



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



SUPERMARKET
PRICES
OF ITEMS

AUGUST
2017



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 August 2017, the Consumer Affairs Division (CAD), Trinidad conducted a retail price survey of one hundred and eighteen (118) selected food items across 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 seven (7) 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.

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
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	-	\$17.95	-	\$22.22	-	-	-	-	-	-
BEEF STEW	-	454g	\$24.04	\$31.81	\$25.90	\$26.80	\$24.97	\$24.04	\$19.99	-	-	-
PIG TAIL	-	454g	-	-	\$17.27	\$17.84	-	\$22.49	-	\$17.27	-	-
CHICKEN FRANKS	Erin Farm	12pk	\$15.99	\$14.99	\$14.99	\$14.90	\$14.47	\$15.99	\$14.79	-	-	-
SALTED FISH (w/Bone)	-	454g	-	\$26.36	\$25.00	-	-	\$29.99	\$26.99	\$21.82	\$21.34	\$23.00
SALTED FISH (Boneless)	-	454g	-	-	-	\$42.09	\$27.47	\$27.99	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	-	\$20.00	\$13.63	\$16.54	\$19.47	\$21.99	\$13.97	\$15.46	\$15.43	\$16.00
FRESH BUTTER	Kerrygold	454g	\$49.99	\$41.00	\$41.99	\$43.95	\$43.97	-	\$43.99	-	\$42.99	-
CHEDDAR CHEESE	-	454g	\$22.03	\$23.86	\$23.64	\$27.92	\$22.97	\$22.03	\$24.99	\$22.73	\$23.50	\$26.00
COOKING MARGARINE	Golden Ray	227g	\$10.95	\$11.20	\$10.99	\$10.50	\$10.47	\$10.95	\$10.49	\$11.50	\$9.95	\$10.95
COOKING MARGARINE	French Maid	227g	\$8.49	\$7.99	\$8.29	\$8.65	\$7.97	\$8.49	-	\$7.75	\$7.95	\$8.75
TABLE MARGARINE	Blue Band	227g	\$9.95	\$10.20	\$9.50	\$9.65	\$7.97	\$9.95	\$8.99	\$10.00	\$7.45	\$8.85
TABLE MARGARINE	Flora	445g	\$20.95	\$19.79	\$21.50	\$20.95	\$16.97	\$20.95	\$19.99	\$20.00	\$18.95	\$20.99
EGGS	Large	1 Doz	\$22.99	\$20.99	\$22.99	\$20.00	\$20.97	\$22.99	\$19.99	-	\$17.95	\$20.00
LIQUID MILK (Full Cream)	Nestle	1L	-	\$10.99	\$11.50	\$11.25	\$10.97	\$10.99	\$10.49	\$10.99	\$10.95	\$11.50

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
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$11.49	\$11.49	\$11.99	\$11.47	\$11.95	\$11.49	\$11.99	\$10.95	\$11.99
POWDERED MILK	Dairy Dairy	800g	\$42.95	\$47.99	\$47.99	\$47.99	\$48.97	\$42.95	\$47.97	\$47.99	\$46.95	\$47.99
POWDERED MILK	Dairy Dairy	225g	\$14.99	\$14.49		\$14.49	\$14.97	\$14.99	\$14.47	\$14.49	\$14.50	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$55.97	\$54.95	\$55.97	\$54.99	\$54.45	\$54.99
POWDERED MILK (Skimmed)	Dairy 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	-	-	-	-	-	-	-	-	\$9.95	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$6.45	\$6.00	\$6.49	\$5.45	\$5.97	\$6.45	\$5.49	\$5.99	\$5.45	\$5.49
CONDENSED MILK	Nestle	395g	\$11.45	\$11.10	\$9.99	\$10.80	\$11.47	\$11.45	\$9.99	\$11.75	\$10.95	\$11.99
CONDENSED MILK	Eve	395g	\$6.95	\$7.19	\$6.50	\$6.30	\$6.97	\$6.95	\$6.99	\$6.90	\$6.45	\$6.99
MACARONI	Swiss	400g	\$5.95	\$5.95	\$5.95	\$5.65	\$5.47	\$5.95	\$5.79	\$5.75	\$5.75	\$5.50
SPAGHETTI	Swiss	400g	\$6.45	\$6.00	\$6.10	\$5.85	\$5.97	\$6.45	\$5.99	\$5.90	\$5.95	
BAKING POWDER	Lion	454g	\$9.95	\$9.79	\$8.99	\$9.95	\$9.47	\$9.99	\$9.49	\$9.75	\$9.45	\$9.99
FLOUR	Ibis	2kg	\$11.99	-	\$12.99	\$12.35	\$11.97	\$11.95	\$11.99	-	\$12.95	\$14.00
FLOUR	Ibis	10kg	\$56.95	-	\$62.99	\$58.99	\$54.97	\$56.99	\$59.99	-	\$54.95	\$60.00
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$16.99	-	-	-	\$17.97	\$16.99	\$19.99	\$20.99	\$20.95	\$19.99
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$23.99	\$21.40	\$21.99	\$21.15	-	-	\$20.99	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	-	\$11.10	\$10.99	\$10.65	-	-	-	-	-	-
OATS	Cook's Mate	226g	\$3.99	\$3.99	\$4.00	\$3.65	\$3.97	\$3.99	-	\$3.75	-	\$5.75
YEAST	Fermipan	4x11g	\$6.75	\$6.79	\$6.95	\$6.55	\$6.97	\$6.75	-	-	\$5.95	\$6.99
CORN MEAL	Regal	454g	\$6.45	\$6.74	\$6.59	\$6.20	\$5.97	\$6.45	-	\$7.50	\$6.50	-
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$12.99	\$13.00	\$13.00	\$12.95	\$12.97	\$12.99	\$12.99	\$13.00	\$12.95	\$13.00
SPLIT PEAS (Loose)	-	454g	-	-	-	-	\$3.97	-	\$3.97	\$3.95	\$3.45	\$4.50
RED BEANS (Loose)	-	454g	-	-	-	-	\$7.47	-	\$7.97	\$6.00	\$4.95	\$7.50

