



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

# PRICES OF SUPERMARKET ITEMS IN TRINIDAD AND TOBAGO

## APRIL 2016

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

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## Introduction

As part of its mandate to ensure fair pricing in the marketplace, the Consumer Affairs Division of the Ministry of Trade and Industry has been monitoring the prices of items at supermarkets in Trinidad and in Tobago. In April 2016, the Consumer Affairs Division, Trinidad conducted a price survey of one hundred and sixteen (116) selected food items across forty (40) supermarkets in twenty (20) areas of Trinidad. A similar exercise was conducted by the Consumer Affairs Unit of the Tobago House of Assembly at three

(3) supermarkets in Tobago. The selected products, which impact consumers across all income groups, were derived from a basket of goods survey conducted by the Consumer Affairs Division of the Ministry of Trade and Industry in 2014. The Division continues to use this basket of selected goods to monitor prices on a monthly basis. The prices are reflected in the following tables:

# Section 1

► Arima | Barataria | Chaguanas | Couva | Cunupia

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Corned beef	Target	340g	\$14.99	\$15.99	\$14.99	-	\$14.97	\$14.99	\$14.97	\$15.50	\$14.45	-
Chicken breast (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Chicken drumstick (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Chicken thighs (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Chicken wings (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Pork stew	-	454g	\$21.43	\$17.95	-	\$17.53	-	-	\$23.97	-	-	-
Beef stew	-	454g	\$26.33	\$26.36	-	\$24.60	\$24.97	\$24.04	\$19.99	-	-	-
SALTED FISH (w/Bone)	-	454g	\$24.95	\$26.04	\$25.00	\$24.17	\$27.47	\$27.99	\$26.99	\$23.64	\$22.50	\$17.99
Salted fish (boneless)	-	454g	\$41.36	\$31.99	-	\$25.95	\$25.97	-	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	\$14.95	\$20.00	\$16.36	-	\$18.47	\$18.99	\$15.97	\$13.64	\$13.99	\$12.99
Sardines (in oil)	Brunswick	106g	\$5.99	\$5.99	\$5.99	-	\$5.97	\$5.49	\$4.99	\$6.75	\$5.45	\$6.99
Cheddar cheese	-	454g	\$19.60	\$18.18	\$19.54	\$18.20	\$18.97	\$19.09	\$19.97	\$19.54	\$17.25	-
Cooking margarine	G/Ray	227g	\$8.99	\$9.99	\$8.99	\$8.99	\$9.97	\$9.99	\$9.97	\$10.25	\$8.95	-
Cooking margarine	French Maid	227g	\$7.99	\$8.39	\$7.49	-	\$7.97	\$8.99	\$8.97	-	-	-
Table margarine	Blue Band	227g	\$6.99	\$6.99	\$8.29	\$6.99	\$7.97	\$6.99	\$7.97	\$7.49	\$6.95	-
Table margarine	Flora	445g	\$17.99	\$18.99	\$19.99	\$17.99	\$17.97	\$18.99	\$17.97	\$18.50	\$18.95	-
Eggs	Large	1 Doz	\$24.50	\$22.69	\$22.99	-	\$22.47	\$21.99	\$21.47	\$21.00	\$21.95	-
Liquid milk (full cream)	Nestle	1L	\$9.99	\$9.99	\$10.99	\$9.95	\$10.97	\$10.49	\$10.49	\$10.99	\$10.49	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Liquid milk (skimmed)	Svelty	1L	\$11.49	\$11.49	\$11.49	\$11.49	\$11.47	\$11.49	\$11.49	\$11.99	\$10.95	-
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$48.97	\$47.99	\$47.97	\$47.99	\$46.95	\$47.99
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.97	\$14.99	\$14.47	\$14.49	\$14.45	\$14.99
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$55.97	\$54.99	\$55.97	\$54.99	\$54.00	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	\$29.47	\$28.99	\$28.97	\$28.99	\$28.95	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.49	\$9.49	\$9.79	\$9.50	\$8.97	\$9.49	\$9.49	\$9.99	\$9.45	-
Evaporated milk (pack)	G/Butterfly	250ml	\$4.99	\$4.99	\$4.99	\$4.99	\$4.97	\$4.99	\$5.47	\$4.99	\$4.95	\$6.99
Macaroni	Swiss	400g	\$4.85	\$3.99	\$4.99	\$4.85	\$3.97	\$4.99	\$3.99	\$4.99	\$4.95	\$4.99
Spaghetti	Swiss	400g	\$4.80	\$4.99	\$4.99	-	\$4.97	\$5.49	\$4.97	-	\$4.95	-
Baking powder	Lion	454g	\$9.60	-	\$8.99	-	\$8.97	\$9.99	\$8.97	\$8.99	\$8.95	\$9.99
Pre packaged flour	Ibis	2kg	\$11.90	\$12.79	\$12.99	\$11.75	\$12.47	\$11.99	\$12.97	\$12.99	\$11.95	-
Flour	Ibis	10kg	\$58.99	\$59.99	\$62.99	\$58.99	\$59.97	\$59.99	\$59.99	\$60.00	\$54.95	-
Pre packaged rice (parboiled)	Happi	1800g	\$19.10	\$20.99	-	-	\$19.97	\$17.99	\$19.57	\$20.50	\$19.95	-
Pre packaged rice (parboiled)	Par Excel	2kg	\$19.20	\$20.99	-	-	-	-	\$19.99	-	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	\$9.66	-	-	-	\$9.97	-	-	-	-	-
Oats	Cook's Mate	226g	\$3.65	\$3.99	\$3.29	\$3.70	\$3.97	\$3.99	-	\$3.75	\$3.75	-
Yeast	Fermipan	4x11g	\$6.30	\$6.79	\$6.49	\$6.29	\$5.97	\$6.99	-	\$6.50	-	-
Split peas (loose)	-	454g	-	-	-	-	\$3.47	-	\$3.97	\$3.75	\$3.95	\$3.99
Red beans (loose)	-	454g	-	-	-	-	\$6.47	-	\$7.97	\$6.99	\$5.95	\$9.99
D/pigeon peas (loose)	-	454g	-	-	-	-	\$7.97	-	\$7.49	\$6.99	\$6.95	\$4.99
Channa (loose)	Large	454g	-	-	-	-	\$6.97	-	\$6.99	\$5.95	\$6.45	\$8.99
Black eye peas (loose)	-	454g	-	-	-	-	\$5.97	-	\$5.97	\$6.99	\$6.25	\$7.99
Lentil (loose)	-	454g	-	-	-	-	\$6.47	-	\$5.97	\$5.50	\$5.95	\$6.99
Split peas (pre packaged)	N/Pride	400g	-	\$5.49	\$4.99	\$4.99	-	-	-	-	\$4.49	-
Red beans (pre packaged)	N/Pride	400g	\$9.70	\$10.49	-	\$10.69	-	-	-	-	\$9.45	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Pigeon peas (pre packaged)	N/Pride	400g	\$8.45	-	-	\$9.51	-	-	-	-	\$7.50	-
Channa (pre packaged)	N/Pride	400g	\$9.30	\$9.19	-	\$9.30	-	-	-	-	\$8.45	-
Black eye peas (pre packaged)	N/Pride	400g	\$8.45	\$9.49	-	\$8.75	\$7.97	-	-	-	\$7.50	-
Lentils (pre packaged)	N/Pride	400g	-	\$7.79	\$6.99	\$6.96	\$7.97	-	-	-	\$5.49	-
Curry powder	Chief	85g	\$7.49	\$7.19	\$6.99	\$7.49	\$5.97	\$7.49	\$6.89	\$6.75	\$6.25	-
White vinegar	Mabel	1L	\$6.95	\$6.99	-	\$6.95	\$6.47	\$6.99	\$6.47	-	\$6.45	\$6.99
Potato	-	454g	\$3.00	\$2.72	\$3.18	\$3.00	\$2.47	\$2.49	\$2.97	\$2.50	\$2.25	-
Onion	-	454g	\$3.00	\$2.72	\$2.72	\$2.59	\$2.97	\$2.99	\$2.47	\$3.00	\$2.45	-
Garlic	-	454g	-	-	\$14.99	-	\$12.97	\$13.99	\$13.99	\$14.00	-	\$13.99
Garlic	-	250g	\$7.50	-	\$7.99	\$7.50	-	\$6.99	-	-	\$6.95	\$7.50
Sugar (loose)	Brown	454g	-	-	-	-	-	\$3.00	\$3.97	\$4.00	\$3.45	-
Sugar – brown (pre packaged)	Demerara	1800g	\$16.99	\$16.99	-	\$16.99	\$15.97	\$16.99	\$15.99	\$15.99	-	-
Infant formula	SMA	900g	\$166.50	-	-	-	\$168.97	\$169.00	\$169.97	-	-	\$168.99
Infant formula	Lactogen 1 (0 to 6 mths)	900g	\$99.99	\$99.99	\$100.99	\$102.99	\$99.97	\$105.00	\$99.97	-	\$96.95	-
Infant formula	Klim (growing up)	800g	\$58.99	\$58.99	\$59.99	\$58.99	\$58.97	\$59.99	\$58.97	\$59.00	\$56.45	\$58.99
Toilet paper (280 sheets)	S’N’Pretty	6pk	\$13.99	\$15.49	\$13.99	\$14.99	\$12.97	\$14.99	\$14.97	\$16.00	\$12.95	\$15.99
Toilet soap	Palmolive	3pk	\$13.20	\$17.29	\$13.99	\$16.45	\$16.47	\$15.99	\$15.97	\$15.99	\$15.95	\$13.99
Toothpaste	Colgate	130g	\$11.45	\$13.49	\$11.99	\$13.22	\$12.47	\$13.49	\$9.97	\$10.75	\$13.95	-
Vienna sausage (chicken)	Brunswick	141g	\$4.49	-	\$4.69	\$4.60	\$4.47	-	\$4.49	\$4.99	-	-
Chicken franks (hot dogs)	Erin Farm	12pk	\$13.49	-	\$14.29	-	\$13.77	\$15.74	-	-	-	-
Pigtail	-	454g	-	\$17.04	\$15.00	\$17.14	-	\$18.99	\$15.99	\$17.27	\$14.99	-
Tuna (flakes in water)	Richport	170g	\$6.00	-	\$6.99	\$7.76	\$7.47	\$7.86	-	\$6.50	-	-
Tuna (flakes in oil)	Richport	170g	\$7.75	-	\$6.99	\$7.76	\$7.47	\$7.86	-	\$6.50	-	-
Fresh butter	Kerrygold	454g	\$39.36	\$40.49	\$33.99	-	\$39.97	\$39.99	\$39.39	\$34.50	\$38.95	-
Condensed milk	Nestle	395g	\$8.85	\$8.99	\$8.99	\$8.85	\$8.97	\$8.99	\$8.99	\$8.99	\$8.95	\$10.99
Condensed milk	Eve	395g	\$6.99	\$6.99	\$6.49	-	\$5.97	\$7.99	\$5.99	\$7.75	\$6.00	\$7.99
Milo (pack)	-	400g	\$33.74	\$35.99	\$31.99	\$29.99	\$34.47	\$34.99	\$33.79	\$34.99	\$34.95	\$33.99

