

LOCAL STAPLE GROCERY PRICES - WBOP

April - June 2026

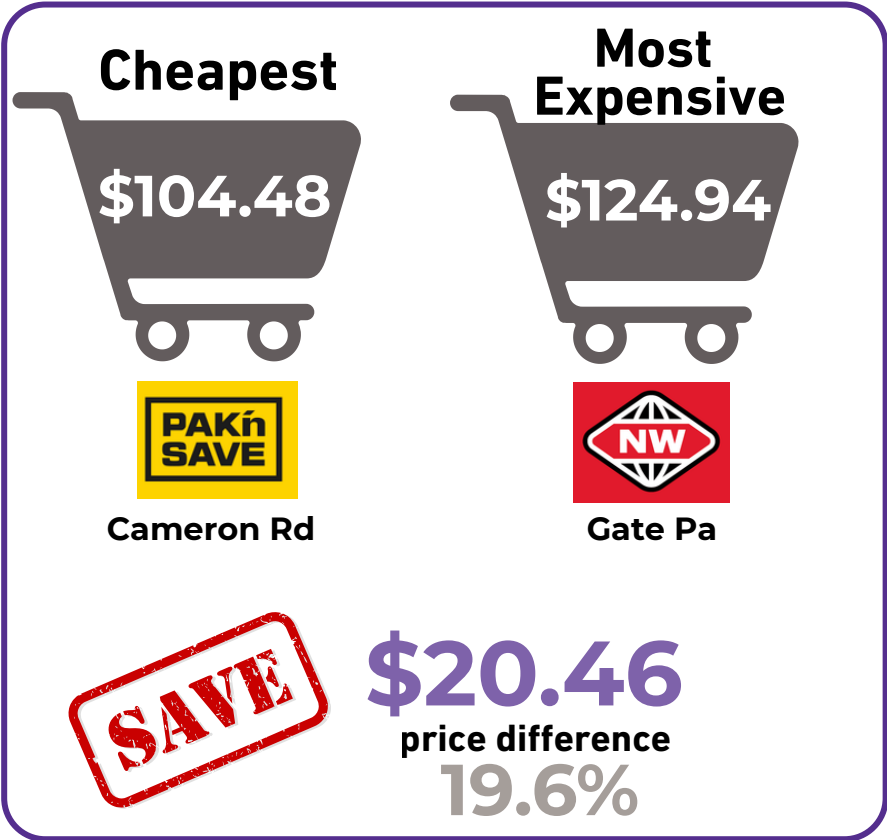
This infographic explores supermarket grocery prices in Tauranga and the Western Bay of Plenty. The grocery price data is derived from a mystery online shopper pricing 15 staple item food and grocery basket (selected from the full grocery list of 68 items). For the October - December 2025 shop the standard seven supermarkets were visited online plus three additional supermarkets in Tauranga and WBOP.

Check out the Staples Dashboard within the Local Grocery Shop Dashboard for more detail on the how the supermarkets compare and the cost of individual grocery items.

