



GOVERNMENT OF THE REPUBLIC OF TRINIDAD AND TOBAGO  
MINISTRY OF TRADE AND INDUSTRY



SUPERMARKET  
**PRICES**  
OF ITEMS

**CHRISTMAS**  
EDITION 2017



**CONSUMER**  
AFFAIRS **DIVISION**  
PUTTING THE POWER ON YOUR SIDE

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## Introduction

As the Christmas season is in full swing, the Consumer Affairs Division (CAD) is committed to helping all consumers make informed and wise decisions while doing their holiday shopping. To this end, the CAD has prepared below a pricing list of select items that are frequently purchased during the Yuletide season. In December 2017 the CAD conducted a price survey in thirty nine (39) supermarkets in twenty (20) areas in Trinidad. A similar exercise was conducted by the Consumer Affairs Unit (CAU) of the Tobago House of Assembly (THA) at six (6) supermarkets in Tobago.

It should be noted that there exist two (2) pricing methods for picnic ham. Some supermarkets offer a flat price for a standard-sized ham (bone in and boneless) while other supermarkets may offer a price by weight. These may appear by the pound (lb) or

per kilogram (kg). Prices by weight in the list below have been converted to reflect the cost PER POUND. Therefore, when approaching the weighted ham, please remember the following conversions:

454 grams	1 pound
2.2 pounds	1 kilogram

Although two (2) pricing methods exist, there is no general rule of thumb that one method is better than the other. The better method will always be the one that offers the most savings to consumers at the time of purchase. The Division urges consumers to be vigilant, remember your rights and responsibilities during this season and remember that you have the power on your side.