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Instant chocolate	Nesquik	500g	\$22.49	\$23.61	\$21.99	\$19.99	\$22.47	\$24.18	\$22.49	\$23.50	\$23.45	\$24.99
Ovaltine (pack)	-	300g	\$26.04	\$30.99	\$27.99	\$25.99	\$28.47	\$32.99	\$29.99	\$30.50	\$31.00	-
Tea bags	Lipton	50 pk	\$20.25	\$19.11	\$21.59	\$20.25	\$16.97	\$16.99	\$20.29	\$20.75	\$17.95	\$19.99
Tea bags (green)	Lipton	20 pk	\$19.74	\$17.99	\$18.99	\$19.74	\$19.47	\$21.36	\$19.69	\$19.99	-	-
Tea bags (green)	Dilmah	20pk	\$22.95	\$24.74	-	-	\$22.27	\$24.99	\$22.49	\$19.75	-	-
Coffee (instant)	Nestle	100g	\$31.49	\$30.99	\$30.99	\$27.99	\$29.47	\$32.99	\$31.49	\$33.25	\$30.95	\$31.99
Coffee (instant)	Café Brasil	100g	\$28.68	\$30.99	\$30.99	\$28.68	\$26.97	\$30.36	\$30.39	\$29.50	\$29.95	\$31.99
Mauby	Matouk's	750ml	\$13.22	\$13.49	\$13.49	\$13.22	\$12.97	\$13.49	\$12.99	\$13.25	\$13.95	\$13.99
Orange drink	Orchard	250ml	\$3.65	\$3.36	\$2.99	\$2.99	\$3.97	\$3.66	\$3.49	\$3.50	\$3.95	-
Orange drink	Orchard	1L	\$11.24	\$11.24	\$10.99	\$9.99	\$11.97	\$12.36	\$11.29	\$10.99	\$11.95	-
Grapefruit drink	Orchard	1L	\$11.24	\$11.24	\$10.99	\$9.99	\$11.97	\$11.99	\$11.29	\$10.99	\$11.95	-
Orange juice	T/Citrus	19 oz	\$11.95	\$11.29	\$11.99	\$10.24	\$11.47	\$11.99	\$11.49	\$11.99	-	\$12.99
Orange juice	Dole	18 oz	\$9.55	\$10.11	-	-	\$10.47	\$10.11	\$9.59	-	\$9.95	\$10.99
Grapefruit juice	T/Citrus	19 oz	\$11.95	\$11.29	\$11.99	\$10.24	\$11.47	\$11.99	\$11.49	\$11.99	-	\$12.99
Peanut butter	Matouk's	500g	\$19.35	\$21.99	\$15.99	\$19.35	\$17.47	\$21.99	\$19.09	-	\$19.95	-
Vegetable oil	Richport	900ml	\$17.70	-	\$13.99	-	\$15.97	\$14.99	-	-	-	-
Soya oil	Eve	900ml	\$15.49	\$14.99	\$16.99	\$15.99	\$16.47	\$14.99	\$15.79	\$15.50	\$16.45	-
Soya oil	Happi	3.8L	\$60.85	-	-	-	\$57.47	\$59.99	\$56.29	-	-	-
Coconut oil	Nariel	900ml	\$38.08	-	-	-	\$32.97	\$39.36	\$36.59	\$36.99	\$36.95	\$37.99
Olive oil (extra virgin)	James Plagniol	1L	\$88.48	\$88.86	-	-	\$87.97	\$95.99	-	\$82.25	-	-
Corn meal	Regal	454g	\$6.19	\$6.74	\$6.59	\$6.53	\$5.97	\$6.74	-	-	\$6.50	-
Biscuits (unsweetened)	Crix - Original	9 oz	\$12.98	\$13.00	\$13.00	\$13.00	\$12.97	\$13.00	\$12.99	\$13.00	\$12.95	\$13.00
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.99	\$12.99	\$12.99	\$12.47	\$13.99	\$12.99	-	\$12.95	\$12.99
Corn flakes (local)	Sunshine	18 oz	\$25.99	\$25.99	\$25.99	\$25.99	\$24.97	\$25.99	\$25.99	\$25.50	\$24.95	\$25.99
Corn flakes (imported)	Kellogs	150g	\$12.94	\$12.99	-	\$12.94	\$12.97	\$12.99	\$12.99	-	-	-
Corn flakes (imported)	Kellogs	15.2 oz	\$33.74	-	-	\$33.74	\$27.97	\$28.99	-	-	-	-
Soya chunks	N/Delights	454g	\$24.18	-	\$21.99	\$20.80	\$21.97	\$24.74	\$22.49	-	\$19.95	\$19.99
Red beans (tin)	MP	440g	\$6.99	\$7.30	-	\$7.26	\$6.97	\$7.49	-	\$7.25	\$6.95	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Baked beans (tin)	MP	440g	\$6.36	\$6.51	-	-	\$5.47	\$6.74	\$6.19	\$6.20	\$5.95	-
Green pigeon peas (tin)	MP	440g	\$11.15	\$10.68		\$10.69	\$9.47	\$10.99	\$9.79	\$8.25	\$9.95	-
Processed pigeon peas (tin)	MP	440g	\$8.25	\$7.86	-	\$7.03	\$7.47	\$7.99	-	-	-	-
Peas and carrots (tin)	MP	440g	\$7.65	\$7.75	-	\$7.65	\$6.97	\$7.99	\$7.29	-	\$6.95	-
Table salt (pre packaged)	Chief	500g	\$2.99	-	\$3.69	\$3.49	\$3.47	\$3.49	\$3.39	-	-	-
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-	-	-
Sugar (granulated)	Sweet Cane	1800g	\$22.25	\$20.24	\$21.99	\$22.25	\$16.97	\$17.99	\$20.29	\$20.99	\$20.95	\$22.99
Tomato ketchup (bottled)	Matouk's	750ml	\$9.73	\$10.79	-	\$11.24	\$8.97	\$12.49	\$9.99	\$11.25		\$11.99
Tomato ketchup (economy pack)	Swiss	750ml	\$5.49	\$6.99	\$7.99	\$7.49	\$6.97	\$6.74	\$6.79	\$6.75	\$6.95	\$7.99
Mustard (bottled)	Matouk's	240g	-	-	\$7.99	-	\$7.47	\$8.49	\$7.69	-	-	-
Mayonnaise (bottled)	Matouk's	340ml	\$11.24	\$11.80	-	-	\$10.97	\$12.36	\$11.29	-	-	-
Infant cereal	Nestle - Rice	270g	\$18.99	\$18.99	\$18.99	\$19.99	\$18.97	\$21.99	\$18.97	-	\$19.95	-
Infant cereal	Nestle - Wheat & Honey	270g	\$21.95	\$21.99	\$21.49	\$21.99	\$20.97	\$22.99	\$21.57	\$21.00	\$21.95	-
Dishwashing liquid	Squeezy	725ml	\$11.99	\$13.49	\$14.49	\$12.20	\$12.97	\$13.49	\$12.99	\$13.99	\$12.95	\$14.99
Soap powder	Breeze M/A	900g	\$26.99	\$26.99	\$27.99	\$26.99	\$26.47	\$26.99	\$26.99	\$27.75	\$24.95	-
Soap powder	Breeze M/A	375g	\$11.99	\$11.80	\$12.49	\$11.99	\$11.47	\$11.80	\$11.79	\$10.99	-	-
Soap powder	Radiante	400g	\$9.99	-	\$10.99	\$9.99	\$9.97	\$10.68	\$9.99	\$10.75	-	-