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
D/PIGEON PEAS (Loose)	-	454g	-	-	-	-	\$8.97	-	\$7.49	\$7.25	\$7.95	\$11.00
CHANNA (Loose)	Large	454g	-	-	-	-	\$9.97	-	\$9.99	\$8.75	\$9.45	\$13.00
BLACK EYE PEAS (Loose)	-	454g	-	-	-	-	\$5.97	-	\$5.99	\$6.75	\$4.95	\$6.50
LENTIL (Loose)	-	454g	-	-	-	-	\$5.97	-	\$6.99	\$6.00	\$5.50	\$7.00
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$5.49	-	\$4.95	\$4.47	-	-	-	\$4.45	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$10.70	\$9.97	-	-	-	\$9.95	-
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$10.15	-	-	-	-	\$8.95	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	\$9.19	-	\$10.15	-	-	-	-	\$8.95	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$8.75	\$7.97	-	-	-	\$7.95	-
LENTILS (Pre Packaged)	Nature's Pride	400g	-	-	-	\$7.45	\$7.97	-	-	-	\$7.95	-
CURRY POWDER	Chief	85g	\$6.95	\$7.99	\$6.99	\$7.49	\$6.77	\$6.95	\$6.99	\$6.75	\$6.95	\$7.99
WHITE VINEGAR	Mabel	1L	\$6.95	\$6.99	\$6.49	\$6.95	\$6.47	\$6.95	\$6.47	\$6.75	\$6.45	\$7.50
POTATO	-	454g	\$2.99	\$3.18	\$3.18	\$2.60	\$2.97	-	\$2.97	\$3.00	\$2.45	\$3.50
ONION	-	454g	\$2.49	\$3.18	\$3.18	\$2.59	\$2.97	\$2.49	\$2.47	\$4.00	\$2.75	\$3.50
GARLIC	-	454g	\$9.95	-	\$11.95	\$10.50	\$9.97	-	\$19.99	\$13.50	\$8.95	\$15.00
GARLIC	-	250g	\$4.95	\$8.50	\$6.50	\$5.00	-	\$4.45	-	-	-	-
SUGAR (Loose)	Brown	454g	-	-	-	-	-	\$3.95	-	\$4.00	-	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$16.99	\$18.99	-	\$16.95	\$15.47	\$16.99	\$15.97	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$17.99	\$20.24	\$21.75	\$22.25	\$16.97	\$17.99	\$19.99	\$21.50	\$16.95	\$19.99
TABLE SALT (Pre Packaged)	Chief	500g	\$3.75	\$3.93	\$3.69	\$3.50	\$3.27	\$3.75	-	-	-	-
TABLE SALT (Pre Packaged)	Free Flow	800g	\$3.99	-	-	-	-	\$3.99	-	-	-	\$5.00
INFANT FORMULA	SMA	900g	\$182.00	-	\$207.95	\$173.80	\$178.47	\$179.00	\$177.99	-	\$158.95	\$178.45
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$106.00	\$110.00	\$115.00	\$109.95	\$105.97	\$105.00	\$109.99	-	\$102.95	\$109.95
INFANT FORMULA	Klim 1+	800g	\$59.99	\$60.00	\$59.99	\$58.99	\$58.97	\$59.99	\$59.99	\$55.50	\$56.45	\$59.95
INFANT CEREAL	Nestle – Rice	270g	\$19.95	\$19.99	\$20.95	\$19.95	\$18.97	\$19.95	\$19.99	\$21.00	\$19.95	\$19.99

