡΕΣΚΑ ΠΡΟΪΟΝΤΑ</b>                  |  |       |       |       |        |
| <b>ΑΥΓΑ</b>                             |  |       |       |       |        |
| 182                                     | Αυγά 12 τεμάχια (Μ) - (53gr - 63gr) -(φθηνότερη συσκ.)         | 3.28  | 3.36  | 0.08  | 2.4%   |
| <b>ΦΡΕΣΚΟ ΚΡΕΑΣ/ ΠΟΥΛΕΡΙΚΑ/ ΚΟΥΝΕΛΙ</b> |  |       |       |       |        |
| 183                                     | Αμνοερίφια μικρά σε κομμάτια (Kg)                              | 10.19 | 10.93 | 0.74  | 7.3%   |
| 184                                     | Βοδινό top-side (Kg) (ψαχνό, χωρίς κόκκαλο και λίπος)          | 13.23 | 12.96 | -0.27 | -2.0%  |
| 185                                     | Βοδινός κιμάς (Kg)   | 8.39  | 8.17  | -0.22 | -2.6%  |
| 186                                     | Κοτόπουλο ολόκληρο (Kg) (Χαμηλότερη Τιμή)                      | 3.61  | 3.59  | -0.02 | -0.6%  |
| 187                                     | Κοτόπουλο στήθος φιλέτο (Kg) (Χαμηλότερη Τιμή)                 | 7.63  | 7.52  | -0.11 | -1.4%  |
| 188                                     | Κουνέλι (Kg) (χαμηλότερη τιμή)                                 | 9.78  | 9.96  | 0.18  | 1.8%   |
| 189                                     | Χοιρινή Μπριζόλα φιλέτο (Kg)                                   | 5.80  | 5.67  | -0.13 | -2.2%  |
| 190                                     | Χοιρινός Κιμάς (Kg)  | 5.31  | 5.39  | 0.08  | 1.5%   |
| 191                                     | Χοιρινός Λαπάς με κόκκαλο (Kg)                                 | 5.51  | 5.63  | 0.12  | 2.2%   |
| <b>ΦΡΕΣΚΟ ΨΑΡΙ/ΜΑΛΑΚΙΑ</b>              |  |       |       |       |        |
| 192                                     | Γόπες (Kg)   | 9.98  | 8.76  | -1.22 | -12.2% |
| 193                                     | Καλαμάρι Μεγάλο (Kg)   | 13.12 | 13.85 | 0.73  | 5.6%   |
| 194                                     | Καλαμάρι Μικρό (Kg)  | 19.61 | 18.74 | -0.87 | -4.4%  |
| 195                                     | Λαβράκι (Kg)   | 12.07 | 12.24 | 0.17  | 1.4%   |
| 196                                     | Μπαρμπούνι (Kg)  | 32.71 | 28.42 | -4.29 | -13.1% |
| 197                                     | Τσιπούρα (Kg)  | 8.75  | 9.46  | 0.71  | 8.1%   |
| 198                                     | Χταπόδι Μεγάλο (Kg)  | 16.35 | 16.13 | -0.22 | -1.3%  |
| 199                                     | Χταπόδι Μικρό (Kg)   | 13.28 | 25.99 | 12.71 | 95.7%  |
| <b>ΧΟΡΤΑ</b>                            |  |       |       |       |        |
| 200                                     | Αγγουράκια Θερμοκηπίου (Kg)                                    | 1.92  | 1.44  | -0.48 | -25.0% |
| 201                                     | Αγγουράκια Χωραφιού (Kg)                                       | 2.06  | 1.90  | -0.16 | -7.8%  |
| 202                                     | Ντομάτες Α (Kg)  | 1.55  | 2.08  | 0.53  | 34.2%  |
| 203                                     | Πατάτες Φρέσκες (Kg)   | 1.91  | 2.09  | 0.18  | 9.4%   |
| 204                                     | Χόρτα Δέσμης   | 0.47  | 0.48  | 0.01  | 2.1%   |
| <b>ΨΩΜΙ</b>                             |  |       |       |       |        |
| 205                                     | Slice Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)          | 1.91  | 1.78  | -0.13 | -6.8%  |
| 206                                     | Slice Άσπρο μικρό (450gr-500gr) (χαμηλότερη τιμή)              | 1.68  | 1.67  | -0.01 | -0.6%  |
| 207                                     | Slice Ολικής Αλέσεως μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή) | 1.90  | 1.91  | 0.01  | 0.5%   |