# Section 1- Trinidad

► Arima | Barataria | Chaguanas | Couva | Cunupia

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
TURKEY (BONE IN)	Butterball	454g	\$28.00	\$24.54	\$28.18	\$33.34	\$27.00	\$27.50	\$19.99	-	-	-
TURKEY (BONELESS)	Butterball	3lb	\$144.99	\$130.00	-	\$162.00	-	-	\$127.00	-	-	-
	Great Foods	3lb	\$99.00	\$99.00	-	-	-	-	-	-	-	-
PICNIC HAM (PORK, BONE IN)	Mac Foods	454g	\$22.00	\$20.81	\$20.43	-	-	\$21.99	\$18.99	-	-	-
	Blue Ribbon	454g	\$23.00	\$17.27	-	-	-	-	\$18.99	-	-	-
	Erin Farm	454g	\$21.00	-	\$17.72	-	-	\$21.00	\$16.99	-	-	-
Picnic Ham (Pork, Bone in) Flat Price	Great Foods	-	\$139.00	\$125.00	-	\$151.65	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS)	Mac Foods	454g	\$27.00	-	\$21.34	\$42.11	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS) FLAT PRICE	Great Foods	-	\$119.00	\$116.00	\$143.95	-	-	-	-	-	-	-
PICNIC HAM (BEEF, BONELESS)	Mac Foods	454g	\$44.04	\$41.59	-	-	\$41.00	\$44.04	\$33.99	-	-	\$37.00
	Blue Ribbon	454g	\$45.08	\$41.59	-	-	\$40.50	\$45.08	\$37.99	-	-	-
	Erin Farm	454g	\$41.04	-	\$37.72	-	\$37.95	-	\$33.99	-	-	-
PICNIC HAM (CHICKEN, BONELESS)	Mac Foods	454g	\$27.00	\$25.13	-	-	-	\$27.05	\$23.99	-	-	-
	Erin Farm	454g	-	-	\$22.72	-	-	\$29.01	-	-	-	-
CHERRY BRANDY	Fernandes	750ml	\$25.99	\$27.99	\$25.99	\$25.00	-	\$25.99	\$25.99	\$25.00	-	\$28.00
	Antonio	750ml	\$16.99	-	-	-	-	\$16.99	-	\$18.00	-	-
ANGOSTURA AROMATIC BITTERS	-	200ml	\$25.99	\$26.99	\$26.99	\$25.00	-	\$25.99	\$25.99	\$27.50	\$27.50	\$30.00
	-	473ml	\$56.99	-	\$58.99	\$63.50	-	\$56.99	-	-	\$59.95	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
CORN FLOUR	Promasa	1kg	\$19.95	\$17.99	-	\$21.25	\$19.47	\$19.95	\$21.49	\$21.00	\$20.95	-
MINCED MEAT	Chicken	454g	\$23.95	\$24.54	\$19.09	-	\$23.97	\$22.99	\$29.99	-	-	-
	Beef	454g	\$28.95	\$26.34	\$26.34	-	\$27.97	\$24.95	\$29.99	-	\$36.00	-
	Pork	454g	\$24.00	\$22.72	\$27.72	-	-	-	-	-	\$23.00	-
CHERRIES	-	454g	\$35.06	-	-	-	-	\$35.98	\$23.99	-	\$15.99	-
	-	400g	-	-	\$25.99	-	-	-	-	-	-	-
	-	200g	\$14.95	\$12.99	-	-	\$13.95	-	-	-	-	-
RAISINS	-	454g	-	-	\$16.95	\$18.03	-	-	-	-	\$13.61	-
	-	400g	\$13.95	\$21.20	-	-	\$17.97	\$19.99	\$17.49	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-	-
GOLDEN RAISINS	-	454g	-	-	\$19.99	\$22.07	-	-	\$20.00	-	\$19.95	\$17.00
	-	400g	\$15.95	-	-	-	\$18.45	\$19.99	\$18.99	-	\$14.50	-
	-	200g	-	-	-	-	-	-	-	-	-	-
MIXED PEEL	-	454g	-	-	\$9.99	-	-	\$24.99	\$13.50	-	-	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	\$10.95	\$10.60	-	-	\$9.95	-	-	-	\$15.89	-
CURRANTS	-	454g	-	-	\$16.99	\$12.99	-	-	-	-	\$13.61	-
	-	400g	\$12.95	\$19.00	-	-	\$15.95	\$19.99	\$17.99	\$14.75	-	-
	-	200g	-	-	-	-	-	-	-	-	-	-
PRUNES (W/SEED)	-	454g	-	-	\$15.99	\$18.71	-	-	-	-	\$11.95	\$15.00
	-	400g	\$10.95	\$18.50	-	-	-	\$19.99	\$24.99	-	-	-
	-	200g	-	-	-	-	\$9.97	-	-	-	-	-
PRUNES (SEEDLESS)	-	454g	-	-	-	\$23.85	-	-	-	-	\$11.95	-
	-	400g	\$14.95	-	-	-	\$24.97	-	\$24.99	-	-	-
	-	200g	-	\$14.60	-	-	-	\$14.99	-	-	-	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
DATES	-	454g	-	-	\$30.99	-	\$17.97	-	-	-	\$15.90	-
	-	400g	-	\$18.00	-	-	-	-	\$32.99	-	-	-
	-	200g	\$18.99	-	-	-	-	-	-	-	-	-
GRAPES (W/SEED)	-	454g	-	\$22.70	\$22.70	\$25.25	\$23.97	\$28.00	\$25.99	-	\$20.85	-
GRAPES (SEEDLESS)	-	454g	\$28.00	\$29.07	-	-	\$29.95	\$28.00	\$30.00	-	-	\$35.00
APPLES (MEDIUM)	-	Single	\$5.32	\$4.75	\$5.50	\$5.32	\$4.97	\$5.98	\$4.99	-	\$3.95	-
PEARS (MEDIUM)	-	Single	\$5.65	\$5.50	\$5.00	-	\$4.97	\$5.65	\$4.99	-	\$4.95	-
BERMUDEZ INGULGEUMS	Chocolate Chip	252g	\$17.95	\$20.00	-	\$20.00	\$17.95	\$17.95	\$19.99	-	\$16.95	-
SALTED PEANUTS	-	454g	\$22.95	\$23.00	\$25.99	\$24.95	\$28.97	\$22.95	\$27.89	\$22.00	\$21.95	-
SPLIT CHANNA	-	454g	-	\$28.65	-	\$24.95	-	-	\$25.89	-	\$21.95	-
PEARDRAX	Bottle	1L	\$17.95	-	\$20.29	-	\$17.50	\$19.95	\$20.99	\$20.50	\$17.95	\$20.99
	Bottle	300ml	\$5.45	\$4.25	\$4.99	\$4.95	\$4.45	\$5.45	\$5.00	-	\$4.95	\$5.50
	Can	355ml	\$5.45	\$4.25	\$4.99	\$5.00	\$4.45	\$5.45	\$5.00	-	\$4.95	\$5.50
POTATO CHIPS	Sunshine Snacks Tayto Natural	145g	\$11.00	-	\$11.49	\$12.95	-	\$12.00	\$15.00	-	\$10.95	-
	Holiday Snacks Chipz Natural	140g	\$11.95	\$12.99	\$12.99	-	-	\$12.99	\$12.99	\$13.00	\$12.95	-
CHOCOLATE	Charles	50g	\$4.99	\$4.99	\$5.00	-	\$4.97	\$4.95	\$4.99	\$5.00	\$4.75	-
SORREL	Orchard	1L	\$17.45	\$16.90	\$15.49	\$16.75	\$16.95	\$17.45	\$16.99	-	\$17.95	\$18.00
	Fruta	1L	\$7.95	\$12.00	-	-	-	-	\$11.00	-	\$8.95	-
CHIVES	-	Bundle	\$3.95	\$5.75	\$6.00	\$4.00	\$5.47	\$5.95	\$5.79	-	\$3.75	-
MALTA	-	6 Pack	\$35.99	\$35.99	\$34.74	-	\$35.97	\$35.99	\$36.40	\$35.95	\$29.95	-