# Section 2

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

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	WINSTON'S
Corned beef	Target	340g	\$15.99	\$15.99	\$14.99	\$15.99	\$15.99	\$15.99	\$13.99	\$12.49	\$16.95	\$15.99
Chicken breast (frozen)	Arawak	pack	\$18.99	-	-	\$20.99	-	\$20.99	-	-	-	-
Chicken drumstick (frozen)	Arawak	pack	\$19.99	-	-	\$21.99	-	\$18.79	-	-	-	-
Chicken thighs (frozen)	Arawak	pack	\$14.99	-	-	\$16.99	-	\$13.99	-	-	-	-
Chicken wings (frozen)	Arawak	pack	\$19.99	-	-	\$21.99	-	\$20.49	-	-	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Pork stew	-	454g	-	\$24.54	\$12.99	\$12.00	\$24.54	-	\$11.99	\$11.99	-	-
Beef stew	-	454g	-	\$25.00	\$27.36	\$23.00	-	-	\$22.99	-	-	-
SALTED FISH (w/Bone)	-	454g	\$25.00	-	-	-	-	-	\$24.99	\$26.05	\$25.06	\$26.50
Salted fish (boneless)	-	454g	\$25.99	\$34.82	-	\$29.75	\$27.99	\$28.99	\$33.99	-	\$25.89	-
Smoked Herring (w/Bone)	-	454g	\$13.99	\$23.61	\$14.77	\$12.00	-	\$20.00	\$13.99	\$12.99	\$19.74	\$13.50
Sardines (in oil)	Brunswick	106g	\$7.99	\$5.99	\$5.99	\$6.99	-	\$5.99	\$5.99	\$4.99	\$5.95	\$7.50
Cheddar cheese	-	454g	\$22.50	\$18.18	\$20.00	\$20.00	\$18.18	\$18.18	\$21.99	-	\$19.54	\$23.00
Cooking margarine	G/Ray	227g	\$9.99	\$9.49	\$8.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.99	\$9.95	\$9.99
Cooking margarine	French Maid	227g	\$8.47	\$7.99	\$7.99	\$8.99	\$8.99	\$8.39	-	\$8.99	\$8.99	\$8.99
Table margarine	Blue Band	227g	\$7.99	\$7.75	\$7.99	\$7.99	\$7.75	\$6.99	\$6.99	\$6.99	\$7.99	\$7.99
Table margarine	Flora	445g	\$18.99	\$17.99	\$15.99	\$18.99	\$17.99	\$18.99	\$18.99	\$18.99	\$17.95	\$18.99
Eggs	Large	1 Doz	\$23.99	\$21.49	\$21.99	\$25.99	\$21.49	\$22.69	\$19.99	\$25.00	\$22.95	\$23.00
Liquid milk (full cream)	Nestle	1L	\$10.99	\$9.99	\$10.49	\$9.99	\$10.49	\$10.49	\$9.99	-	\$9.95	\$10.99
Liquid milk (skimmed)	Svelty	1L	\$11.99	\$11.49	\$11.49	\$11.49	\$11.49	\$11.99	\$11.99	\$11.99	\$11.50	\$11.99
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	WINSTON'S
Powdered milk	D/Dairy	225g	\$14.50	-	\$14.49	\$14.99	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$55.49	\$55.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.49	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.99	\$9.49	\$9.49	\$8.99	\$9.49	\$9.49	\$11.99	\$9.99	\$8.95	\$9.50
Evaporated milk (pack)	G/Butterfly	250ml	\$5.75	\$4.99	\$4.99	\$5.49	-	\$4.99	\$4.99	\$4.99	\$4.95	\$5.50
Macaroni	Swiss	400g	\$4.99	\$4.99	\$5.49	\$4.99	\$4.99	\$3.99	\$4.99	\$3.99	\$4.95	\$5.50
Spaghetti	Swiss	400g	\$4.99	\$4.99	\$4.99	-	\$4.99	\$4.99	\$4.99	\$4.99	\$4.95	\$5.99
Baking powder	Lion	454g	-	-	\$9.49	\$8.99	\$9.79	\$9.79	\$7.99	\$9.99	\$9.35	\$8.99
Pre packaged flour	Ibis	2kg	\$12.49	\$12.75	\$12.49	\$9.99	\$12.75	\$12.79	\$9.99	\$12.99	\$11.99	\$12.99
Flour	Ibis	10kg	\$62.00	\$62.99	\$55.99	\$55.00	\$62.99	-	\$54.99	-	\$59.99	\$62.99
Pre packaged rice (parboiled)	Happi	1800g	-	\$19.99	\$18.99	\$18.99	\$19.99	\$21.79	\$19.99	-	\$18.99	\$19.99
Pre packaged rice (parboiled)	Par Excel	2kg	-	\$20.59	-	-	-	\$20.99	-	-	-	\$19.99
Pre packaged rice (parboiled)	Par Excel	1kg	\$11.81	\$10.39	-	-	-	\$10.79	-	-	-	\$10.50
Oats	Cook's Mate	226g	-	-	\$3.99	\$3.99	-	\$3.99	\$3.99	-	\$3.85	\$3.99
Yeast	Fermipan	4x11g	-	\$6.29	\$6.75	\$6.00	\$6.29	\$6.79	\$6.99	\$7.99	-	\$6.99
Split peas (loose)	-	454g	\$3.99	-	-	\$3.50	-	-	\$3.99	\$3.99	\$4.95	\$4.00
Red beans (loose)	-	454g	\$8.00	-	-	\$8.00	-	-	\$6.99	-	\$7.95	\$8.50
D/pigeon peas (loose)	-	454g	\$6.99	-	-	-	-	-	\$6.99	-	\$6.95	\$7.50
Channa (loose)	Large	454g	\$6.99	-	-	\$7.00	-	-	\$8.00	-	\$6.95	\$8.99
Black eye peas (loose)	-	454g	\$6.50	-	-	\$6.00	-	-	\$5.99	-	\$6.95	\$7.50
Lentil (loose)	-	454g	\$6.00	-	-	\$6.00	-	-	\$6.99	-	\$5.95	\$6.00
Split peas (pre packaged)	N/Pride	400g	-	\$5.49	-	-	5.49	5.49	-	-	-	-
Red beans (pre packaged)	N/Pride	400g	-	-	-	-	-	10.49	-	-	-	-
Pigeon peas (pre packaged)	N/Pride	400g	-	-	-	-	-	9.49	-	-	-	-
Channa (pre packaged)	N/Pride	400g	-	-	-	-	-	9.19	-	-	-	-
Black eye peas (pre packaged)	N/Pride	400g	-	-	-	-	-	9.49	-	-	\$8.15	-
Lentils (pre packaged)	N/Pride	400g	-	-	-	-	6.49	7.79	-	-	\$7.05	-
Curry powder	Chief	85g	\$6.99	\$7.19	\$6.99	\$6.99	\$7.19	\$7.19	\$6.99	\$7.99	\$6.95	\$6.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	WINSTON'S
White vinegar	Mabel	1L	\$5.99	\$5.99	\$7.49	\$6.99	-	-	\$6.99	\$6.99	\$6.75	\$7.99
Potato	-	454g	\$2.50	\$3.18	\$2.00	\$2.00	\$3.18	\$2.72	\$1.99	\$1.99	\$2.59	\$3.00
Onion	-	454g	\$3.00	\$3.63	\$2.00	\$2.50	\$3.63	-	\$2.99	\$2.49	\$3.50	\$4.00
Garlic	-	454g	\$14.00	-	\$14.99	\$13.99	-	-	\$11.99	\$9.99	-	\$10.00
Garlic	-	250g	-	\$7.99	-	-	\$7.99	\$7.99	-	-	-	-
Sugar (loose)	Brown	454g	-	-	-	\$3.00	-	-	\$3.99	-	-	\$4.50
Sugar – brown (pre packaged)	Demerara	1800g	\$17.99	\$15.99	\$15.99	\$15.99	\$15.99	\$19.99	\$19.99	\$21.99	-	-
Infant formula	SMA	900g	\$155.24	\$170.95	\$168.99	\$154.99	-	-	\$159.99	\$160.99	-	\$162.00
Infant formula	Lactogen 1 (0 to 6 mths)	900g	-	\$100.99	\$99.99	\$99.99	\$100.99	\$99.99	\$102.99	\$97.99	\$99.95	\$99.99
Infant formula	Klim (growing up)	800g	\$61.99	\$59.65	\$58.99	\$57.99	\$59.65	\$58.99	\$58.99	\$56.99	\$58.95	\$54.99
Toilet paper (280 sheets)	S'N'Pretty	6pk	-	\$15.49	\$14.49	\$14.99	-	\$15.49	\$15.99	\$12.49	-	\$15.99
Toilet soap	Palmolive	3pk	\$16.99	\$15.99	\$15.25	-	\$17.99	\$17.29	\$16.99	-	\$14.95	\$16.99
Toothpaste	Colgate	130g	-	\$12.69	\$12.75	\$12.99	\$12.69	\$13.49	\$12.99	\$12.99	\$11.95	\$12.99
Vienna sausage (chicken)	Brunswick	141g	-	\$5.05	\$4.75	\$4.99	-	-	\$4.99	-	-	-
Chicken franks (hot dogs)	Erin Farm	12pk	-	\$13.49	\$12.99	\$14.99	\$13.49	\$15.40	\$14.99	-	\$14.23	\$12.99
Pigtail	-	454g	\$15.99	\$16.86	-	-	\$16.86	\$17.20	-	-	\$16.90	\$18.00
Tuna (flakes in water)	Richport	170g	\$5.75	\$6.00	-	-	\$7.86	-	\$6.99	-	-	-
Tuna (flakes in oil)	Richport	170g	\$5.75	\$7.86	-	-	\$7.86	-	-	-	-	-
Fresh butter	Kerrygold	454g	-	\$39.36	\$39.75	\$38.99	\$39.36	\$39.36	\$40.99	\$39.49	\$37.95	-
Condensed milk	Nestle	395g	\$9.99	\$8.99	\$8.99	\$8.99	-	\$8.99	\$8.99	\$8.99	\$8.95	\$8.99
Condensed milk	Eve	395g	-	\$7.30	\$6.99	\$5.99	\$7.30	\$6.99	\$4.99	\$6.99	-	-
Milo (pack)	-	400g	\$35.50	\$33.74	\$33.75	\$34.99	\$29.99	\$31.99	\$33.99	\$32.99	\$33.75	\$34.50
Instant chocolate	Nesquik	500g	\$25.99	\$22.49	\$24.49	\$23.99	\$19.99	\$20.99	\$22.99	\$23.99	-	\$19.99
Ovaltine (pack)	-	300g	-	\$29.99	\$28.49	\$25.99	\$28.68	\$30.99	\$30.99	\$31.99	\$28.30	\$31.50
Tea bags	Lipton	50 pk	\$21.75	\$20.24	\$18.25	\$19.99	\$20.24	\$19.11	\$21.99	\$20.49	\$21.25	\$19.25
Tea bags (green)	Lipton	20 pk	-	\$17.49	\$18.75	\$20.99	\$19.68	\$17.99	\$19.99	\$19.99	\$20.75	\$23.00
Tea bags (green)	Dilmah	20pk	\$22.97	-	\$22.99	\$22.99	-	\$24.74	\$22.99	-	\$23.50	-