STAPLE GROCERY PRICES FOR THE MONTH³

JUNE 2026

Across the WBOP Subregion

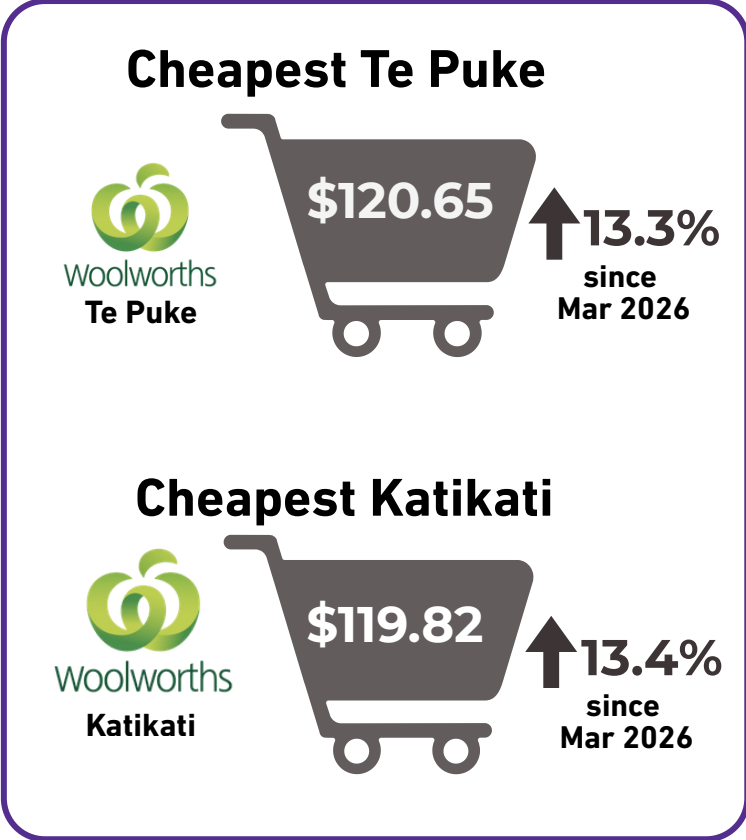


The cost of an average shop for 15 staple items in June increased by 8.4% compared with March 2026. This is higher than the 1.5% quarterly CPI change between March and June 2026 and higher than the annual CPI change of 4.1% between June 2025 and June 2026.

The gap between the cheapest and most expensive shops continues to be higher, confirming it pays to shop around.

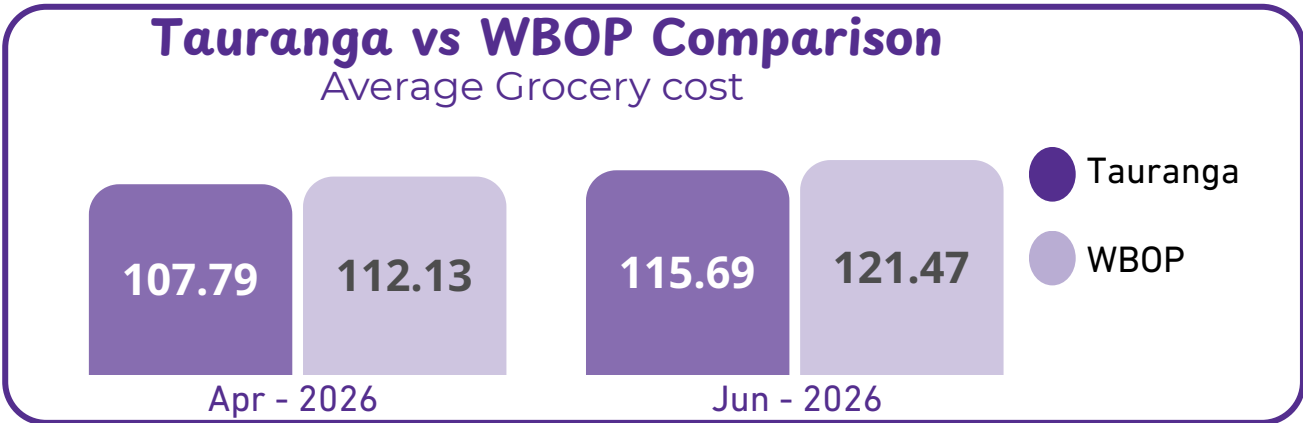
Grocery shop prices in Te Puke and Katikati continue to be at the higher end towards the most expensive areas for staple grocery shops.

In our smaller towns



Staple Grocery Price Movement Apr - Jun 2026³

	 Cameron Rd	 Pāpāmoa	 Gate Pā	 Cameron Rd	 Te Puke	 Te Puke	 Katikati
Apr-2026	\$101.12	\$105.40	\$110.10	\$114.53	\$113.56	\$110.10	\$112.73
Jun-2026	\$104.48	\$113.52	\$124.94	\$119.82	\$120.65	\$123.94	\$119.82
Staple Price Change	↑ 3.3%	↑ 7.7%	↑ 13.5%	↑ 4.6%	↑ 6.2%	↑ 12.6%	↑ 6.3%