# Section 2- Trinidad

► Curepe | Debe | Diego Martin | Mayaro | Point Fortin

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valpark)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
TURKEY (BONE IN)	Butterball	454g	\$23.63	\$22.95	\$24.02	\$20.00	\$24.79	\$23.63	-	-	\$23.61	\$20.04
TURKEY (BONELESS)	Butterball	3lb	-	-	-	-	-	\$115.99	\$125.00	-	-	-
	Great Foods	3lb	-	-	-	-	-	\$99.00	-	\$110.00	-	-
PICNIC HAM (PORK, BONE IN)	Mac Foods	454g	-	-	\$22.00	\$20.00	\$15.89	\$20.81	-	-	\$19.82	-
	Blue Ribbon	454g	-	\$15.89	\$22.20	-	\$15.89	\$17.27	-	-	\$19.98	-
	Erin Farm	454g	-	\$19.45	\$20.41	\$20.00	\$19.45	-	-	-	\$18.61	-
PICNIC HAM (PORK, BONE IN) FLAT PRICE	Great Foods	-	\$125.00	-	-	\$125.00	-	\$125.00	-	-	-	\$120.00
PICNIC HAM (PORK, BONELESS)	Mac Foods	454g	\$20.81	\$25.79	-	-	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS) FLAT PRICE	Great Foods	-	\$116.00	-	-	\$135.00	\$135.00	\$116.00	\$100.00	\$119.00	-	-
PICNIC HAM (BEEF, BONELESS)	Mac Foods	454g	\$41.59	-	\$44.00	-	-	\$41.59	-	-	-	-
	Blue Ribbon	454g	\$41.59	-	\$38.95	\$18.18	-	\$41.59	-	-	\$38.98	-
	Erin Farm	454g	\$38.86	-	-	\$25.00	-	\$38.86	-	-	\$35.89	-
PICNIC HAM (CHICKEN, BONELESS)	Mac Foods	454g	\$25.13	-	\$26.50	\$25.00	-	-	-	-	-	-
	Erin Farm	454g	\$27.16	-	\$28.45	\$22.00	-	-	\$25.00	-	-	-
CHERRY BRANDY	Fernandes	750ml	\$27.99	\$27.25	-	\$27.99	-	\$27.99	\$27.00	-	-	\$25.00
	Antonio	750ml	\$17.99	-	-	\$19.99	-	-	\$17.00	\$15.99	-	\$17.99
ANGOSTURA AROMATIC BITTERS	-	200ml	\$26.99	\$25.75	-	\$25.99	\$25.75	\$26.99	\$25.99	\$27.75	-	-
	-	473ml	-	\$55.99	-	\$58.99	\$55.99	-	\$59.99	\$58.70	-	-
CORN FLOUR	Promasa	1kg	\$19.99	-	-	-	\$21.25	\$17.99	-	-	\$22.95	\$21.49