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	WINSTON'S
Coffee (instant)	Nestle	100g	\$31.99	\$32.05	\$30.49	\$32.99	\$27.99	\$27.55	\$31.99	\$34.99	\$31.50	\$33.99
Coffee (instant)	Café Brasil	100g	\$29.25	\$30.36	\$30.99	\$26.99	\$30.36	\$30.99	\$29.99	\$24.99	\$30.35	\$30.99
Mauby	Matouk's	750ml	-	\$13.49	\$13.25	\$12.99	\$13.49	\$13.49	\$13.99	\$13.49	-	\$13.50
Orange drink	Orchard	250ml	\$3.50	\$3.70	\$3.49	\$3.75	\$2.99	\$2.99	\$2.99	\$3.99	\$3.35	\$3.50
Orange drink	Orchard	1L	\$11.99	\$11.24	\$11.25	\$11.99	\$9.99	\$9.99	\$13.49	\$11.49	\$11.25	\$11.99
Grapefruit drink	Orchard	1L	\$12.99	\$11.24	\$11.25	\$11.99	\$9.99	\$9.99	\$13.49	\$12.49	\$11.25	\$11.99
Orange juice	T/Citrus	19 oz	\$12.50	\$10.99	\$11.99	\$11.99	\$10.99	\$11.29	\$11.99	\$12.49	\$11.25	\$11.99
Orange juice	Dole	18 oz	-	\$9.55	\$10.49	\$9.99	\$10.49	\$10.11	-	-	\$9.95	-
Grapefruit juice	T/Citrus	19 oz	-	\$10.99	\$11.99	\$11.99	\$10.99	\$11.29	\$11.99	\$12.49	\$11.25	\$11.99
Peanut butter	Matouk's	500g	-	-	-	\$19.99	-	\$21.99	\$19.99	\$17.99	\$17.95	\$19.99
Vegetable oil	Richport	900ml	\$15.99	-	\$15.99	\$16.99	-	-	\$16.99	-	-	-
Soya oil	Eve	900ml	-	\$19.11	\$16.49	\$16.99	-	\$14.99	\$16.99	-	\$15.55	-
Soya oil	Happi	3.8L	-	\$56.95	\$41.99	\$42.99	\$74.24	-	-	-	\$56.19	-
Coconut oil	Nariel	900ml	-	-	\$37.99	\$33.99	-	-	\$37.99	\$38.99	\$37.07	\$37.25
Olive oil (extra virgin)	James Plagniol	1L	-	-	\$87.99	\$74.99	-	\$88.86	\$87.99	-	\$73.25	\$75.00
Corn meal	Regal	454g	-	\$6.51	\$6.50	\$6.99	\$6.51	-	-	\$5.99	\$6.50	-
Biscuits (unsweetened)	Crix - Original	9 oz	\$13.00	\$12.94	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$12.99	\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.99	\$12.99	\$13.99	\$12.99	\$12.99	\$12.99	-	\$12.95	-
Corn flakes (local)	Sunshine	18 oz	-	\$25.99	\$25.99	\$25.99	\$25.99	\$25.99	-	-	-	\$25.99
Corn flakes (imported)	Kellogs	150g	\$10.99	\$15.36	\$15.49	-	-	-	\$12.99	-	\$12.35	-
Corn flakes (imported)	Kellogs	15.2 oz	-	-	\$33.75	\$28.99	-	-	\$33.99	-	-	-
Soya chunks	N/Delights	454g	\$17.99	-	\$20.50	\$21.99	-	-	-	\$22.49	\$22.50	-
Red beans (tin)	MP	440g	\$7.50	\$6.74	\$7.25	\$5.99	-	\$7.30	\$6.99	\$6.99	\$7.30	\$7.25
Baked beans (tin)	MP	440g	\$6.25	\$6.36	\$6.49	\$5.99	-	\$6.51	\$5.99	\$5.99	\$6.50	\$6.50
Green pigeon peas (tin)	MP	440g	-	-	\$9.99	\$9.99	\$10.68	\$10.68	\$8.49	-	\$10.15	\$10.50
Processed pigeon peas (tin)	MP	440g	\$6.99	-	-	-	-	\$7.86	\$5.99	-	-	-
Peas and carrots (tin)	MP	440g	\$7.50	\$6.79	-	\$7.99	-	\$7.75	\$7.99	\$6.99	\$7.35	\$7.75

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	WINSTON'S
Table salt (pre packaged)	Chief	500g	-	\$3.36	\$3.49	-	\$3.36	\$3.59	\$3.99	\$3.49	-	-
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-	-	-
Sugar (granulated)	Sweet Cane	1800g	\$21.99	\$20.24	\$18.99	\$19.99	\$20.24	\$20.24	\$21.99	-	\$19.95	\$21.99
Tomato ketchup (bottled)	Matouk's	750ml	\$9.99	\$9.49	\$11.25	\$12.99	\$10.68	\$10.79	\$9.99	\$9.99	\$10.15	\$10.99
Tomato ketchup (economy pack)	Swiss	750ml	\$5.99	\$6.74	\$6.99	\$6.99	\$6.99	\$6.99	\$7.99	\$4.99	\$6.95	\$6.99
Mustard (bottled)	Matouk's	240g	-	-	-	\$7.99	-	-	\$7.99	-	\$7.75	-
Mayonnaise (bottled)	Matouk's	340ml	\$9.99	\$11.25	\$11.25	\$11.99	\$11.25	-	\$13.99	\$11.49	\$11.25	\$9.99
Infant cereal	Nestle –Rice	270g	\$19.99	\$19.20	\$18.99	\$19.99	\$19.20	\$19.99	\$19.99	\$18.99	\$18.95	\$19.99
Infant cereal	Nestle – Wheat & Honey	270g	\$21.99	\$20.99	\$20.99	\$21.99	\$21.49	\$21.99	\$20.99	\$19.99	\$20.95	\$20.99
Dishwashing liquid	Squeezy	725ml	\$13.50	\$13.49	\$13.99	-	\$13.49	\$13.49	\$13.99	\$13.49	\$14.06	-
Soap powder	Breeze M/A	900g	\$27.25	\$26.99	\$26.99	\$26.99	\$26.99	\$26.99	\$24.99	\$25.99	\$26.95	\$27.99
Soap powder	Breeze M/A	375g	\$11.99	-	-	\$11.99	-	\$11.80	\$13.99	-	\$12.45	\$12.50
Soap powder	Radiante	400g	\$10.25	-	-	-	-	\$10.11	\$9.99	-	\$10.70	-

# Section 3

► 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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
Corned beef	Target	340g	-	-	-	\$12.99	\$13.99	\$16.99	\$14.99	\$15.99	-	\$15.99
Chicken breast (frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	\$17.99	-	-
Chicken drumstick (frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	\$18.99	-	-
Chicken thighs (frozen)	Arawak	pack	\$14.99	-	-	-	-	-	-	\$13.99	-	-
Chicken wings (frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	-	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Pork stew	-	454g	\$18.00	\$19.54	\$19.09	-	\$11.99	\$11.99	\$21.36	-	\$25.00	\$24.54
Beef stew	-	454g	\$25.00	\$23.18	-	-	\$39.99	\$23.99	\$26.25	\$19.95	\$26.00	\$24.99
Salted Fish (w/Bone)	-	454g	\$25.00	\$25.90	\$27.27	\$24.55	\$24.99	\$20.99	-	\$19.95	\$24.55	\$24.99
Salted fish (boneless)	-	454g	\$36.36	-	-	-	\$34.99	-	-	\$39.95	-	-
Smoked Herring (w/Bone)	-	454g	\$19.00	\$16.81	\$24.09	\$15.00	\$13.99	\$12.99	\$14.98	\$12.95	-	-
Sardines (in oil)	Brunswick	106g	-	\$6.99	\$7.99	\$4.99	\$5.99	\$4.99	\$6.75	\$6.99	\$6.99	\$5.99
Cheddar cheese	-	454g	\$25.45	\$23.18	\$24.54	\$18.99	\$21.99	\$21.99	\$18.16	\$18.95	\$24.55	\$18.18
Cooking margarine	G/Ray	227g	\$9.99	\$9.99	\$10.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$8.99	\$9.49
Cooking margarine	French Maid	227g	\$8.99	\$8.99	\$8.99	-	-	-	\$7.99	-	\$8.99	\$7.99
Table margarine	Blue Band	227g	\$7.99	\$6.99	\$8.50	\$7.99	\$6.99	\$7.49	\$7.99	\$7.99	\$6.99	\$7.75
Table margarine	Flora	445g	\$18.49	\$18.99	\$18.99	-	\$18.99	\$19.99	\$17.99	\$17.95	\$17.99	\$17.99
Eggs	Large	1 Doz	\$26.00	\$26.99	\$22.99	\$24.99	\$19.99	\$22.50	\$22.50	\$24.95	\$22.75	\$21.49
Liquid milk (full cream)	Nestle	1L	\$10.49	\$10.99	\$11.99	\$9.99	\$9.99	\$9.99	\$10.49	\$9.99	\$9.99	\$9.99
Liquid milk (skimmed)	Svelty	1L	\$12.49	\$12.99	\$12.99	\$11.49	\$11.99	\$12.49	\$11.49	\$11.99	\$11.49	\$11.49
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99