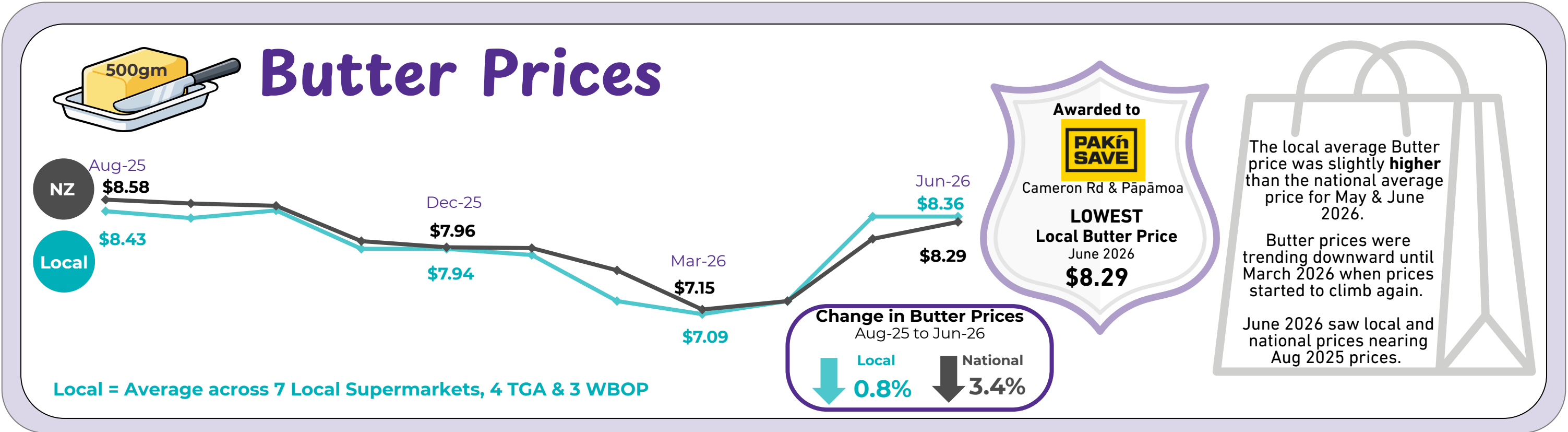


Our grocery shop for staple items this quarter (Apr-Jun 26) saw prices increase across all seven supermarkets for both Tauranga & WBOP.

The average price increase from Apr to Jun 2026 across the four Tauranga supermarkets was 7.3% compared to price increases of 8.3% across the three WBOP supermarkets.

Additional Grocery Item^{3 & 5}

not included as a full or staple grocery item



LOCAL GROCERY PRICES IN THE WBOP

April - June 2026

This infographic explores supermarket grocery prices in Tauranga and the Western Bay of Plenty. The grocery price data is derived from a mystery online shopper pricing a 68-item food and grocery basket at the same seven local supermarkets, on a monthly basis. The shopping list is calculated for a basic weekly shop for a family of four – two adults and two children.

Check out the [Local Grocery Shop Dashboard](#) for more detail on the method, supermarkets, grocery items and prices.

FULL GROCERY SHOP PRICES FOR THE MONTH¹

JUNE 2026

Across the WBOP Subregion

Cheapest

\$189.16



Cameron Rd

Most Expensive

\$219.13



Te Puke

Cheapest vs Most Expensive price difference

\$29.97

SAVE 16%

This month saw our shopping basket at PAK'nSAVE (Cameron Rd) coming in at nearly \$30 cheaper than the most expensive shop which was at New World (Te Puke).

Availability of supermarket own brands and no-frills products can have a big impact on the overall shop price. The smaller towns of Te Puke and Katikati often have less product range due to smaller size supermarkets and the cheaper brands do appear to be out of stock more frequently.

Average Grocery cost

Full grocery shop across all 7 supermarkets

\$209.14

June 2026

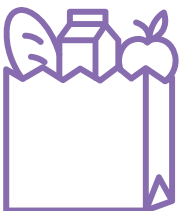
4.1% compared to March 2026 \$200.86

TAURANGA

\$205.05

WBOP

\$214.60



Grocery Price Movement in the last 12 months¹

	TAURANGA Average weekly costs 4 supermarkets	WESTERN BAY Average weekly costs 3 supermarkets	 Cameron Rd	 Pāpāmoa	 Gate Pā	 Woolworths Cameron Rd	 Woolworths Te Puke	 Te Puke	 Woolworths Katikati
June 2025	\$198.54	\$209.32	\$183.88	\$193.06	\$200.43	\$216.78	\$210.27	\$208.43	\$209.26
June 2026	\$205.05	\$214.60	\$189.16	\$199.79	\$218.28	\$212.96	\$213.25	\$219.13	\$211.42
Percentage change in grocery prices over 12 months	↑ 3.3%	↑ 2.5%	↑ 2.9%	↑ 3.5%	↑ 8.9%	↓ 1.8%	↑ 1.4%	↑ 5.1%	↓ 1.0%