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
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.95	\$22.50	\$22.95	\$22.50	\$21.97	\$22.95	\$22.49	\$23.50	\$21.99	\$21.99
TOILET PAPER	Soft N'Pretty	6pk	\$12.95	\$14.75	\$12.50	\$13.99	\$14.47	\$13.95	\$14.99	-	\$12.95	\$15.95
TOILET SOAP	Refresh	3pk	\$16.99	\$16.50	\$15.49	\$21.30	\$14.47	\$16.99	\$15.49	\$16.00	\$15.95	\$17.99
TOOTHPASTE	Colgate	170g	\$14.95	\$16.50	\$18.50	\$16.85	\$15.97	\$17.99	-	\$15.75	\$14.95	\$15.99
DISHWASHING LIQUID	Squeezy	725ml	\$14.95	\$13.49	\$14.49	-	\$14.97	\$14.95	\$13.99	\$14.50	\$12.95	\$13.95
SOAP POWDER	Breeze Multi Active	900g	\$31.00	\$31.00	\$31.50	\$30.95	\$28.47	\$31.00	\$29.99	\$32.50	\$27.95	\$30.99
SOAP POWDER	Radiante	875g	\$21.99	\$21.00	\$21.99	\$21.50	\$19.47	\$21.99	\$20.99	\$21.95	\$19.95	\$21.50
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$14.50	\$12.95	\$13.95	\$12.47	\$13.99	\$13.49	\$12.99	-	\$13.99
SOAP POWDER	Radiante	400g	\$11.99	\$12.00	\$11.99	\$11.50	\$10.47	\$11.99	\$10.99	\$11.95	-	\$11.50
SARDINES	Brunswick	106g	\$6.99	\$7.99	\$8.99	\$6.00	\$7.47	\$6.99	\$7.49	\$7.50	\$6.95	\$8.99
TUNA (FLAKES IN WATER)	Brunswick	142g	\$5.95	\$5.99	\$6.99	\$7.86	\$5.47	\$5.95	\$5.99	\$5.75	\$5.95	\$7.25
TUNA (FLAKES IN OIL)	Brunswick	142g	\$5.95	\$5.99	\$6.99	\$7.85	\$5.47	\$5.95	\$5.99	\$5.75	\$5.95	\$7.25
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.99	\$4.79	\$4.49	\$4.60	\$4.47	\$4.99	-	\$4.50	-	\$4.99
CORNED BEEF	Target	340g	\$11.95	\$12.99	\$16.95	\$16.65	\$12.97	\$11.95	\$12.99	\$15.00	\$12.95	\$18.99
MILO (Pack)	-	400g	\$27.99	\$38.50	\$34.99	\$37.50	\$30.47	\$27.95	\$36.99	\$34.95	\$33.95	\$35.00
INSTANT CHOCOLATE	Nesquik	500g	\$24.99	\$21.35	\$24.99	\$22.50	\$22.97	\$24.99	\$22.49	\$23.50	\$22.95	\$22.45
OVALTINE (Pack)	-	300g	\$34.95	\$29.30	\$32.99	\$28.60	\$29.47	\$26.95	\$33.99	-	\$34.99	\$35.85
TEA BAGS	Lipton	50 pk	\$19.99	\$20.99	\$23.95	\$22.95	\$18.97	\$19.99	\$22.49	\$21.50	\$22.95	\$22.99
TEA BAGS (GREEN)	Lipton	20 pk	\$24.99	-	\$23.50	\$22.95	\$22.27	\$22.95	\$22.99	-	\$22.95	\$22.99
TEA BAGS (GREEN)	Dilmah	20pk	\$25.95	\$26.10	\$17.38	\$27.35	\$27.97	\$25.95	\$27.99	-	\$22.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	\$31.95	\$33.75	\$33.99	\$31.50	\$32.97	\$31.95	\$31.49	\$32.90	\$34.00	\$31.45
COFFEE (INSTANT)	Colcafe	100g	\$26.99	\$25.79	\$26.99	\$22.60	\$23.97	\$25.95	\$23.99	\$24.50	\$23.99	\$27.75
MAUBY	Matouk's	750ml	\$13.95	\$13.49	-	\$13.20	\$12.97	\$13.99	\$12.99	\$13.50	\$13.50	\$13.50
ORANGE DRINK	Orchard	250ml	\$3.49	\$3.36	\$3.69	\$3.65	\$3.97	\$3.45	\$3.49	\$3.50	\$3.95	\$3.50
ORANGE DRINK	Orchard	1L	\$12.95	\$11.80	\$12.49	\$11.24	\$11.97	\$12.95	\$11.29	\$11.99	\$12.45	\$11.50