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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.99	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	-
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	-	-	\$54.99	\$54.99	\$54.99	\$55.99	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.99	-	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.99	-	\$10.99	\$9.99	\$9.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.49
Evaporated milk (pack)	G/Butterfly	250ml	\$5.99	\$4.99	\$6.50	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99
Macaroni	Swiss	400g	\$5.49	\$4.99	\$5.99	\$4.99	\$4.99	\$3.99	\$4.99	\$5.49	\$5.49	\$5.49
Spaghetti	Swiss	400g	\$4.49	\$4.99	-	\$4.99	\$4.99	\$4.99	\$4.99	-	-	\$4.99
Baking powder	Lion	454g	\$10.99	\$9.59	\$9.99	\$9.49	\$9.99	\$9.49	\$9.50	\$8.99	\$9.49	\$9.79
Pre packaged flour	Ibis	2kg	\$13.99	\$12.99	\$13.99	\$12.99	\$12.99	\$10.49	\$12.49	\$12.95	\$12.49	\$12.75
Flour	Ibis	10kg	\$65.00	\$62.99	\$61.99	\$50.00	\$54.99	\$55.99	\$62.50	\$59.95	\$59.99	\$68.99
Pre packaged rice (parboiled)	Happi	1800g	-	-	-	\$19.49	\$17.99	\$20.99	-	-	-	-
Pre packaged rice (parboiled)	Par Excel	2kg	\$21.99	\$18.99	-	-	-	-	-	-	\$19.99	\$20.59
Pre packaged rice (parboiled)	Par Excel	1kg	\$10.99	\$9.99	-	-	-	-	-	-	\$9.99	\$10.39
Oats	Cook's Mate	226g	-	\$3.99	\$3.99	\$3.99	-	\$3.99	-	\$3.99	\$3.99	-
Yeast	Fermipan	4x11g	\$6.99	\$6.59	\$6.99	\$6.49	\$6.99	\$6.49	\$6.50	\$6.49	\$6.49	\$6.29
Split peas (loose)	-	454g	-	\$3.99	\$3.99	\$3.99	-	\$3.49	\$3.99	\$3.99	-	-
Red beans (loose)	-	454g	-	\$8.50	\$8.99	-	-	\$5.49	\$6.25	\$6.99	-	-
D/pigeon peas (loose)	-	454g	-	\$6.50	\$5.99	\$6.99	-	\$6.49	\$7.75	\$5.99	-	-
Channa (loose)	Large	454g	-	-	\$6.99	\$6.49	-	\$6.49	\$6.99	\$6.99	-	-
Black eye peas (loose)	-	454g	-	\$6.99	\$5.99	\$6.99	-	\$5.99	\$6.25	\$5.99	-	-
Lentil (loose)	-	454g	-	\$6.50	\$6.99	\$4.49	-	\$4.49	\$5.99	\$4.99	-	-
Split peas (pre packaged)	N/Pride	400g	-	\$4.75	-	-	-	-	-	-	\$4.99	\$5.49
Red beans (pre packaged)	N/Pride	400g	-	\$9.99	-	-	-	-	-	-	\$9.99	\$10.99
Pigeon peas (pre packaged)	N/Pride	400g	-	\$7.99	-	-	-	-	-	-	\$8.99	-
Channa (pre packaged)	N/Pride	400g	\$8.99	\$8.99	-	-	-	-	-	-	\$8.49	-
Black eye peas (pre packaged)	N/Pride	400g	\$7.99	\$7.99	-	-	-	-	-	-	\$7.99	-
Lentils (pre packaged)	N/Pride	400g	\$6.99	\$6.99	-	-	-	-	-	-	\$7.49	\$7.49
Curry powder	Chief	85g	-	\$6.99	-	\$6.99	\$6.99	\$6.49	\$6.99	\$6.99	\$6.99	-

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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
White vinegar	Mabel	1L	\$6.99	\$7.29	\$6.99	\$7.99	\$6.99	\$6.99	\$6.75	\$6.49	\$6.75	\$6.74
Potato	-	454g	\$3.75	-	\$2.95	\$2.50	\$2.99	\$2.49	\$2.25	\$2.50	\$2.49	-
Onion	-	454g	\$4.00	\$2.50	\$2.72	\$2.99	\$2.99	\$2.49	\$2.25	\$2.99	\$2.99	-
Garlic	-	454g	\$13.99	-	\$16.99	\$10.99	\$11.99	\$11.99	\$13.86	\$11.95	-	-
Garlic	-	250g	\$6.99	\$7.50	\$6.00	\$5.49	\$6.99	\$5.99	-	\$6.99	\$8.49	-
Sugar (loose)	Brown	454g	-	-	-	-	-	-	-	-	-	-
Sugar – brown (pre packaged)	Demerara	1800g	-	\$15.99	\$18.99	-	-	-	\$15.50	\$15.99	-	\$15.99
Infant formula	SMA	900g	-	\$169.99	\$169.99	\$161.99	\$161.99	\$162.99	\$161.75	\$168.99	\$178.00	\$170.95
Infant formula	Lactogen 1 (0 to 6 mths)	900g	-	\$104.99	-	\$99.99	\$95.99	\$98.00	\$99.99	\$102.99	\$99.99	\$100.99
Infant formula	Klim (growing up)	800g	\$61.99	\$59.99	\$59.99	\$55.99	\$56.99	\$59.99	\$58.99	\$58.99	\$54.99	\$59.65
Toilet paper (280 sheets)	S'N'Pretty	6pk	\$15.99	-	-	\$15.99	\$10.99	\$15.50	-	-	-	\$15.49
Toilet soap	Palmolive	3pk	-	\$14.99	\$15.99	\$17.99	\$15.99	\$15.99	\$16.75	\$14.95	\$14.99	\$15.99
Toothpaste	Colgate	130g	-	\$12.99	\$12.99	\$10.99	\$11.99	\$11.49	\$11.99	-	\$12.49	\$12.69
Vienna sausage (chicken)	Brunswick	141g	\$4.99	-	-	\$4.99	-	\$4.99	\$4.99	\$4.99	\$4.99	\$5.05
Chicken franks (hot dogs)	Erin Farm	12pk	-	\$13.99	-	\$12.99	\$15.99	\$13.99	\$12.25	\$12.99	\$12.99	\$13.49
Pigtail	-	454g	\$19.00	\$18.63	\$19.54	\$20.45	-	-	\$19.77	-	-	\$21.81
Tuna (flakes in water)	Richport	170g	\$7.99	\$7.99	\$8.99	-	\$6.99	-	-	\$4.66	-	\$7.86
Tuna (flakes in oil)	Richport	170g	\$7.99	\$7.99	\$7.99	-	\$7.89	-	-	-	-	\$7.86
Fresh butter	Kerrygold	454g	-	\$39.99	\$39.99	\$41.99	\$39.99	-	\$37.75	\$34.99	\$35.99	\$39.36
Condensed milk	Nestle	395g	\$9.99	\$10.99	\$9.99	-	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99
Condensed milk	Eve	395g	\$5.99	-	\$7.99	-	\$4.99	\$5.99	\$5.75	\$6.99	-	\$7.30
Milo (pack)	-	400g	-	\$35.99	\$33.99	\$29.99	\$33.99	\$35.99	\$33.75	\$33.99	\$34.99	\$33.74
Instant chocolate	Nesquik	500g	\$20.99	\$24.99	\$23.99	\$23.99	\$22.99	\$23.99	\$22.50	\$22.95	\$21.49	\$22.49
Ovaltine (pack)	-	300g	\$31.99	\$29.99	-	\$31.49	\$19.99	\$30.99	\$28.75	\$29.95	\$28.25	\$29.99
Tea bags	Lipton	50 pk	\$20.99	-	\$21.99	\$18.49	\$17.99	\$18.99	\$19.50	\$20.49	\$21.49	\$20.24
Tea bags (green)	Lipton	20 pk	\$20.99	\$20.99	-	-	-	-	\$20.99	\$18.95	-	-

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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
Tea bags (green)	Dilmah	20pk	-	\$23.99	-	-	-	\$22.99	\$22.99	\$24.95	-	-
Coffee (instant)	Nestle	100g	-	\$34.99	-	\$34.49	\$31.99	\$32.99	\$31.50	\$32.95	\$31.49	-
Coffee (instant)	Café Brasil	100g	\$31.49	\$31.99	-	\$22.99	\$28.99	\$24.99	\$27.99	\$28.99	\$30.49	\$28.99
Mauby	Matouk's	750ml	\$13.99	\$13.99	-	\$13.49	\$13.49	\$13.49	\$13.25	\$12.99	\$13.49	-
Orange drink	Orchard	250ml	\$3.75	\$3.75	\$3.50	\$4.00	\$3.99	\$3.49	\$3.50	\$3.49	\$3.49	\$3.70
Orange drink	Orchard	1L	\$11.99	\$11.99	\$12.99	\$10.99	\$11.99	\$11.99	\$11.25	\$11.95	\$11.99	\$11.24
Grapefruit drink	Orchard	1L	\$11.99	\$11.99	-	-	\$11.99	\$10.99	\$11.25	\$11.95	\$11.99	\$11.24
Orange juice	T/Citrus	19 oz	\$11.99	\$12.99	\$11.99	\$13.99	\$10.49	-	\$11.50	\$11.49	\$11.99	\$10.99
Orange juice	Dole	18 oz	-	\$9.99	-	\$9.99	\$8.99	\$8.49	\$9.50	\$9.49	\$9.75	\$9.55
Grapefruit juice	T/Citrus	19 oz	\$11.99	\$12.99	\$11.99	\$13.99	-	\$11.49	\$11.00	\$11.49	\$11.99	\$10.99
Peanut butter	Matouk's	500g	\$22.49	-	-	\$16.99	-	\$17.99	\$18.50	\$18.49	\$19.25	\$20.24
Vegetable oil	Richport	900ml	\$14.49	-	\$17.99	-	-	-	-	\$15.99	-	-
Soya oil	Eve	900ml	\$16.99	\$15.99	-	-	\$14.99	-	\$14.25	\$16.99	-	\$16.41
Soya oil	Happi	3.8L	-	-	-	-	\$53.99	-	-	\$50.99	-	-
Coconut oil	Nariel	900ml	-	-	-	\$37.99	\$37.99	\$37.99	-	\$36.49	\$39.36	-
Olive oil (extra virgin)	James Plagniol	1L	-	-	\$102.25	-	\$79.99	\$72.99	\$99.50	\$85.99	-	-
Corn meal	Regal	454g	-	\$6.99	\$7.99	\$6.49	-	\$6.49	\$6.25	-	\$6.25	\$6.51
Biscuits (unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$13.50	-	\$12.99	\$12.99		\$12.99	\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.99	\$12.99	\$12.99	\$13.99	\$12.99	\$12.99	\$10.99	\$12.99	\$12.99
Corn flakes (local)	Sunshine	18 oz	\$25.99	\$25.99	\$25.99	-	\$22.99	\$22.99	\$25.99	\$24.99	\$25.99	\$25.99
Corn flakes (imported)	Kellogs	150g	-	-	-	-	\$13.49	-	-	\$11.99	\$10.99	-
Corn flakes (imported)	Kellogs	15.2 oz	-	-	-	-	\$27.99	-	-	-	-	-
Soya chunks	N/Delights	454g	\$19.99	\$23.99	\$34.99	\$20.99	\$17.99	\$18.49	-	-	\$22.49	\$23.61
Red beans (tin)	MP	440g	\$7.49	-	-	-	\$5.99	\$6.99	-	\$6.99	\$6.75	\$8.20
Baked beans (tin)	MP	440g	\$5.99	-	-	-	\$6.99	\$5.99	-	\$5.99	\$5.99	-
Green pigeon peas (tin)	MP	440g	\$9.99	-	-	-	\$7.99	\$9.99	-	\$9.95	\$10.25	\$10.68
Processed pigeon peas (tin)	MP	440g	\$7.99	-	-	-	-	-	-	-	-	-
Peas and carrots (tin)	MP	440g	\$7.99	-	-	-	\$6.99	\$7.99	-	-	\$7.49	\$7.64