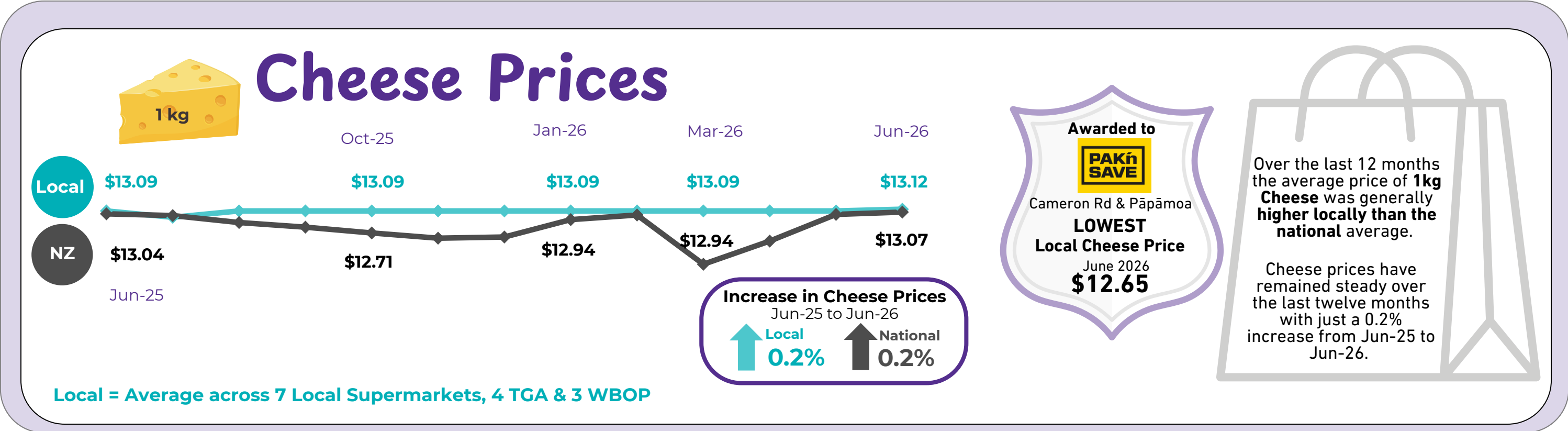
Over the past 12 months (Jun-25 to Jun-26) prices have increased an average of **3.3% in Tauranga** and **2.5% in WBOP**, both increases **lower than the National CPI increase of 4.1%** for the same period.

Individual supermarkets Woolworths Cameron Road and Katikati saw a small reduction in grocery shop prices during this period.

4.1%
National⁶ CPI Increase
Jun 25 - Jun 26

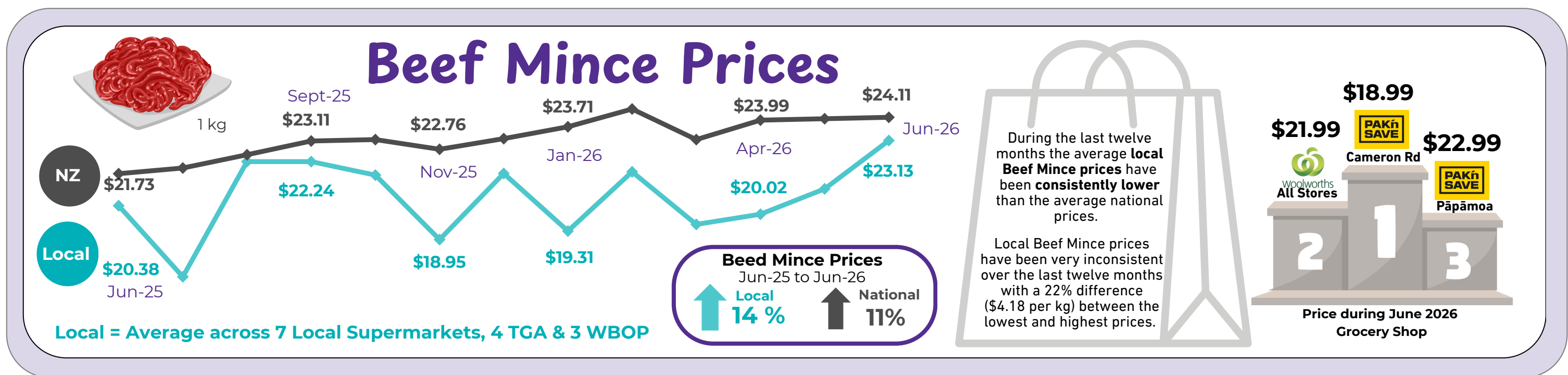
Selected Grocery Prices^{4 & 5}

A closer look over the last twelve months



Selected Grocery Prices^{4 & 5}

A closer look over the last twelve months



Selected Grocery Items⁴

Average item price across all 7 Supermarkets June 2025 - June 2026

Average item price across all 7 Supermarkets	Beef Mince 1kg	Chicken Drumsticks, 1kg	Frozen Fish 425gm	Potatoes 1kg	Carrots 1kg	Whole Cabbage
Jun 2025	\$20.38	\$7.59	\$8.02	\$2.53	\$2.15	\$4.86
Jun 2026	\$23.13	\$8.07	\$7.69	\$3.46	\$2.47	\$4.17