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
GRAPEFRUIT DRINK	Orchard	1L	\$12.95	\$11.75	\$12.29	\$11.24	\$11.97	\$12.95	\$11.29	\$11.99	\$11.95	\$11.50
ORANGE JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.00	\$9.99	\$11.95	\$9.97	\$11.95	\$9.99	\$11.99	\$12.95	\$11.99
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$11.99	\$10.95	\$10.95	\$10.95	\$10.97	\$11.99	\$10.99	\$10.90	-	\$10.49
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.00	\$9.99	\$11.95	\$9.97	\$11.95	\$9.99	\$11.99	\$12.95	\$11.99
PEANUT BUTTER	Matouk's	500g	\$19.95	\$19.50	\$17.95	\$17.99	\$17.97	\$19.95	-	\$17.99	\$18.95	\$16.99
VEGETABLE OIL	Richport	900ml	-	-	-	\$17.70	\$16.97	-	-	-	-	\$18.99
SOYA OIL	Eve	900ml	\$17.95	\$18.00	\$17.99	\$16.95	\$14.97	-	-	\$15.50	\$17.99	\$18.00
SOYA OIL	Happi	3.8L	\$49.99	-	-	\$62.95	\$52.97	\$49.99	\$56.29	-	\$52.94	\$61.99
COCONUT OIL	Nariel	900ml	\$37.95	\$33.99	\$33.99	\$38.05	\$37.97	\$37.95	-	\$37.50	\$37.95	-
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$95.95	-	-	-	\$82.97	\$95.95	-	\$98.00	\$85.95	\$98.95
CORN FLAKES (Local)	Sunshine	200g	\$12.95	\$12.99	\$12.99	\$12.99	\$12.47	\$12.95	\$12.99	\$14.50	\$12.95	\$12.95
CORN FLAKES (Local)	Sunshine	18 oz	\$25.95	\$25.99	\$25.99	\$25.99	\$24.97	\$25.95	\$25.99	-	\$24.95	\$25.95
FROSTED FLAKES	Sunshine	284g	\$16.95	-	\$16.99	\$16.99	\$16.47	\$17.99	-	\$17.00	\$17.95	\$16.95
FROSTED FLAKES	Sunshine	20 oz	\$29.99	\$29.99	\$29.99	\$29.99	\$28.97	\$29.99	\$29.99	\$29.50	\$29.95	-
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	\$23.99	-	-	-	-
SOYA CHUNKS	Chatak	230g	-	-	-	-	\$10.47	\$11.99	\$10.69	-	-	-
RED BEANS	MP	440g	\$7.95	\$6.70	\$7.50	\$7.45	\$6.27	\$7.95	\$6.99	\$7.25	\$6.99	\$6.99
BAKED BEANS	MP	440g	\$5.95	\$6.79	\$6.95	\$6.75	\$5.77	\$5.95	\$6.49	\$6.75	\$6.45	\$5.99
GREEN PIGEON PEAS	MP	440g	\$10.95	\$10.75	\$10.95	\$10.95	\$8.97	-	\$9.99	\$10.50	\$10.50	\$9.99
PROCESSED PIGEON PEAS	MP	440g	-	\$8.15	\$8.25	-	\$7.47	\$7.95	\$7.99	\$7.90	-	\$8.00
PEAS AND CARROTS	MP	440g	\$7.95	\$8.09	\$8.50	\$8.40	\$7.47	\$8.49	\$7.49	-	\$7.99	\$7.35
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.95	\$11.00	-	\$10.80	\$10.97	\$10.95	\$10.79	\$9.99	\$10.95	\$10.95
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.95	\$9.00	\$8.79	\$9.00	\$8.97	\$8.95	\$8.99	\$8.90	\$8.96	\$7.50
MUSTARD	Matouk's	240g	\$8.45	-	-	\$7.95	\$7.97	\$8.45	\$7.69	\$7.50	\$7.95	\$7.75
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.99	\$11.79	-	-	\$10.97	\$11.99	\$11.49	\$11.00	\$11.45	\$10.95

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
CHICKEN BREAST (Frozen)	Arawak	pack	-	-	-	\$21.99	-	-	-	-	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	\$22.27	-	-	\$22.99	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	-	\$16.99	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	\$22.99	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	-	-	\$18.00	-	\$25.45	\$17.95	\$12.99	\$17.00	-	\$20.86
BEEF STEW	-	454g	-	\$25.00	\$22.50	\$23.00	\$25.00	-	\$21.99	-	-	\$24.99
PIG TAIL	-	454g	\$17.72	-	-	\$18.99	\$21.81	\$17.73	-	\$18.00	\$16.89	\$17.72
CHICKEN FRANKS	Erin Farm	12pk	\$14.99	\$15.10	\$13.99	\$14.99	\$15.10	\$14.99	\$14.99		\$13.80	\$14.49
SALTED FISH (w/Bone)	-	454g	\$20.00	-	-	-	-	\$26.36	\$19.99	\$27.27	\$25.06	\$22.72
SALTED FISH (Boneless)	-	454g	-	-	\$29.75	-	-	\$29.99	\$31.99	-	\$25.89	-
SMOKED HERRING (w/Bone)	-	454g	-	-	\$17.12	-	-	\$20.00	\$14.99	\$19.54	\$19.74	\$15.00
FRESH BUTTER	Kerrygold	454g	\$41.00	\$44.00	\$43.99	\$42.99	\$44.00	\$41.00	\$44.99	-	\$44.00	\$44.00
CHEDDAR CHEESE	-	454g	\$20.45	\$22.43	\$26.70	\$25.00	\$22.43	\$20.45	\$24.99	\$22.99	\$20.43	\$20.90
COOKING MARGARINE	Golden Ray	227g	\$11.20	\$11.00	\$11.00	\$10.99	\$10.50	\$11.20	\$10.99	\$10.95	\$10.99	\$10.50
COOKING MARGARINE	French Maid	227g	\$7.99	\$7.99	\$7.99	\$7.99	\$7.99	\$7.99	\$8.99	\$7.99	\$7.95	\$7.90
TABLE MARGARINE	Blue Band	227g	\$10.20	\$10.00	\$10.50	\$9.99	\$10.00	\$10.20	\$9.99	\$9.99	\$8.50	\$8.00
TABLE MARGARINE	Flora	445g	\$21.30	\$21.00	\$21.00	\$21.99	\$21.00	\$21.30	\$20.99	\$19.99	\$20.95	\$19.49
EGGS	Large	1 Doz	\$20.39	\$20.99	\$20.75	\$21.99	\$20.99	\$20.99	\$19.99	-	\$22.95	\$19.50
LIQUID MILK (Full Cream)	Nestle	1L	\$10.99	\$11.25	\$10.49	\$10.49	\$11.25	\$10.49	\$11.99	\$11.49	\$10.50	\$10.00
LIQUID MILK (Skimmed)	Svelty	1L	\$11.99	\$11.99	\$11.99	\$11.99	\$11.99	\$11.99	\$11.99	\$11.49	\$11.95	\$12.50