| 208                                     | Slice Ολικής Αλέσεως μικρό (450gr-500gr) (χαμηλότερη τιμή)     | 1.69  | 1.68  | -0.01 | -0.6%  |
| 209                                     | Ψωμί Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)           | 1.55  | 1.55  | 0.00  | 0.0%   |
| 210                                     | Ψωμί Άσπρο μικρό (450gr-500gr)(χαμηλότερη τιμή)                | 1.26  | 1.25  | -0.01 | -0.8%  |
| <b>FUEL</b>                             |  |       |       |       |        |
| <b>CHARCOAL</b>                         |  |       |       |       |        |
| 211                                     | ETOSHA 5kg   | 6.17  | 6.18  | 0.01  | 0.2%   |

|  |  |       |       |       |       |
|--|--|-------|-------|-------|-------|
| 212                                    | ΠΥΡΣΟΣ 5kg   | 6.31  | 6.29  | -0.02 | -0.3% |
| <b>ΑΠΟΡΡΥΠΑΝΤΙΚΑ/ ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ</b> |  |       |       |       |       |
| <b>ΑΠΟΡΡΥΠΑΝΤΙΚΑ ΡΟΥΧΩΝ</b>            |  |       |       |       |       |
| 213                                    | ARIEL TOUCH LENOR FRESH 50WSH LIQ 2.75L                    | 11.12 | 11.00 | -0.12 | -1.1% |
| 214                                    | DIXAN BLUE OCEAN 66WSH PWD 3.63KG                          | 10.99 | 10.99 | 0.00  | 0.0%  |
| 215                                    | DIXAN UNIVERSAL 66WSH PWD 3.3KG                            | 10.77 | 10.73 | -0.04 | -0.4% |
| 216                                    | EUREKA ACTIVE CARE 75WSH PWD 4.125KG                       | 9.18  | 9.02  | -0.16 | -1.7% |
| 217                                    | EUREKA MASSALIAS CLASSIC 48WSH LIQ 2.4L P-OFF              | 5.85  | 5.77  | -0.08 | -1.4% |
| 218                                    | EUREKA MASSALIAS LAVENDER 48WSH LIQ 2.4L P-OFF             | 5.82  | 5.78  | -0.04 | -0.7% |
| <b>ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ</b>                |  |       |       |       |       |
| 219                                    | COMFORT GOLD LILY&WILD BERRY 4L                            | 5.54  | 5.62  | 0.08  | 1.4%  |
| 220                                    | COMFORT GOLD WILD ORCHID&SANDALWOOD 4L                     | 5.62  | 5.67  | 0.05  | 0.9%  |
| 221                                    | COMFORT PURELY SOFT 4L                                     | 5.16  | 5.19  | 0.03  | 0.6%  |
| <b>ΕΙΔΗ ΠΡΟΣΩΠΙΚΗΣ ΥΓΙΕΙΝΗΣ</b>        |  |       |       |       |       |
| <b>ΣΕΡΒΙΕΤΕΣ ΥΓΕΙΑΣ</b>                |  |       |       |       |       |
| 222                                    | ALWAYS PADS SECURE NIGHT ULTRA DUO W 12P                   | 2.30  | 2.36  | 0.06  | 2.6%  |
| 223                                    | ALWAYS PADS ULTRA LONG PLUS W 16P                          | 2.42  | 2.56  | 0.14  | 5.8%  |
| 224                                    | ALWAYS PADS ULTRA NORMAL PLUS DUO W 20P                    | 2.14  | 2.18  | 0.04  | 1.9%  |
| 225                                    | EVERYDAY PADS HYPERDRY ULTRA PLUS SUPER DUO W 2X18P(1FREE) | 4.29  | 4.16  | -0.13 | -3.0% |
| <b>ΧΑΡΤΙ ΥΓΕΙΑΣ</b>                    |  |       |       |       |       |
| 226                                    | ELITE LUXURY WHITE 3PLY 10P                                | 4.14  | 4.07  | -0.07 | -1.7% |
| 227                                    | HOPE ULTRA SOFT 3PLY 10P                                   | 3.62  | 3.63  | 0.01  | 0.3%  |
| 228                                    | KLEENEX PREMIUM HONEYSUCKLE 2PLY 12P (3 FREE)              | 11.53 | 11.52 | -0.01 | -0.1% |