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valpark)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
MINCED MEAT	Chicken	454g	-	\$18.15	-	\$25.00	-	-	-	\$31.00	\$23.16	-
	Beef	454g	\$27.27	\$27.27	\$30.00	\$22.00	\$18.16	\$27.25	\$24.99	\$31.00	\$24.40	\$24.54
	Pork	454g	\$24.09	\$18.16	-	-	-	-	\$20.00	-	\$33.16	-
CHERRIES	-	454g	\$25.45	-	-	-	-	-	-	-	-	-
	-	400g	-	-	-	-	-	-	-	\$18.99	-	-
	-	200g	-	-	-	-	-	\$12.99	\$16.99	-	-	-
RAISINS	-	454g	-	-	-	\$19.00	-	-	-	-	-	-
	-	400g	-	-	-	-	-	\$21.20	-	-	\$17.50	-
	-	200g	-	-	\$8.75	-	-	-	-	-	\$9.50	-
GOLDEN RAISINS	-	454g	-	-	-	\$19.00	-	-	-	\$17.99	-	\$16.00
	-	400g	-	-	-	-	-	-	\$18.99	-	\$20.95	-
	-	200g	-	-	\$9.95	-	-	\$12.10	-	-	\$10.95	-
MIXED PEEL	-	454g	-	-	-	-	-	-	-	-	-	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	\$10.60	-	\$16.99	\$13.45	-
CURRANTS	-	454g	-	-	-	\$17.00	-	-	-	\$15.99	-	\$16.00
	-	400g	-	-	-	-	-	-	-	-	\$17.95	-
	-	200g	-	-	-	-	-	\$9.90	\$8.99	-	\$9.25	-
PRUNES (W/SEED)	-	454g	-	-	-	\$12.00	-	-	-	\$12.99	-	\$15.50
	-	400g	-	-	-	-	-	-	-	-	\$16.25	-
	-	200g	-	-	\$13.49	-	-	\$9.70	-	-	\$8.95	-
PRUNES (SEEDLESS)	-	454g	-	-	-	-	-	-	-	-	-	-
	-	400g	-	-	-	-	-	-	-	\$23.99	\$21.95	-
	-	200g	-	-	-	-	-	-	\$12.99	-	-	-
DATES	-	454g	-	-	-	\$15.00	-	-	-	-	-	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	\$9.40	\$18.00	-	-	-
GRAPES (W/SEED)	-	454g	\$22.70	\$28.64	-	-	\$28.64	\$22.70	\$23.00	\$22.80	-	\$22.72

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valpark)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
GRAPES (SEEDLESS)	-	454g	\$29.07	\$30.91	-	-	\$30.91	\$24.52	\$23.00	\$23.17	-	\$25.00
APPLES (MEDIUM)	-	Single	\$7.50	\$5.50	\$4.65	\$5.00	-	\$4.75	\$4.00	\$4.00	-	-
PEARS (MEDIUM)	-	Single	-	\$5.50	-	-	-	\$6.00	\$5.00	\$3.00	-	-
BERMUDEZ INGULGEUMS	Chocolate Chip	252g	\$20.00	\$17.00	\$18.00	\$20.00	\$17.00	\$20.00	-	\$19.99	\$19.00	\$18.00
SALTED PEANUTS	-	454g	\$28.99	\$26.42	\$22.99	-	\$28.99	\$28.99	\$24.99	\$22.99	\$24.65	\$24.99
SPLIT CHANNA	-	454g	\$28.65	-	\$19.95	-	\$25.49	\$25.99	\$24.99	\$22.99	-	-
PEARDRAX	Bottle	1L	\$21.00	-	-	-	\$20.99	\$17.50	\$18.00	\$16.99	\$17.99	\$17.99
	Bottle	300ml	\$3.99	-	-	-	-	\$4.25	-	-	-	\$5.00
	Can	355ml	\$4.25	-	-	-	\$5.00	\$4.25	\$4.99	-	-	\$5.00
POTATO CHIPS	Sunshine Snacks Tayto Natural	145g	\$12.00	\$12.99	\$12.00	-	-	-	\$11.99	\$12.00	-	\$11.00
	Holiday Snacks Chipz Natural	140g	\$12.99	-	\$13.00	\$12.99	-	\$12.99	\$12.99	\$12.99	-	-
CHOCOLATE	Charles	50g	\$4.99	-	-	-	-	-	-	-	-	\$5.00
SORREL	Orchard	1L	\$16.90	-	\$17.00	\$11.99	-	\$16.90	\$17.00	\$18.50	-	\$18.50
	Fruta	1L	-	-	\$9.95	\$8.99	-	-	\$11.99	-	-	\$8.99
CHIVES	-	Bundle	\$7.50	\$5.42	-	-	\$4.06	\$5.75	\$5.00	\$4.99	-	-
MALTA	-	6 Pack	\$35.99	\$33.00	\$34.50	\$34.99	-	\$35.99	\$32.99	\$34.99	-	\$35.00