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
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$48.90	\$47.99	\$48.99	\$48.90	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99
POWDERED MILK	Dairy Dairy	225g	\$14.49	-	\$14.49	\$14.99	-	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$55.95	\$55.49	\$55.99	\$55.95	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$29.50	\$29.49	\$29.99	\$29.50	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	-	-	-	-	-	-	-	\$9.50	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$6.00	\$6.25	\$6.00	\$6.29	\$6.25	\$6.00	\$5.99	\$4.99	\$5.95	\$6.00
CONDENSED MILK	Nestle	395g	\$11.10	\$11.50	\$11.25	\$11.99	\$11.35	\$11.10	\$9.99	-	\$11.95	\$11.00
CONDENSED MILK	Eve	395g	\$7.19	\$6.99	\$6.99	\$5.99	\$6.99	\$7.19	\$6.99	-	\$6.95	\$6.00
MACARONI	Swiss	400g	\$5.95	\$5.80	\$5.75	\$5.99	\$5.80	\$5.95	\$5.99	\$5.99	\$5.80	\$5.60
SPAGHETTI	Swiss	400g	\$6.00	\$6.00	\$5.75	\$5.99	\$6.00	\$6.00	\$5.99	\$5.99	\$5.99	\$5.75
BAKING POWDER	Lion	454g	\$9.79	\$9.99	\$9.99	\$9.99	\$9.99	\$9.79	\$9.99	\$9.99	\$9.80	\$10.00
FLOUR	Ibis	2kg	\$13.00	\$12.95	\$11.99	\$12.99	\$12.95	\$13.00	\$11.99	\$10.99	\$12.45	\$12.45
FLOUR	Ibis	10kg	\$61.60	\$62.99	\$55.99	\$58.00	\$62.99	\$61.60	-	-	\$56.95	\$55.00
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	\$19.99	-	\$19.99	\$19.99	-	\$18.99	-	\$21.25	\$18.75
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$21.40	-	-	-	\$21.99	\$21.40	-	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	\$11.10	\$10.99	-	-	\$10.99	\$11.10	-	-	\$11.10	-
OATS	Cook's Mate	226g	-	-	\$3.99	\$3.99	-	\$3.99	\$3.99	\$3.99	\$3.85	\$3.85
YEAST	Fermipan	4x11g	\$6.79	-	\$6.75	-	\$6.49	\$6.79	\$6.99	\$6.49	\$6.85	\$6.25
CORN MEAL	Regal	454g	\$6.74	\$6.51	\$6.50	\$6.99	\$6.51	-	\$6.99	\$6.99	\$6.50	\$6.25
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$12.99	\$12.99	\$13.00	\$13.00
SPLIT PEAS (Loose)	-	454g	-	-	-	\$4.00	-	-	-	-	\$5.75	\$4.00
RED BEANS (Loose)	-	454g	-	-	-	\$7.68	-	-	-	-	\$7.95	\$7.00
D/PIGEON PEAS (Loose)	-	454g	-	-	-	\$9.00	-	-	-	-	\$7.95	\$9.00
CHANNA (Loose)	Large	454g	-	-	-	\$10.00	-	-	-	-	\$8.95	\$10.00
BLACK EYE PEAS (Loose)	-	454g	-	-	-	\$5.00	-	-	-	-	\$6.95	\$8.00
LENTIL (Loose)	-	454g	-	-	-	\$6.00	-	-	-	-	\$5.95	\$7.00