| 229                                    | KLEENEX PREMIUM WHITE 2PLY 12P (3 FREE)                    | 11.53 | 11.51 | -0.02 | -0.2% |
| 230                                    | KLEENEX SCOTTONELLE SOFT&STRONG WHITE 2PLY 32P (8 FREE)    | 14.44 | 13.42 | -1.02 | -7.1% |
| 231                                    | SILKY WHITE 2PLY 24P                                       | 7.04  | 7.03  | -0.01 | -0.1% |
| <b>ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ</b>             |  |       |       |       |       |
| <b>ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ</b>             |  |       |       |       |       |
| 232                                    | ΚΥΛΙΝΔΡΟΣ 10kg (ΤΙΜΗ ΜΕ ΕΠΙΣΤΡΟΦΗ ΑΔΕΙΟΥ)                  | 15.62 | 15.37 | -0.25 | -1.6% |
| <b>ΒΡΕΦΙΚΑ ΠΡΟΙΟΝΤΑ</b>                |  |       |       |       |       |
| <b>ΒΡΕΦΙΚΕΣ ΠΑΝΕΣ</b>                  |  |       |       |       |       |
| 233                                    | NANNYS SENSITIVE 5 JUNIOR 12-25KG 44P                      | 9.66  | 9.75  | 0.09  | 0.9%  |
| 234                                    | NANNYS SENSITIVE 7 JUMBO PLUS 15+KG 36P                    | 9.92  | 9.64  | -0.28 | -2.8% |
| 235                                    | PAMP. ACTIVE BABY 5 JUNIOR 11-16KG 78P                     | 14.48 | 14.97 | 0.49  | 3.4%  |
| 236                                    | PAMP. ACTIVE BABY 6 EXTRA LARGE 13-18KG 68P                | 14.85 | 14.85 | 0.00  | 0.0%  |
| 237                                    | PAMP. ACTIVE BABY 7 MAXI 15+KG 40P                         | 10.80 | 10.71 | -0.09 | -0.8% |
| 238                                    | PAMP. PREMIUM CARE 1 NEW BORN 2-5KG 52P                    | 10.87 | 10.88 | 0.01  | 0.1%  |
| <b>ΒΡΕΦΙΚΕΣ ΤΡΟΦΕΣ</b>                 |  |       |       |       |       |
| 239                                    | HIPP BIO DAIRY FREE OAT PORRIDGE 4M+ CRT 200GR             | 3.40  | 3.54  | 0.14  | 4.1%  |
| 240                                    | NESTLE FARINE LACTEE WHEAT CEREALS 6M+ CRT 350GR           | 3.15  | 3.22  | 0.07  | 2.2%  |
| 241                                    | ΝΟΥΝΟΥ 5 FRUIT CEREAL CREAM 6M+ TIN 300GR P-OFF            | 5.28  | 5.30  | 0.02  | 0.4%  |
| 242                                    | ΝΟΥΝΟΥ BISCUIT CEREALS 6M+ TIN 300GR P-OFF                 | 5.23  | 5.18  | -0.05 | -1.0% |
| 243                                    | ΝΟΥΝΟΥ FARINE LACTEE CEREALS 6M+ TIN 300GR P-OFF           | 3.14  | 3.15  | 0.01  | 0.3%  |
| 244                                    | ΥΙΟΤΙΣ FARINE LACTEE MILK CEREAL CREAM 6M+ TIN 300GR P-OFF | 2.90  | 2.94  | 0.04  | 1.4%  |
| <b>ΒΡΕΦΙΚΟ ΓΑΛΛΑ</b>                   |  |       |       |       |       |
| 245                                    | Frisogrow 3 1-3y Tin 800gr                                 | 19.40 | 19.41 | 0.01  | 0.1%  |
| 246                                    | Frisogrow Plus+ 3-5y Tin 800gr                             | 16.77 | 16.83 | 0.06  | 0.4%  |
| 247                                    | Frisolac 1 0-6m Tin 800gr                                  | 22.80 | 22.76 | -0.04 | -0.2% |
| 248                                    | Frisomel 2 6m+ Tin 800gr                                   | 19.33 | 19.44 | 0.11  | 0.6%  |
| 249                                    | Nan 4 Protect Build 2y+ Tin 400gr                          | 9.39  | 9.53  | 0.14  | 1.5%  |
| 250                                    | S-26 Progress Gold 3 1-3y Tin 400gr                        | 9.81  | 9.99  | 0.18  | 1.8%  |