# Section 3- Trinidad

► Port of Spain | Princes Town | Rio Claro | San Fernando | San Juan

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
TURKEY (BONE IN)	Butterball	454g	-	-	-	\$28.17	-	-	\$18.95	\$20.43	\$26.47	-
TURKEY (BONELESS)	Butterball	3lb	-	-	-	-	-	-	-	\$126.50	-	-
	Great Foods	3lb	-	-	-	\$99.00	-	\$96.99	-	-	\$120.00	-
PICNIC HAM (PORK, BONE IN)	Mac Foods	454g	-	-	-	-	-	\$19.00	-	-	\$21.30	\$20.81
	Blue Ribbon	454g	-	-	-	-	-	-	-	-	\$21.30	\$21.36
	Erin Farm	454g	-	\$14.97	-	-	-	-	-	\$18.18	\$21.29	\$21.42
PICNIC HAM (PORK, BONE IN) FLAT PRICE	Great Foods	-	-	-	-	\$115.00	-	\$120.00	-	-	-	\$135.00
PICNIC HAM (PORK, BONELESS)	Mac Foods	454g	-	\$22.72	-	-	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS) FLAT PRICE	Great Foods	-	\$125.00	-	-	\$120.00	\$100.00	\$134.99	-	\$123.75	-	-
PICNIC HAM (BEEF, BONELESS)	Mac Foods	454g	-	\$18.18	-	-	-	-	\$39.95	-	-	-
	Blue Ribbon	454g	-	-	-	-	-	-	\$39.95	-	-	-
	Erin Farm	454g	-	\$27.70	-	-	\$35.99	-	\$37.95	\$36.14	-	-
PICNIC HAM (CHICKEN, BONELESS)	Mac Foods	454g	-	\$27.72	-	-	-	-	\$24.95	-	-	-
	Erin Farm	454g	-	\$19.52	-	-	-	-	\$26.95	-	-	-
CHERRY BRANDY	Fernandes	750ml	-	-	-	\$25.99	\$23.90	-	-	\$24.25	-	\$27.25
	Antonio	750ml	-	-	\$17.95	\$15.99	\$16.99	\$15.99	\$16.50	-	-	-
ANGOSTURA AROMATIC BITTERS	-	200ml	-	\$28.95	\$27.95	-	\$25.99	-	-	-	-	\$25.75
	-	473ml	-	-	-	-	\$59.99	\$58.70	-	-	\$57.50	\$55.99
CORN FLOUR	Promasa	1kg	-	-	\$21.95	-	-	-	\$20.95	-	-	-

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
MINCED MEAT	Chicken	454g	-	\$14.07	-	-	\$29.99	\$28.17	-	\$15.43	\$23.05	\$24.55
	Beef	454g	\$25.00	\$18.18	-	-	\$24.99	\$23.12	\$18.95	\$27.05	\$27.00	\$28.64
	Pork	454g	-	-	-	-	-	\$9.99	-	\$20.34	\$20.00	\$33.13
CHERRIES	-	454g	-	\$27.72	\$21.95	\$19.54	\$12.99	-	-	-	\$23.75	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	\$13.99	-	-	-	-	\$9.99	-	\$19.50	-	-
RAISINS	-	454g	-	\$13.99	\$10.95	-	\$18.99	\$9.99	-	-	-	-
	-	400g	-	-	-	-	-	-	-	-	\$19.00	-
	-	200g	-	-	-	-	-	-	-	-	-	-
GOLDEN RAISINS	-	454g	-	-	\$10.95	\$16.00	-	-	\$11.95	-	-	-
	-	400g	-	-	-	-	-	-	-	-	\$19.95	-
	-	200g	-	-	-	-	-	-	-	-	-	-
MIXED PEEL	-	454g	-	\$25.00	-	-	-	-	-	-	-	\$24.25
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	\$14.99	\$15.99	-	\$15.95	-	-
CURRANTS	-	454g	-	\$14.95	\$15.95	-	\$9.99	\$15.99	\$12.95	-	-	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-	-
PRUNES (W/SEED)	-	454g	-	\$13.95	-	\$12.99	\$11.99	\$9.99	\$8.95	-	\$19.95	-
	-	400g	\$24.99	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-	-
PRUNES (SEEDLESS)	-	454g	-	\$14.07	-	\$27.50	\$24.99	-	\$19.95	-	-	-
	-	400g	\$27.50	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-	-
DATES	-	454g	-	\$19.52	-	-	-	-	-	-	\$21.50	-
	-	400g	-	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	\$17.50	-	-
GRAPES (W/SEED)	-	454g	-	\$23.18	-	-	\$19.99	\$17.00	\$17.95	-	\$30.05	\$28.64