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
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$5.49	-	-	-	\$5.49	\$5.49	-	-	\$5.25	\$7.85
RED BEANS (Pre Packaged)	Nature's Pride	400g	\$9.99	\$10.99	\$8.49	-	\$10.99	\$9.99	-	-	\$10.95	\$9.65
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	\$9.99	-	\$8.99	-	-	\$9.99	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	\$9.19	-	-	-	-	\$9.19	-	-	\$9.20	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	\$9.99	-	-	-	-	\$9.99	-	-	\$8.15	-
LENTILS (Pre Packaged)	Nature's Pride	400g	\$7.79	-	-	-	-	\$7.79	-	-	\$7.50	-
CURRY POWDER	Chief	85g	\$7.99	\$7.49	\$6.99	\$6.99	\$7.49	\$7.99	\$6.99	\$6.99	\$6.99	\$6.90
WHITE VINEGAR	Mabel	1L	\$6.99	-	\$6.75	\$6.99	\$6.49	-	\$6.99	\$7.99	\$6.70	\$6.70
POTATO	-	454g	\$3.18	\$3.88	\$2.50	\$2.50	\$3.89	\$3.18	\$3.00	\$1.99	-	\$3.18
ONION	-	454g	\$3.18	\$3.09	-	\$3.00	\$4.62	\$3.18	\$3.50	\$1.99	\$3.50	\$2.73
GARLIC	-	454g	-	-	\$9.50	\$8.99	-	-	\$9.99	\$10.99	-	\$19.00
GARLIC	-	250g	\$8.50	\$8.00	-	-	\$8.00	\$8.50	\$4.99	-	\$9.95	\$10.00
SUGAR (Loose)	Brown	454g	-	-	-	-	-	-	-	-	-	\$4.00
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$16.99	-	\$15.99	\$15.99	\$15.99	\$16.99	-	\$15.99	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$20.24	-	\$18.99	-	\$20.00	\$20.24	\$21.99	\$21.99	\$20.95	\$18.99
TABLE SALT (Pre Packaged)	Chief	500g	\$3.59	\$3.36	\$3.49	-	\$3.36	\$3.59	\$3.99	-	-	\$3.49
TABLE SALT (Pre Packaged)	Free Flow	800g	-	\$3.93	\$2.99	\$3.50	\$3.93	-	-	-	-	\$3.49
INFANT FORMULA	SMA	900g	\$169.30	\$176.49	-	\$164.99	\$176.49	\$169.30	-	\$164.99	-	\$169.00
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$110.00	\$110.00	\$103.99	-	\$110.00	\$104.00	\$103.99	\$106.99	\$99.95	\$105.00
INFANT FORMULA	Klim 1+	800g	\$59.00	\$61.25	\$59.99	\$55.99	\$61.25	\$60.00	\$57.99	\$58.49	\$58.95	\$56.00
INFANT CEREAL	Nestle – Rice	270g	\$19.99	\$20.25	\$19.99	\$21.99	\$20.25	\$19.99	\$19.99	\$19.99	\$19.99	\$21.75
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.50	\$22.50	\$21.99	\$24.99	\$22.50	\$22.50	\$19.99	\$22.99	\$21.99	\$23.99
TOILET PAPER	Soft N'Pretty	6pk	-	\$14.75	\$14.49	\$14.99	-	\$14.75	-	\$10.99	-	-
TOILET SOAP	Refresh	3pk	\$16.50	\$16.50	\$15.25	\$16.49	\$16.50	\$16.50	\$15.99	\$15.99	\$13.95	\$14.25
TOOTHPASTE	Colgate	170g	\$16.50	\$16.75	\$16.75	\$17.99	\$16.53	\$18.00	\$14.99	\$16.99	\$15.99	\$16.55

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
DISHWASHING LIQUID	Squeezy	725ml	\$13.49	\$15.00	\$14.99	\$14.99	\$15.00	\$13.49	-	-	\$14.95	\$13.45
SOAP POWDER	Breeze Multi Active	900g	\$31.00	\$31.25	\$30.99	\$30.99	\$31.25	\$31.00	\$29.99	\$31.49	\$30.99	\$28.49
SOAP POWDER	Radiante	875g	\$21.00	\$21.50	\$21.49	\$21.49	\$21.50	\$21.00	\$21.99	\$21.49	\$21.50	\$21.49
SOAP POWDER	Breeze Multi Active	375g	\$14.50	-	-	\$13.99	-	\$14.50	-	\$13.99	\$13.99	\$13.85
SOAP POWDER	Radiante	400g	\$12.00	-	-	-	-	\$12.00	\$11.99	-	\$11.50	\$11.55
SARDINES	Brunswick	106g	\$7.99	\$8.49	\$7.75	\$7.49	\$8.49	\$7.99	\$6.99	\$6.99	\$8.50	\$8.40
TUNA (FLAKES IN WATER)	Brunswick	142g	\$5.99	\$6.99	\$6.99	\$7.99	\$6.99	\$5.99	\$7.99	\$7.99	\$7.85	\$6.15
TUNA (FLAKES IN OIL)	Brunswick	142g	\$5.99	\$6.99	\$6.99	\$7.99	\$6.99	\$5.99	\$7.99	\$7.99	\$8.99	\$6.15
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.79	-	\$4.99	\$4.99	\$4.99	\$4.79	\$4.99	\$4.75	\$4.75	\$4.99
CORNE BEEF	Target	340g	\$12.99	\$16.00	\$14.99	\$16.99	\$13.00	\$14.79	\$14.99	\$12.99	\$16.65	\$14.50
MILO (Pack)	-	400g	\$38.50	\$39.75	\$39.75	\$34.99	\$39.75	\$38.50	\$29.99	\$33.99	\$37.50	\$30.00
INSTANT CHOCOLATE	Nesquik	500g	\$21.35	\$23.50	\$23.75	-	\$23.50	\$21.35	-	\$23.99	\$23.75	\$23.75
OVALTINE (Pack)	-	300g	\$34.95	\$35.00	\$34.99	\$32.99	\$35.00	\$34.25	\$33.99	\$34.99	-	\$34.95
TEA BAGS	Lipton	50 pk	\$20.99	\$23.00	\$23.25	\$22.99	\$23.00	\$20.99	\$23.99	\$20.99	\$22.99	\$19.25
TEA BAGS (GREEN)	Lipton	20 pk	\$21.99	\$23.00	\$22.99	\$23.99	\$23.00	\$24.50	\$23.99	\$22.99	\$22.99	\$20.50
TEA BAGS (GREEN)	Dilmah	20pk	\$26.10	-	\$28.75	\$28.99	-	\$26.10	-	\$28.99	\$22.95	\$24.50
COFFEE (INSTANT)	Nestle	100g	-	\$33.00	\$31.49	\$34.99	\$33.00	\$33.75	\$32.99	\$29.99	\$31.50	\$31.85
COFFEE (INSTANT)	Colcafe	100g	\$25.79	\$28.75	\$24.99	\$27.99	\$25.65	\$25.79	\$23.99	\$24.99	\$24.99	\$25.00
MAUBY	Matouk's	750ml	\$13.49	-	\$13.25	\$12.99	\$13.49	\$13.49	\$12.99	\$13.49	\$13.75	\$13.20
ORANGE DRINK	Orchard	250ml	\$3.36	\$3.70	\$3.49	\$3.75	\$3.70	\$3.36	-	\$3.99	\$3.35	\$4.00
ORANGE DRINK	Orchard	1L	\$11.80	\$12.75	\$11.75	\$12.99	\$12.00	\$11.24	\$11.99	\$12.95	\$11.75	\$12.15
GRAPEFRUIT DRINK	Orchard	1L	\$11.80	\$12.75	\$11.75	\$12.99	\$12.00	\$11.24	\$11.99	\$12.49	\$11.75	\$12.15
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.00	\$11.00	\$11.99	\$11.99	\$11.00	\$11.00	\$11.99	\$11.99	\$11.95	\$12.00
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$10.95	\$10.49	\$10.99	\$10.99	\$10.50	\$10.95	\$11.99	\$10.99	\$10.99	\$11.00
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.00	\$11.00	\$11.99	\$11.99	\$11.00	\$11.00	\$11.99	\$11.99	\$11.95	\$12.00
PEANUT BUTTER	Matouk's	500g	\$19.50	-	\$19.49	\$17.99	\$19.99	\$19.50	\$17.99	\$19.49	\$18.50	-