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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
Table salt (pre packaged)	Chief	500g	-	-	-	\$3.00	\$3.99	\$3.49	\$3.50	\$3.49	\$3.49	\$3.60
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-	-	-
Sugar (granulated)	Sweet Cane	1800g	\$23.99	-	-	-	\$18.99	-	\$20.99	\$18.99	\$16.99	\$20.24
Tomato ketchup (bottled)	Matouk's	750ml	\$8.99	\$8.99	\$6.99	\$11.49	\$9.99	\$10.49	\$9.75	\$9.95	\$10.99	\$10.68
Tomato ketchup (economy pack)	Swiss	750ml	\$6.99	\$6.79	\$6.99	\$6.49	\$6.99	\$6.49	-	\$5.49	\$6.75	\$6.74
Mustard (bottled)	Matouk's	240g	-	-	-	\$7.99	\$7.99	\$6.99	\$7.50	\$7.49	-	\$8.20
Mayonnaise (bottled)	Matouk's	340ml	\$11.49	\$11.29	-	\$11.49	\$8.99	\$11.99	\$10.99	\$10.99	\$14.75	\$11.25
Infant cereal	Nestle -Rice	270g	\$19.99	\$18.99	\$20.99	-	\$19.99	\$18.99	\$18.99	\$20.99	\$21.49	\$19.20
Infant cereal	Nestle - Wheat & Honey	270g	\$22.99	\$20.99	\$22.99	-	\$21.99	\$20.99	\$20.99	\$22.95	\$23.75	\$21.25
Dishwashing liquid	Squeezy	725ml	\$13.99	\$13.99	-	-	\$9.99	-	\$13.50	-	\$13.99	\$13.99
Soap powder	Breeze M/A	900g	\$28.99	\$29.99	-	\$24.49	\$26.99	\$26.99	\$26.25	\$26.99	\$25.99	\$26.99
Soap powder	Breeze M/A	375g	\$12.49	\$12.59	-	\$11.99	\$11.99	\$11.49	\$11.25	\$11.99	\$11.99	-
Soap powder	Radiante	400g	\$10.99	\$11.59	-	\$11.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.99	-

# Section 4

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

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	ECONOMY	STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Corned beef	Target	340g	\$15.99	\$16.65	\$16.75	\$14.99	\$15.50	\$14.50	\$19.00	\$16.95	\$15.99	\$16.75
Chicken breast (frozen)	Arawak	pack	-	\$15.99	\$19.99	-	-	-	-	-	-	-
Chicken drumstick (frozen)	Arawak	pack	-	\$17.99	-	-	-	-	-	-	-	-
Chicken thighs (frozen)	Arawak	pack	-	\$11.99	-	-	-	-	-	-	-	-
Chicken wings (frozen)	Arawak	pack	-	\$15.99	-	-	-	-	-	-	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Pork stew	-	454g	-	-	-	\$17.99	-	-	-	-	-	-
Beef stew	-	454g	-	-	\$26.99	\$24.99	-	-	-	-	-	-
SALTED FISH (w/Bone)	-	454g	\$27.27	\$22.95	\$25.99	\$23.99	\$24.54	\$25.95		\$25.00	\$13.79	-
Salted fish (boneless)	-	454g	-	-	\$25.99	-	-	-	-	-	-	\$30.90
SMOKED HERRING (w/Bone)	-	454g	\$21.82	-	\$18.25	\$13.99	\$16.36	\$13.95		\$16.00	-	\$13.63
Sardines (in oil)	Brunswick	106g	\$5.99	\$7.50	\$7.99	-	\$7.75	\$6.50	\$8.00	-	\$5.99	\$6.99
Cheddar cheese	-	454g	\$20.00	\$20.00	\$24.99	\$19.99	\$21.36	\$24.95	\$26.00	\$27.00	\$20.00	\$18.18
Cooking margarine	G/Ray	227g	\$9.99	\$9.99	\$10.99	\$9.99	\$9.75	\$9.50	\$10.00	\$10.95	\$9.99	-
Cooking margarine	French Maid	227g	\$9.99	-	\$9.25	\$6.99	\$8.50	\$8.25	-	-	\$8.59	-
Table margarine	Blue Band	227g	\$7.99	\$7.99	\$8.75	\$7.99	\$7.75	\$7.50	\$10.00	\$8.25	\$6.99	-
Table margarine	Flora	445g	\$17.99	\$17.99	\$19.75	\$19.99	\$18.00	\$17.95	-	\$18.95	\$18.49	\$18.99
Eggs	Large	1 Doz	\$23.00	\$23.00	\$23.99	\$21.99	\$26.00	\$21.00	\$25.00	\$25.00	\$22.49	\$21.99
Liquid milk (full cream)	Nestle	1L	\$10.99	\$11.80	\$9.99	\$9.99	\$10.50	\$9.99	\$13.00	\$11.99	\$10.49	-
Liquid milk (skimmed)	Svelty	1L	\$11.99	\$12.93	\$11.49	\$11.99	\$11.99	\$11.99	-	\$12.99	\$11.49	-
Powdered milk (full cream)	D/Dairy	800g	\$47.99	-	\$47.99	\$46.99	\$47.99	\$47.99	-	\$47.95	\$47.99	\$47.99

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	ECONOMY	STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Powdered milk	D/Dairy	225g	\$14.49	-	\$14.49	\$14.99	\$14.49	\$14.49	-	-	\$14.49	\$14.49
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	-	\$54.99	\$54.99	\$54.99	\$54.99	-	\$58.00	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	-	\$28.99	\$28.99	\$28.99	\$28.99	-	-	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$10.99	\$9.49	\$9.50	\$8.99	\$9.50	\$9.75	\$11.00	\$9.50	\$9.49	\$9.49
Evaporated milk (pack)	G/Butterfly	250ml	\$5.99	\$5.49	\$4.99	\$4.99	\$5.50	\$5.50	-	\$5.50	\$6.29	\$5.99
Macaroni	Swiss	400g	\$5.99	-	\$4.99	\$4.99	\$5.00	\$4.65	\$8.00	\$4.95	\$3.99	\$4.99
Spaghetti	Swiss	400g	\$5.99	-	\$4.99	\$4.99	-	\$4.65	\$7.00	\$5.99	\$4.99	\$4.49
Baking powder	Lion	454g	\$9.99	\$9.00	\$9.50	\$8.99	-	\$8.95	-	\$8.95	-	\$9.49
Pre packaged flour	Ibis	2kg	\$13.50	\$14.99	\$13.50	\$12.99	-	\$12.50	\$15.00	\$13.95	\$12.79	\$12.99
Flour	Ibis	10kg	\$65.00	-	\$64.99	\$59.99	-	\$62.00	-	\$65.00	\$59.99	\$63.99
Pre packaged rice (parboiled)	Happi	1800g	-	-	\$20.75	\$20.99	-	-	-	-	\$20.99	\$19.49
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	-	-	\$19.50	-	\$25.00	-	\$19.99
Pre packaged rice (parboiled)	Par Excel	1kg	\$7.99	-	-	-	-	\$9.50	-	\$10.00	\$10.79	-
Oats	Cook's Mate	226g	-	-	\$3.99	-	-	\$3.65	-	-	\$3.99	\$3.49
Yeast	Fermipan	4x11g	\$6.50	-	-	\$5.99	\$6.30	\$6.35	-	\$7.50	-	-
Split peas (loose)	-	454g	\$3.99	\$3.99	-	\$3.99	-	\$3.85	\$5.00	-	-	\$3.40
Red beans (loose)	-	454g	\$6.99	-	-	\$8.99	-	\$8.75	-	\$10.00	-	\$5.45
D/pigeon peas (loose)	-	454g	\$6.99	\$7.99	-	\$6.99	-	\$6.25	-	\$10.00	-	\$6.59
Channa (loose)	Large	454g	\$6.99	-	-	\$5.99	-	-	-	-	-	\$8.18
Black eye peas (loose)	-	454g	\$6.99	\$6.50	-	\$4.99	-	\$6.00	-	\$8.00	-	\$6.13
Lentil (loose)	-	454g	\$6.99	\$5.99	-	\$6.99	-	\$5.75	-	\$5.50	-	\$5.00
Split peas (pre packaged)	N/Pride	400g	-	-	\$4.99	-	\$5.00	\$5.75	-	-	\$5.49	\$5.49
Red beans (pre packaged)	N/Pride	400g	-	-	-	-	\$10.00	\$9.50	-	-	-	\$9.25
Pigeon peas (pre packaged)	N/Pride	400g	-	-	-	-	-	-	-	-	\$9.49	-
Channa (pre packaged)	N/Pride	400g	-	-	-	-	\$9.00	-	-	-	\$9.19	-
Black eye peas (pre packaged)	N/Pride	400g	-	-	-	-	\$7.50	-	-	-	-	-
Lentils (pre packaged)	N/Pride	400g	-	-	-	-	\$7.00	\$7.25	-	-	\$7.79	\$7.99
Curry powder	Chief	85g	\$6.99	-	\$6.99	\$7.99	\$7.00	\$6.99	\$7.00	\$6.99	\$7.19	\$6.99