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
GRAPES (SEEDLESS)	-	454g	-	\$25.00	-	-	\$24.99	\$24.99	\$19.95	-	-	-
APPLES (MEDIUM)	-	Single	-	\$5.00	-	-	\$4.00	\$4.00	\$3.95	-	\$4.50	\$5.50
PEARS (MEDIUM)	-	Single	-	\$5.00	-	-	\$5.00	\$4.50	\$3.95	-	\$4.50	\$5.50
BERMUDEZ INGULGEUMS	Chocolate Chip	252g	-	-	-	-	-	\$19.99	\$20.00	-	\$20.00	-
SALTED PEANUTS	-	454g	\$19.49	\$24.95	\$23.95	\$22.99	\$24.99	\$24.99	\$21.95	-	\$21.00	\$23.48
SPLIT CHANNA	-	454g	\$19.49	\$22.00	-	\$22.99	\$24.99	-	\$22.95	-	\$20.25	-
PEARDRAX	Bottle	1L	\$19.99	-	\$20.95	\$16.99	\$17.99	\$16.99	\$17.95	\$20.99	\$21.00	\$20.99
	Bottle	300ml	\$4.99	\$4.50	\$4.99	\$5.00	\$4.99	\$5.00	\$3.95	\$4.50	-	\$5.00
	Can	355ml	\$4.99	\$4.95	\$4.99	\$4.99	\$4.99	\$4.99	\$4.75	\$4.50	-	\$5.00
POTATO CHIPS	Sunshine Snacks Tayto Natural	145g	-	\$15.00	-	-	\$11.99	\$12.00	\$11.00	\$12.00	\$11.00	-
	Holiday Snacks Chipz Natural	140g	\$13.00	\$15.00	\$12.99	\$12.99	\$12.99	-	\$13.00	\$12.99	\$12.95	\$12.99
CHOCOLATE	Charles	50g	\$4.99	\$6.00	\$7.99	-	-	-	-	-	-	-
SORREL	Orchard	1L	\$18.50	\$20.00	-	\$18.50	\$15.99	\$18.50	\$18.25	\$16.95	\$15.75	\$18.25
	Fruta	1L	-	\$10.00	-	-	\$11.99	-	\$9.95	-	-	-
CHIVES	-	Bundle	-	\$5.50	-	-	\$5.00	\$5.00	-	-	\$4.50	\$3.25
MALTA	-	6 Pack	-	\$30.95	\$47.94	\$34.99	\$33.99	\$34.99	\$34.95	-	\$30.50	\$33.00

# Section 4- Trinidad

► Sangre Grande | Siparia/Fyzabad | St. James | Toco | Tunapuna

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO	TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	CUMANA CO OPERATIVE	COST CUTTERS	DISKOMART
TURKEY (BONE IN)	Butterball	454g	\$27.27	\$28.00	\$22.99	-	\$18.16	-	-	\$26.70	\$24.54
TURKEY (BONELESS)	Butterball	3lb	\$125.00	\$126.00	-	-	-	\$125.00	-	\$130.00	-
	Great Foods	3lb	-	-	-	\$99.95	-	-	-	-	\$99.00
PICNIC HAM (PORK, BONE IN)	Mac Foods	454g	\$25.00	\$20.80	\$20.25	-	\$15.89	\$19.00	-	\$20.27	\$20.81
	Blue Ribbon	454g	-	\$20.00	\$18.50	\$14.99	\$19.41	-	-	\$19.50	\$25.13
	Erin Farm	454g	-	\$18.89	\$18.50	\$17.95	-	\$17.30	-	-	-
PICNIC HAM (PORK, BONE IN) FLAT PRICE	Great Foods	-	-	\$140.00	-	-	-	-	\$130.00	-	\$125.00
PICNIC HAM (PORK, BONELESS)	Mac Foods	454g	\$25.00	\$23.56	-	-	\$25.80	-	-	-	-
PICNIC HAM (PORK, BONELESS) FLAT PRICE	Great Foods	-	-	\$130.00	-	\$121.95	-	\$115.00	\$120.00	-	\$116.00
PICNIC HAM (BEEF, BONELESS)	Mac Foods	454g	-	-	-	-	-	\$38.00	-	\$37.39	-
	Blue Ribbon	454g	-	-	-	-	\$43.00	-	-	\$41.59	-
	Erin Farm	454g	-	-	\$36.99	\$30.99	-	\$35.00	-	-	-
PICNIC HAM (CHICKEN, BONELESS)	Mac Foods	454g	\$25.00	-	-	-	\$22.50	-	-	\$25.34	-
	Erin Farm	454g	-	-	\$26.99	\$20.95	-	-	-	-	-
CHERRY BRANDY	Fernandes	750ml	\$25.00	\$26.50	-	\$26.95	\$27.25	\$26.00	\$31.50	\$27.50	\$27.99
	Antonio	750ml	\$18.00	-	-	-	-	-	-	-	-
ANGOSTURA AROMATIC BITTERS	-	200ml	\$27.00	\$28.00	-	-	\$25.75	\$26.99	\$29.95	\$25.00	\$26.99
	-	473ml	-	\$60.00	-	-	\$55.99	\$56.99	-	\$55.00	-
CORN FLOUR	Promasa	1kg	-	-	-	-	\$21.25	\$20.50	\$18.95	\$21.25	\$17.99