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
VEGETABLE OIL	Richport	900ml	-	-	\$17.99	\$16.99	-	-	-	-	-	-
SOYA OIL	Eve	900ml	\$18.00	-	\$17.99	-	\$17.99	\$18.00	-	-	-	\$15.60
SOYA OIL	Happi	3.8L	-	-	\$48.49	\$48.99	-	-	\$54.99	\$55.99	\$61.95	\$56.25
COCONUT OIL	Nariel	900ml	\$33.99	\$34.99	-	\$34.99	-	-	\$36.99	\$37.99	\$37.50	\$38.00
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$95.50	-	\$89.99	\$85.99	-	\$95.50	-	-	\$79.10	\$73.25
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$12.99	-	-	\$12.99	\$12.99	\$12.99	\$12.99	\$12.95	\$13.00
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$25.99	-	-	\$25.99	\$25.99	\$25.99	\$25.99	\$25.95	\$26.00
FROSTED FLAKES	Sunshine	284g	\$16.99	\$16.99	-	-	\$16.99	-	\$16.99	\$16.99	\$16.95	\$17.00
FROSTED FLAKES	Sunshine	20 oz	\$29.99	\$29.99	-	-	\$29.99	-	\$27.99	\$29.99	\$29.95	\$30.00
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	-	-	-	-
SOYA CHUNKS	Chatak	230g	-	-	\$10.99	-	-	-	\$11.99	\$10.99	\$10.85	-
RED BEANS	MP	440g	\$7.50	-	\$6.99	\$6.49	\$7.25	\$6.70	\$6.99	-	\$7.30	\$7.20
BAKED BEANS	MP	440g	\$6.79	-	\$6.49	\$5.99	\$6.49	-	\$6.99	-	\$6.75	\$6.10
GREEN PIGEON PEAS	MP	440g	\$10.75	-	-	\$9.99	\$11.00	\$10.75	\$11.99	-	\$10.70	\$10.70
PROCESSED PIGEON PEAS	MP	440g	\$8.15	-	\$7.75	-	\$8.15	\$8.15	-	-	-	-
PEAS AND CARROTS	MP	440g	\$8.09	-	-	\$7.99	\$7.99	\$8.09	\$7.99	-	\$8.20	\$8.10
TOMATO KETCHUP (Bottled)	Matouk's	750ml	-	-	\$10.99	\$10.99	\$10.99	\$11.00	\$11.99	\$10.49	\$11.25	\$11.25
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$9.00	\$8.99	\$8.75	\$8.99	\$8.99	\$9.00	\$8.99	\$8.99	-	\$9.00
MUSTARD	Matouk's	240g	-	-	\$7.75	\$8.99	-	-	-	\$7.99	\$7.95	\$8.00
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.89	-	-	\$11.99	-	-	\$11.99	\$11.49	\$11.50	-