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	ECONOMY	STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
White vinegar	Mabel	1L	\$6.99	\$6.99	\$6.75	\$6.99	\$7.00	\$6.50	-	\$6.95	\$6.99	\$5.99
Potato	-	454g	\$3.64	\$2.50	\$2.35	\$2.50	\$2.50	\$2.50	\$3.00	-	\$3.18	\$3.00
Onion	-	454g	\$3.64	\$4.00	-	\$1.99	\$2.50	\$4.00	\$4.00	-	\$2.72	\$3.00
Garlic	-	454g	\$15.00	\$15.00	-	\$14.99	-	\$16.00	\$8.00	-	-	\$10.99
Garlic	-	250g	-	-	-	-	-	\$8.00	-	-	-	-
Sugar (loose)	Brown	454g	\$4.00	-	-	\$4.00	-	\$2.75	\$4.00	-	-	\$3.00
Sugar – brown (pre packaged)	Demerara	1800g	-	-	\$16.50	\$15.99	-	\$21.00	-	-	-	-
Infant formula	SMA	900g	\$169.99	-	\$169.00	\$168.99	-	\$164.95	-	\$163.00	-	\$176.49
Infant formula	Lactogen 1 (0 to 6 mths)	900g	\$99.99	-	\$104.50	\$102.99	\$95.00	\$98.99	-	-	-	\$99.99
Infant formula	Klim (growing up)	800g	\$58.99	\$58.99	\$58.99	\$58.99	\$59.00	\$58.99	-	\$58.99	\$58.99	\$58.99
Toilet paper (280 sheets)	S'N'Pretty	6pk	\$15.99	-	\$11.99	\$15.99	\$15.50	-	-	-	\$15.49	\$15.49
Toilet soap	Palmolive	3pk	\$15.99	-	\$15.99	\$16.99	-	\$15.99	-	-	\$17.29	\$15.75
Toothpaste	Colgate	130g	\$10.99	-	\$11.50	\$11.99	\$13.00	-	\$15.00	\$13.50	\$13.49	\$11.49
Vienna sausage (chicken)	Brunswick	141g	\$4.50	-	\$5.25	\$4.99	-	-	-	\$4.95	\$4.49	\$3.99
Chicken franks (hot dogs)	Erin Farm	12pk	\$12.99	-	\$14.99	\$12.99	\$13.00	\$12.25	-	-	-	\$11.99
Pigtail	-	454g	-	-	\$16.99	\$15.99	\$18.18	\$16.95	\$20.00	-	-	\$15.45
Tuna (flakes in water)	Richport	170g	\$7.99	-	-	-	-	-	-	-	-	\$7.99
Tuna (flakes in oil)	Richport	170g	-	-	-	-	-	-	-	-	-	\$7.99
Fresh butter	Kerrygold	454g	\$39.99	-	-	\$36.99	\$38.99	\$37.95	-	-	\$40.49	\$34.99
Condensed milk	Nestle	395g	\$9.50	\$11.80	\$9.99	\$8.99	\$9.00	\$8.99	\$14.00	\$11.99	\$8.99	\$8.99
Condensed milk	Eve	395g	\$6.99	\$6.99	\$5.75	\$6.99	\$7.50	-	-	\$7.95	\$6.99	\$5.75
Milo (pack)	-	400g	\$33.99	\$33.74	\$35.75	\$33.99	\$34.00	\$32.95	\$30.00	\$34.74	\$35.99	\$33.75
Instant chocolate	Nesquik	500g	\$22.50	\$22.49	\$23.25	\$22.99	\$23.00	\$22.75	-	\$22.50	\$23.61	\$22.49
Ovaltine (pack)	-	300g	\$28.99	-	\$29.50	\$24.99	\$26.00	-	\$30.00	\$31.25	\$30.99	\$28.25
Tea bags	Lipton	50 pk	\$20.99	\$21.50	\$21.50	\$20.99	-	\$19.50	\$20.00	\$18.95	\$19.11	\$20.49
Tea bags (green)	Lipton	20 pk	\$19.99	-	-	\$17.99	\$21.00	\$18.75	-	-	-	-
Tea bags (green)	Dilmah	20pk	\$22.99	\$22.97	\$22.99	\$22.99	\$23.00	\$21.99	-	\$20.90	-	-

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	ECONOMY	STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Coffee (instant)	Nestle	100g	\$31.50	\$31.49	\$34.25	\$31.99	\$37.00	\$31.75	\$32.00	\$31.50	-	\$31.49
Coffee (instant)	Café Brasil	100g	\$32.60	-	\$30.50	\$26.99	\$29.50	\$26.50	-	\$24.99	\$30.99	\$26.99
Mauby	Matouk's	750ml	\$13.50	-	\$13.25	-	-	\$12.75	\$15.00	-	\$13.49	\$12.75
Orange drink	Orchard	250ml	\$3.50	\$3.50	\$3.75	-	-	\$3.60	\$5.00	\$3.40	\$3.36	\$3.49
Orange drink	Orchard	1L	\$11.99	\$11.24	\$12.75	\$10.99	\$11.50	\$11.25	\$14.00	\$11.50	\$11.24	\$11.25
Grapefruit drink	Orchard	1L	\$11.99	\$11.24	\$10.89	\$11.99	\$11.50	\$11.25	-	-	\$11.24	\$10.99
Orange juice	T/Citrus	19 oz	\$11.99	-	\$11.99	\$11.99	\$11.50	\$11.25	\$11.99	\$10.95	\$11.29	\$10.25
Orange juice	Dole	18 oz	\$9.99	-	\$9.75	-	-	\$9.25	-	-	-	\$7.99
Grapefruit juice	T/Citrus	19 oz	\$11.99	-	\$11.99	\$11.99	\$11.50	\$11.25	\$11.99	-	\$11.29	\$10.25
Peanut butter	Matouk's	500g	\$21.99	-	\$19.50	\$16.99	\$19.50	\$16.35	-	-	\$21.99	\$19.49
Vegetable oil	Richport	900ml	\$14.50	-	\$18.99	-	-	-	-	-	-	\$11.99
Soya oil	Eve	900ml	-	-	\$14.99	\$16.99	\$16.00	-	-	\$16.99	\$14.99	\$15.75
Soya oil	Happi	3.8L	-	-	\$64.50	\$46.99	-	-	-	-	-	-
Coconut oil	Nariel	900ml	-	\$33.99	\$38.75	-	-	-	-	\$39.90	-	\$32.49
Olive oil (extra virgin)	James Plagniol	1L	-	-	\$82.99	-	-	\$87.95	-	-	-	\$78.75
Corn meal	Regal	454g	\$6.99	-	\$6.50	-	\$6.50	-	-	-	-	\$5.49
Biscuits (unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$12.99	\$13.00	\$13.00	-	\$13.00	-	\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	\$12.99	-	\$12.99	\$12.99	\$12.99	\$12.50	\$13.00	\$12.99	\$12.99	\$12.99
Corn flakes (local)	Sunshine	18 oz	\$25.99	-	\$25.99	\$25.99	\$25.99	\$24.99	-	-	\$25.99	\$25.99
Corn flakes (imported)	Kellogs	150g	-	-	-	\$8.99	-	-	-	-	-	-
Corn flakes (imported)	Kellogs	15.2 oz	-	-	-	\$24.99	-	-	-	-	-	\$28.99
Soya chunks	N/Delights	454g	\$19.99	\$20.50	\$19.99	\$19.99	-	-	-	-	\$24.18	-
Red beans (tin)	MP	440g	\$6.99	-	\$6.99	\$7.99	-	\$6.75	\$9.00	\$6.46	-	\$7.25
Baked beans (tin)	MP	440g	-	\$6.99	\$6.50	\$6.99	-	\$6.25	\$9.00	\$6.32	\$6.51	\$6.49
Green pigeon peas (tin)	MP	440g	\$9.50	-	\$10.00	-	\$10.00	\$9.75	-	\$10.00	\$10.68	\$8.25
Processed pigeon peas (tin)	MP	440g	-	-	\$7.75	\$5.99	-	\$7.45	-	\$7.72	\$7.75	-
Peas and carrots (tin)	MP	440g	\$7.99	-	\$7.25	\$6.99	\$7.50	\$7.35	\$9.00	\$7.80	\$8.43	\$7.75

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	ECONOMY	STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Table salt (pre packaged)	Chief	500g	-	-	\$3.50	\$3.99	-	-	\$4.00	\$3.00	\$3.59	\$3.50
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-	-	-
Sugar (granulated)	Sweet Cane	1800g	\$21.50	-	\$22.50	\$17.99	-	\$19.25	\$20.00	\$19.95	\$20.24	\$21.25
Tomato ketchup (bottled)	Matouk's	750ml	\$8.99	\$11.50	\$9.99	\$10.99	\$10.00	\$9.99		\$11.50	\$10.79	\$10.75
Tomato ketchup (economy pack)	Swiss	750ml	\$6.99	\$6.99	\$6.75	\$5.99		\$6.50	\$8.00	\$6.75	\$6.99	\$4.49
Mustard (bottled)	Matouk's	240g	-	-	\$7.75	-	-	-	-	-	-	-
Mayonnaise (bottled)	Matouk's	340ml	\$9.99	-	-	\$9.99	\$10.00	-		\$11.25	\$11.80	\$11.25
Infant cereal	Nestle –Rice	270g	\$18.99	-	\$18.99	\$18.99	\$20.00	\$18.99	-	\$20.99	-	\$19.99
Infant cereal	Nestle – Wheat & Honey	270g	\$20.99	\$20.99	\$21.99	\$21.99	\$21.00	\$20.99	-	\$20.99	-	\$21.99
Dishwashing liquid	Squeezy	725ml	-	-	\$13.99	\$11.99	-	\$13.50	-	-	-	-
Soap powder	Breeze M/A	900g	\$26.99	\$28.99	\$28.50	\$19.99	\$27.00	\$25.99	-	-	\$26.99	\$26.99
Soap powder	Breeze M/A	375g	\$11.99	-	\$12.75	\$10.99	\$12.00	\$11.75	\$12.00	\$10.75	\$11.80	\$11.99
Soap powder	Radiante	400g	\$9.99	-	-	-	-	\$9.75	-	\$10.75	\$10.11	\$9.99

