

# Shopping matters

The UAE's biggest supermarket price comparison.  
14 items on the list. 12 supermarkets across the region.  
Some very different receipts



## THE SHOPPING LIST\*

**Milk** – low-fat Almarai (one litre); **Bread** – sliced white from Modern Bakery (medium); **Butter** – Lurpak Spreadable Lighter Slightly Salted (250g); **Cheese** – packet of unsliced Bega Extra Tasty; **Eggs** – half a dozen DHA Omega-3 Eggs; **Plain yoghurt** – Al Ain Low Fat (400g); **Tea** – box of Lipton Yellow Label (50 bags); **Pasta** – Barilla Penne (500g); **Water** – six 1.5L bottles of Masafi; **Orange juice** – Al Rawabi (500ml); **Sugar** – Tate & Lyle Granulated (500g); **Toothpaste** – Colgate Total (125ml); **Toilet roll** – four-pack of Kleenex; **Washing powder** – Persil Green (1.5kg)

*\*Where products were unavailable, the lowest priced equivalent was purchased.*

## DOING SOME good

All non-perishable groceries bought have been donated to Adopt A Camp, an initiative that helps to improve the lives of labourers. For more information on how you can help, visit [adoptacamp.ae](http://adoptacamp.ae)





### UNION CO-OP

Branches in the UAE: 10

The lowest priced supermarket overall. But we had to opt for a cheaper sugar, which shaved off a dirham or two.

**TOTAL = Dhs115.60**



### LULU HYPERMARKET

Branches in the UAE: 18

Here, everything on the list was available apart from granulated sugar, but caster was there for Dhs6.70.

**TOTAL = Dhs117.70**



### SPINNEYS

Branches in the UAE: 46

Alternative purchases at Spinneys included, demerara sugar (Dhs8), bread (Dhs5) and yoghurt (Dhs2.75).

**TOTAL = Dhs132.50**



### CHOITHRAMS

Branches in the UAE: 28

Everything was present bar the sugar, we opted for Whitworths caster, at Dhs7.50.

**TOTAL = Dhs133.90**



### CARREFOUR

Branches in the UAE: 18

Our chosen sugar wasn't in store, but Whitworths (Dhs9.50) was available.

**TOTAL = Dhs121.70**



### PARK 'N' SHOP

Branches in the UAE: 4

The yoghurt and toothpaste weren't there, so we went for a cheaper tube of Colgate (Dhs7) and Marmum (Dhs3).

**TOTAL = Dhs123.25**



### WAITROSE

Branches in the UAE: 4

All products were available, apart from the Modern Bakery bread. We bought Waitrose brand for Dhs5.

**TOTAL = Dhs135.25**



### ABU DHABI CO-OP

Branches in the UAE: 11

Basket variances included sugar, yoghurt and cheese. A lower fat, larger variety of cheese added another Dhs10.

**TOTAL = Dhs134.60**



### GÉANT

Branches in the UAE: 9

Our basket was filled with everything but granulated sugar, so we bought caster of the same brand (Dhs5.75).

**TOTAL = Dhs124.45\***



### HYPERPANDA

Branches in the UAE: 1

The only difference again was sugar. We bought Tate & Lyle brown (Dhs8.70) rather than white.

**TOTAL = Dhs124.70**



### AL MAYA

Branches in the UAE: 22

Despite having everything but the chosen sugar, Al Maya proves the second most expensive.

**TOTAL = Dhs152.85**



### MILK & HONEY

Branches in the UAE: 2

Tracking down the basics proved tricky at this gourmet store, so different brands were bought in their place.

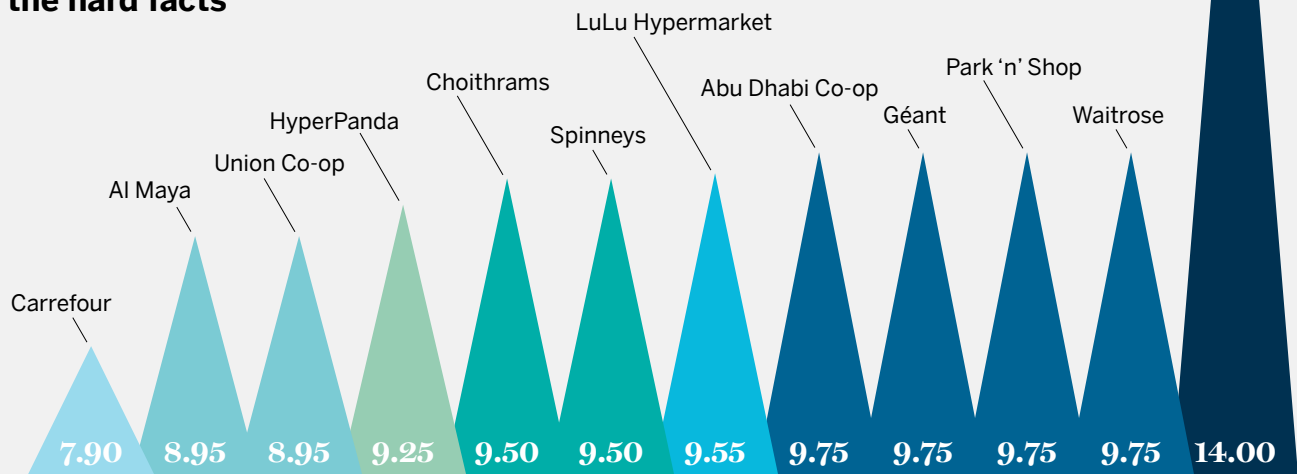
**TOTAL = Dhs227.00**

\*including 50 fils for two plastic bags, which can be refunded upon return

# THE DATA

We whipped out our calculator and crunched the numbers to find out the hard facts

How many dirhams did the stores charge for an identical six-pack of 1.5L Masafi water?



## SAME PRODUCT. DIFFERENT PRICES.

A loaf of basic white sliced bread, eggs to go on your toast and washing powder to clean up the spills, but which shops offer the lowest prices for these staples?



**MODERN BAKERY BREAD (OR THE CHEAPEST MEDIUM WHITE LOAF)**

**CHEAPEST**

LuLu

**Dhs3.50**

**MOST EXPENSIVE**

Milk & Honey

**Dhs18.00**



**DHA OMEGA-3 EGGS**

**CHEAPEST**

Carrefour

**Dhs8.65**

**MOST EXPENSIVE**

Milk & Honey

**Dhs12.00**



**PERSIL GREEN 1.5KG**

**CHEAPEST**

Abu Dhabi Co-Op

**Dhs19.50**

**MOST EXPENSIVE**

Milk & Honey

**Dhs28.00**

## Who delivers?

### Al Maya

**WHEN?**

9.30am to 9.30pm.

**MINIMUM ORDER?**

Dhs50.

**CASH OR CARD PAYMENT?**

Cash only.

**DELIVERY TIME?**

Between 45 minutes and an hour, but is often shorter depending on location.

### Milk & Honey

**WHEN?**

24 hours a day.

**MINIMUM ORDER?**

Dhs50 for The Palm,

Dhs100 if further away

(excluding Du and Etisalat vouchers).

**CASH OR CARD PAYMENT?**

Both.

**DELIVERY TIME?**

They promise 30 minutes, which is accurate.

We'd love to hear your feedback on this, so head to [facebook.com/GoodMagazineUAE](https://facebook.com/GoodMagazineUAE) or tweet us at @GoodMagUAE using the #uaesupermarkets hashtag. See you on the www.