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO	TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	CUMANA CO OPERATIVE	COST CUTTERS	DISKOMART
MINCED MEAT	Chicken	454g	\$24.00	\$21.81	-	-	-	-	-	\$19.09	\$22.50
	Beef	454g	\$24.00	\$22.72	-	\$24.99	\$26.36	\$25.95	\$25.00	\$20.00	\$26.32
	Pork	454g	\$24.00	-	-	-	\$33.13	-	\$25.00	\$25.45	-
CHERRIES	-	454g	\$24.00	-	-	-	-	\$18.00	\$18.00	\$19.09	-
	-	400g	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-
RAISINS	-	454g	\$11.00	\$15.45	-	\$14.99	-	\$17.99	\$12.95	-	-
	-	400g	-	-	\$17.00	-	\$20.75	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-
GOLDEN RAISINS	-	454g	\$22.00	\$20.90	-	\$14.99	-	\$17.99	\$18.95	\$19.32	-
	-	400g	-	-	\$18.50	-	\$22.49	\$22.49	-	-	-
	-	200g	-	-	\$10.00	-	-	-	-	-	-
MIXED PEEL	-	454g	-	-	-	-	-	-	\$18.00	-	-
	-	400g	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-
CURRANTS	-	454g	\$16.00	\$15.00	-	-	-	\$13.50	\$18.00	\$15.45	-
	-	400g	-	-	\$17.50	-	-	-	-	-	-
	-	200g	-	-	\$9.00	-	-	-	-	-	-
PRUNES (W/SEED)	-	454g	\$15.00	\$10.23	-	\$15.99	-	\$13.50	\$14.00	\$10.99	-
	-	400g	-	-	\$19.50	-	\$22.49	-	-	-	-
	-	200g	-	-	\$10.25	-	-	-	-	-	-
PRUNES (SEEDLESS)	-	454g	-	-	-	-	-	-	-	-	-
	-	400g	-	-	\$25.75	-	-	-	-	-	-
	-	200g	-	-	\$13.25	-	-	-	-	-	-
DATES	-	454g	\$20.00	-	-	\$12.99	-	-	-	-	-
	-	400g	-	-	-	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-	-	-	-

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO	TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	CUMANA CO OPERATIVE	COST CUTTERS	DISKOMART
GRAPES (W/SEED)	-	454g	-	-	-	\$18.00	-	-	-	\$24.55	\$22.70
GRAPES (SEEDLESS)	-	454g	-	-	-	\$19.50	\$30.91	\$27.95	-	\$25.90	\$29.07
APPLES (MEDIUM)	-	Single	-	\$6.00	-	\$4.00	\$5.50	\$5.50	-	\$4.33	\$4.75
PEARS (MEDIUM)	-	Single	-	\$5.00	-	-	\$5.50	-	-	-	\$5.50
BERMUDEZ INGULGEUMS	Chocolate Chip	252g	-	\$18.00	\$19.00	\$18.00	-	-	-	\$20.00	\$20.00
SALTED PEANUTS	-	454g	\$25.00	\$24.99	\$21.99	\$21.95	\$28.99	\$25.00	\$25.00	\$20.75	\$23.00
SPLIT CHANNA	-	454g	\$29.00	\$20.00	\$21.99	\$21.95	-	-	\$25.00	-	\$27.50
PEARDRAX	Bottle	1L	\$18.00	-	\$19.75	\$17.95	\$21.25	\$19.99	\$25.00	\$18.75	-
	Bottle	300ml	\$5.00	-	\$5.00	-	\$5.00	\$6.75	\$6.00	\$5.00	-
	Can	355ml	-	-	\$5.00	-	\$5.00	-	\$6.00	\$5.00	-
POTATO CHIPS	Sunshine Snacks Tayto Natural	145g	\$12.00	\$12.00	-	-	-	-	-	\$12.00	\$12.00
	Holiday Snacks Chipz Natural	140g	\$12.95	\$13.00	-	-	-	-	\$14.00	\$12.99	\$12.99
CHOCOLATE	Charles	50g	-	-	\$5.00	\$4.95	-	-	-	\$4.99	-
SORREL	Orchard	1L	\$18.00	\$18.00	-	\$18.95	\$18.25	\$17.50	-	\$16.75	\$16.90
	Fruta	1L	-	-	-	\$10.95	-	-	-	-	-
CHIVES	-	Bundle	-	\$4.00	-	-	\$5.94	\$4.95	-	\$5.00	\$5.00
MALTA	-	6 Pack	\$36.00	\$36.00	\$36.00	\$37.00	-	\$47.99	\$35.00	\$32.55	\$35.99