# Section 5

## ► Tobago

TOBAGO					
ITEM	BRAND	SIZE	COST CUTTERS	PENNY SAVERS	VIEWPORT
Corned beef	Target	340g	\$14.45	-	\$14.00
Chicken breast (frozen)	Arawak	pack	\$15.99	\$17.66	-
Chicken drumstick (frozen)	Arawak	pack	\$16.49	\$18.21	-
Chicken thighs (frozen)	Arawak	pack	\$11.99	\$13.53	-
Chicken wings (frozen)	Arawak	pack	-	\$18.52	-
Economy pack (frozen)	Arawak	pack	-	-	-
Pork stew	-	454g	\$13.07	\$16.75	\$20.32
Beef stew	-	454g	\$23.86	\$19.32	\$18.73
SALTED FISH (w/Bone)	-	454g	\$24.00	\$21.59	\$21.34
Salted fish (boneless)	-	454g	\$31.81	-	\$22.50
SMOKED HERRING (w/Bone)	-	454g	\$15.00	\$14.91	-
Sardines (in oil)	Brunswick	106g	\$5.99	\$8.15	-
Cheddar cheese	-	454g	\$22.72	\$22.72	\$16.80
Cooking margarine	G/Ray	227g	\$8.75	\$11.53	\$9.90
Cooking margarine	French Maid	227g	-	\$9.12	\$9.85
Table margarine	Blue Band	227g	\$7.99	\$8.36	\$7.99
Table margarine	Flora	445g	\$18.00	\$18.59	\$17.80
Eggs	Large	1 Doz	\$22.00	\$24.00	-
Liquid milk (full cream)	Nestle	1L	\$18.85	\$9.99	\$9.60
Liquid milk (skimmed)	Svelty	1L	-	\$11.49	\$10.70
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99
Powdered milk	D/Dairy	225g	\$14.49	-	\$14.49

**TOBAGO**

ITEM	BRAND	SIZE	COST CUTTERS	PENNY SAVERS	VIEWPORT
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.49	-	\$9.20
Evaporated milk (pack)	G/Butterfly	250ml	\$5.49	-	\$4.90
Macaroni	Swiss	400g	\$3.99	\$4.35	\$4.20
Spaghetti	Swiss	400g	\$4.49	\$5.03	\$4.60
Baking powder	Lion	454g	-	-	\$8.85
Pre packaged flour	Ibis	2kg	\$12.99	\$13.94	\$13.40
Flour	Ibis	10kg	\$69.99	\$70.92	-
Pre packaged rice (parboiled)	Happi	1800g	\$19.99	-	-
Pre packaged rice (parboiled)	Par Excel	2kg	\$19.99	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	\$10.99	-	-
Oats	Cook's Mate	226g	\$5.50	\$5.49	-
Yeast	Fermipan	4x11g	\$6.49	\$7.20	\$6.90
Split peas (loose)	-	454g	\$4.00	\$3.90	-
Red beans (loose)	-	454g	\$7.00	\$7.50	-
D/pigeon peas (loose)	-	454g	\$6.75	-	-
Channa (loose)	Large	454g	\$6.50	\$7.80	-
Black eye peas (loose)	-	454g	\$6.00	\$5.39	-
Lentil (loose)	-	454g	\$5.50	\$5.52	-
Split peas (pre packaged)	N/Pride	400g	-	-	-
Red beans (pre packaged)	N/Pride	400g	-	-	-
Pigeon peas (pre packaged)	N/Pride	400g	-	-	-
Channa (pre packaged)	N/Pride	400g	-	-	-
Black eye peas (pre packaged)	N/Pride	400g	-	-	-
Lentils (pre packaged)	N/Pride	400g	-	-	-
Curry powder	Chief	85g	\$6.95	-	-
White vinegar	Mabel	1L	\$7.95	\$6.39	\$6.15

**TOBAGO**

ITEM	BRAND	SIZE	COST CUTTERS	PENNY SAVERS	VIEWPORT
Potato	-	454g	\$6.25	\$3.61	-
Onion	-	454g	\$6.99	\$2.65	\$3.00
Garlic	-	454g	-	\$14.62	-
Garlic	-	250g	-	-	-
Sugar (loose)	Brown	454g	\$3.00	\$3.27	-
Sugar – brown (pre packaged)	Demerara	1800g	-	-	-
Infant formula	SMA	900g	\$125.49	\$169.05	\$164.70
Infant formula	Lactogen 1 (0 to 6 mths)	900g	-	-	-
Infant formula	Klim (growing up)	800g	\$58.99	\$58.00	\$58.00
Toilet paper (280 sheets)	S’N’Pretty	6pk	-	-	\$14.00
Toilet soap	Palmolive	3pk	\$16.75	\$16.12	\$14.85
Toothpaste	Colgate	130g	\$11.30	-	\$11.70
Vienna sausage (chicken)	Brunswick	141g	\$4.45	-	-
Chicken franks (hot dogs)	Erin Farm	12pk	-	-	\$12.99
Pigtail	-	454g	\$17.72	\$17.55	\$17.48
Tuna (flakes in water)	Richport	170g	-	-	-
Tuna (flakes in oil)	Richport	170g	-	-	-
Fresh butter	Kerrygold	454g	-	-	\$36.20
Condensed milk	Nestle	395g	\$8.99	\$9.26	\$8.80
Condensed milk	Eve	395g	\$6.45	\$6.75	\$5.85
Milo (pack)	-	400g	\$29.99	\$33.74	\$34.30
Instant chocolate	Nesquik	500g	\$18.99	\$22.49	\$21.65
Ovaltine (pack)	-	300g	\$26.35	\$29.94	\$26.10
Tea bags	Lipton	50 pk	\$18.95	\$24.52	\$20.50
Tea bags (green)	Lipton	20 pk	\$18.85	\$20.69	\$19.70
Tea bags (green)	Dilmah	20pk	\$18.85	\$22.04	\$19.25
Coffee (instant)	Nestle	100g	\$31.49	\$30.36	\$31.20

**TOBAGO**

ITEM	BRAND	SIZE	COST CUTTERS	PENNY SAVERS	VIEWPORT
Coffee (instant)	Café Brasil	100g	\$23.99	\$29.15	\$27.70
Mauby	Matouk's	750ml	\$11.60	\$12.66	\$12.50
Orange drink	Orchard	250ml	\$2.99	\$3.49	\$3.40
Orange drink	Orchard	1L	\$9.99	-	\$11.10
Grapefruit drink	Orchard	1L	\$9.99	\$11.24	\$11.10
Orange juice	T/Citrus	19 oz	\$10.25	\$11.81	\$11.30
Orange juice	Dole	18 oz	-	\$9.71	\$8.80
Grapefruit juice	T/Citrus	19 oz	-	-	\$11.30
Peanut butter	Matouk's	500g	\$17.45	\$18.56	\$15.99
Vegetable oil	Richport	900ml	\$15.75	-	-
Soya oil	Eve	900ml	\$14.95	\$15.74	\$17.10
Soya oil	Happi	3.8L	-	-	-
Coconut oil	Nariel	900ml	-	-	-
Olive oil (extra virgin)	James Plagniol	1L	\$108.00	-	-
Corn meal	Regal	454g	\$10.25	-	-
Biscuits (unsweetened)	Crix - Original	9 oz	\$12.49	\$14.00	\$14.00
Corn flakes (local)	Sunshine	200g	\$12.49	\$12.99	\$11.40
Corn flakes (local)	Sunshine	18 oz	\$24.99	\$25.99	\$23.80
Corn flakes (imported)	Kellogs	150g	\$14.65	-	-
Corn flakes (imported)	Kellogs	15.2 oz	\$26.95	-	-
Soya chunks	N/Delights	454g	\$16.99	\$21.60	\$18.80
Red beans (tin)	MP	440g	\$6.15	\$6.18	\$5.80
Baked beans (tin)	MP	440g	\$5.65	\$5.61	\$5.60
Green pigeon peas (tin)	MP	440g	\$8.75	-	\$9.25
Processed pigeon peas (tin)	MP	440g	-	-	-
Peas and carrots (tin)	MP	440g	\$6.25	\$5.91	\$5.50
Table salt (pre packaged)	Chief	500g	-	\$3.24	-
Table salt (pre packaged)	-	1kg	-	-	-

**TOBAGO**

ITEM	BRAND	SIZE	COST CUTTERS	PENNY SAVERS	VIEWPORT
Sugar (granulated)	Sweet Cane	1800g	\$21.45	\$23.52	\$20.50
Tomato ketchup (bottled)	Matouk's	750ml	\$10.25	-	\$10.75
Tomato ketchup (economy pack)	Swiss	750ml	\$6.25	-	\$6.20
Mustard (bottled)	Matouk's	240g	-	-	\$7.30
Mayonnaise (bottled)	Matouk's	340ml	-	\$11.02	\$10.35
Infant cereal	Nestle –Rice	270g	\$18.99	\$18.99	\$19.00
Infant cereal	Nestle – Wheat & Honey	270g	\$20.99	\$20.99	\$21.00
Dishwashing liquid	Squeezy	725ml	-	-	\$11.20
Soap powder	Breeze M/A	900g	\$24.75	\$29.05	\$25.40
Soap powder	Breeze M/A	375g	\$10.95	\$12.75	\$11.55
Soap powder	Radiante	400g	\$8.95	\$10.68	\$9.45



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