Actual prices compared across all 7 Supermarkets June 2026

	Beef Mince	Chicken Drumsticks	Frozen Fish	Potatoes	Carrots	Whole Cabbage
Lowest Price Jun 26	\$18.99 PAK'nSAVE Cameron Rd	\$7.29 PAK'nSAVE All locations	\$6.50 Woolworths All locations	\$3.09 PAK'nSAVE Cameron Rd	\$1.49 PAK'nSAVE Cameron Rd	\$3.19 PAK'nSAVE Pāpāmoa
Highest Price Jun 26	\$26.99 New World All locations	\$8.49 New World All locations	\$8.99 New World All locations	\$3.79 PAK'nSAVE Pāpāmoa	\$4.49 New World Te Puke	\$4.80 Woolworths All locations
Price Difference	42% \$8.00	16% \$1.20	38% \$2.49	23% \$0.70	201% \$3.00	50% \$1.61

No specific store location indicates prices are consistent across all stores included in our shop for the named supermarket.

We are **paying more for four out of the six items** (67%) than we were at the same time last year. The items costing us less are Frozen Fish and Whole Cabbage.

It is interesting to note that for one of the items, potatoes, Pak'nSave has both the highest and lowest price.

A word from the Mystery Shopper

There are a couple of reasons behind the variations between different locations for each supermarket chain. PAK'NSAVE and New World are individually owned and operated so there are often price variations for the same product between different locations. There is availability of stock for lowest price options. Woolworths variations between locations is due to availability of low cost items. When supermarket own brand or low cost option is not available a more expensive option needs to be selected.

What have you noticed?



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Feedback welcome



The Broader Scene⁷

- CPI (Consumer Price Index):** The annual inflation rate in the June 2026 quarter increased 4.1 percent (March 2026 was 3.1 percent). The Reserve Bank of New Zealand's target band for the annual inflation rate is 1 to 3 percent. Together, petrol and diesel accounted for almost two-thirds of the 1.5 percent quarterly increase
- Increasing grocery prices:** Stats NZ data reports that in the 12 months to June 2026 meat and poultry prices increased by 6.2 percent, while grocery items increased by 1.9 percent.
- Other Household Costs:** The cost of living for the average New Zealand household increased 3.2 percent in the 12 months to the June 2026 quarter. Higher petrol prices were the largest contributor to the increase in household living costs and falling interest payments were the main reason the cost of living for the average household remained below the overall inflation rate measured by the CPI.
- Fuel:** Rising petrol prices were the main driver of the increase in living costs across each household group in the 12 months to the June 2026 quarter. For the average household, petrol prices rose 27.5 percent over the period. Higher petrol prices accounted for almost one-third of the annual increase in living costs for the average household. The good news is that fuel prices decreased in May, June and July.

Source Info:

1 - 5 Community Insights [Local Grocery Shop Dashboard](https://www.communityinsights.org.nz/local-grocery-shop-dashboard/) <https://www.communityinsights.org.nz/local-grocery-shop-dashboard/>
1. Weekly Costs tab 2. Grocery Categories tab 3. Staple Items tab 4. Grocery Items tab 5. National Data tab
6. [Stats NZ News - CPI increase year ended 30 June 2026](https://www.stats.govt.nz/news/annual-inflation-at-4-1-percent-in-june-2026/) <https://www.stats.govt.nz/news/annual-inflation-at-4-1-percent-in-june-2026/>
7. News links <https://www.stats.govt.nz/information-releases/consumers-price-index-june-2026-quarter/>, <https://www.stats.govt.nz/information-releases/selected-price-indexes-june-2026/>, <https://www.stats.govt.nz/news/household-living-costs-increase-3-2-percent/>, <https://www.stats.govt.nz/news/petrol-and-diesel-prices-continue-to-fall-in-july/>, <https://www.rnz.co.nz/news/business/817191/rising-cost-of-petrol-hits-low-earners-falling-interest-rates-help-high-earners>

Go to www.communityinsights.org.nz/local-grocery-shop-infographics for an online version

Infographic created by



July 2026