# Section 5 - Tobago

TOBAGO								
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	PABLO
TURKEY (BONE IN)	Butterball	454g	-	-	\$28.23	-	\$27.00	-
TURKEY (BONELESS)	Butterball	3lb	-	-	-	-	-	-
	Great Foods	3lb	-	-	-	-	-	-
PICNIC HAM (PORK, BONE IN)	Mac Foods	454g	-	-	-	-	-	-
	Blue Ribbon	454g	-	-	-	-	-	-
	Erin Farm	454g	-	-	-	-	-	-
PICNIC HAM (PORK, BONE IN) FLAT PRICE	Great Foods	-	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS)	Mac Foods	454g	-	-	-	-	-	-
PICNIC HAM (PORK, BONELESS) FLAT PRICE	Great Foods	-	-	-	-	-	-	-
PICNIC HAM (BEEF, BONELESS)	Mac Foods	454g	-	-	-	-	-	-
	Blue Ribbon	454g	-	-	-	-	-	-
	Erin Farm	454g	-	-	-	-	-	-
PICNIC HAM (CHICKEN, BONELESS)	Mac Foods	454g	-	-	\$25.68	-	-	-
	Erin Farm	454g	-	-	\$27.16	-	-	-
CHERRY BRANDY	Fernandes	750ml	-	\$24.65	\$24.45	-	-	-
	Antonio	750ml	-	-	-	-	-	-
ANGOSTURA AROMATIC BITTERS	-	200ml	\$26.00	\$25.35	\$25.45	\$28.00	\$25.95	\$28.95
	-	473ml	\$56.75	\$56.35	\$54.95	\$60.00	-	\$62.95
CORN FLOUR	Promasa	1kg	-	-	-	-	\$19.25	-

**TOBAGO**

ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	PABLO
MINCED MEAT	Chicken	454g	-	-	-	-	-	-
	Beef	454g	\$26.40	-	-	\$26.00	-	\$25.95
	Pork	454g	-	-	-	-	-	-
CHERRIES	-	454g	\$25.25	-	-	-	\$15.95	-
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
RAISINS	-	454g	-	-	\$10.50	\$13.18	-	-
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
GOLDEN RAISINS	-	454g	\$19.23	\$17.72	\$10.50	\$22.72	-	-
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
MIXED PEEL	-	454g	\$20.70	-	-	-	\$21.95	\$19.50
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
CURRANTS	-	454g	\$14.80	-	\$15.00	\$20.45	\$17.95	\$17.95
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
PRUNES (W/SEED)	-	454g	-	\$8.18	\$15.00	-	-	\$17.75
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
PRUNES (SEEDLESS)	-	454g	\$20.70	-	\$15.00	-	-	-
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-
DATES	-	454g	-	-	\$14.00	-	-	-
	-	400g	-	-	-	-	-	-
	-	200g	-	-	-	-	-	-



**TOBAGO**

ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	PABLO
GRAPES (W/SEED)	-	454g	-	\$26.05	-	-	-	-
GRAPES (SEEDLESS)	-	454g	-	\$31.25	-	-	-	-
APPLES (MEDIUM)	-	Single	-	-	-	-	-	-
PEARS (MEDIUM)	-	Single	-	-	-	-	-	-
BERMUDEZ INGULGEUMS	Chocolate Chip	252g	-	-	-	-	-	-
SALTED PEANUTS	-	454g	\$22.50	\$22.50	-	-	-	-
SPLIT CHANNA	-	454g	-	-	-	-	-	-
PEARDRAX	Bottle	1L	-	\$19.40	\$19.00	-	\$18.95	-
	Bottle	300ml	-	\$4.80	\$6.15	-	\$4.95	-
	Can	355ml	-	\$4.80	\$5.65	-	\$5.00	-
POTATO CHIPS	Sunshine Snacks Tayto Natural	145g	-	-	-	-	-	-
	Holiday Snacks Chipz Natural	140g	\$9.95	-	-	-	-	-
CHOCOLATE	Charles	50g	-	-	-	-	-	-
SORREL	Orchard	1L	-	\$16.70	-	\$15.00	\$16.85	\$16.75
	Fruta	1L	-	-	-	-	-	-
CHIVES	-	Bundle	-	-	-	-	-	-
MALTA	-	6 Pack	\$34.99	\$37.50	\$38.00	\$42.00	-	\$36.00



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