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
CHICKEN BREAST (Frozen)	Arawak	pack	\$20.00	-	-	-	-	-	-	-	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	\$20.95	-	-	-	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	\$16.00	-	-	-	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	\$21.95	-	-	-	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	\$18.00	\$19.54	-	-	\$11.99	\$15.00	-	-	\$24.00	\$25.45
BEEF STEW	-	454g	\$24.00	\$23.18	-	-	\$21.99	\$22.00	\$19.95	-	\$23.00	\$24.48
PIG TAIL	-	454g	\$19.00	\$18.63	\$20.45	\$18.18	\$16.99	\$18.99	-	\$18.18	\$18.00	\$21.81
CHICKEN FRANKS	Erin Farm	12pk	\$13.99	-	-	\$12.95	\$16.99	\$11.99	\$14.35	\$13.75	\$14.00	\$15.10
SALTED FISH (w/Bone)	-	454g	-	\$25.90	-	\$27.27	\$24.99	\$27.27	\$19.95	-	\$24.55	-
SALTED FISH (Boneless)	-	454g	-	-	-	-	\$34.99	-	\$29.95	-	-	-
SMOKED HERRING (w/Bone)	-	454g	-	-	\$17.27	\$19.54	\$14.99	\$19.50	\$12.95	\$17.73	-	-
FRESH BUTTER	Kerrygold	454g	\$43.99	-	\$43.99	\$42.99	\$43.99	\$43.99	\$45.75	\$42.25	\$44.49	\$44.00
CHEDDAR CHEESE	-	454g	\$22.72	\$23.18	\$23.18	\$22.99	\$21.99	\$22.99	\$20.95	\$26.03	\$24.55	\$22.43
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$10.99	\$10.95	\$10.95	\$11.99	\$10.95	\$10.89	\$10.50	\$11.00	\$11.00
COOKING MARGARINE	French Maid	227g	\$7.99	\$8.99	-	-	\$9.99	\$7.99	\$7.99	\$7.99	\$8.00	\$7.99
TABLE MARGARINE	Blue Band	227g	\$8.49	\$7.99	\$10.50	\$9.99	\$9.99	\$8.99	\$10.35	\$8.75	\$10.00	\$10.00
TABLE MARGARINE	Flora	445g	\$19.49	\$19.99	-	-	\$19.99	\$21.95	\$19.99	\$19.75	\$21.00	\$21.00
EGGS	Large	1 Doz	\$18.99	\$21.00	\$22.95	\$20.99	\$19.99	\$21.99	\$18.95	\$18.75	\$17.00	\$20.99
LIQUID MILK (Full Cream)	Nestle	1L	\$11.99	\$12.00	\$12.50	\$11.49	\$11.99	\$10.99	\$10.95	\$10.95	-	\$11.25
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$13.00	\$12.95	\$11.49	\$11.99	\$11.49	\$11.99	\$11.49	\$11.49	\$11.99

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	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$48.00	\$48.90
POWDERED MILK	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.99	\$14.49	\$14.49	\$14.49	\$14.50	-
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$55.99	\$54.99	\$55.00	\$55.95
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$29.00	\$29.50
EVAPORATED MILK (Tin)	Carnation	410g	-	-	-	\$9.99	-	-	-	-	-	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.50	\$5.49	\$6.80	\$4.99	\$5.99	\$5.49	\$4.95	\$5.99	\$5.75	\$6.25
CONDENSED MILK	Nestle	395g	\$10.50	\$10.99	\$11.95	\$10.49	\$11.49	\$10.50	\$10.95	\$11.25	\$11.95	\$11.35
CONDENSED MILK	Eve	395g	\$5.99	\$6.00	\$6.25	\$5.99	-	\$5.99	\$5.95	\$5.99	-	\$6.99
MACARONI	Swiss	400g	\$5.99	\$5.49	-	\$5.99	\$5.99	\$5.99	\$5.75	\$5.75	\$5.75	\$5.80
SPAGHETTI	Swiss	400g	\$5.99	\$5.49	-	-	\$5.99	\$5.99	\$5.95	\$5.95	\$5.50	\$6.00
BAKING POWDER	Lion	454g	\$9.99	\$10.00	\$10.00	\$9.99	\$4.99	\$9.99	\$9.45	\$9.75	\$9.99	\$9.99
FLOUR	Ibis	2kg	\$12.99	\$13.00	\$13.95	\$10.00	\$11.99	\$10.99	\$12.45	\$12.49	\$12.49	\$12.95
FLOUR	Ibis	10kg	\$61.99	\$62.99	-	-	\$59.99	\$54.99	\$59.95	\$62.50	\$61.49	\$62.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-	-	\$18.99	-	\$18.99	-	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$21.49	\$22.00	-	-	-	-	-	-	-	\$21.99
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	\$10.99	\$11.00	-	-	-	-	-	-	-	\$10.99
OATS	Cook's Mate	226g	\$3.99	\$4.00	\$3.95	\$3.99	-	\$3.99	\$3.95	-	\$4.00	-
YEAST	Fermipan	4x11g	\$6.99	\$6.60	-	\$6.49	\$6.99	\$6.49	\$6.55	\$6.50	\$5.99	\$6.49
CORN MEAL	Regal	454g	-	\$6.50	-	\$6.49	\$6.99	\$6.49	-	\$6.25	\$6.25	\$6.51
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$13.00	\$12.99	\$12.99	\$12.99	\$13.00	\$13.00	\$13.00	\$13.00
SPLIT PEAS (Loose)	-	454g	-	\$3.99	\$4.95	\$3.99	-	\$3.99	\$3.99	\$3.95	-	-
RED BEANS (Loose)	-	454g	-	\$7.00	\$7.95	\$7.00	-	\$6.99	\$6.99	\$7.75	-	-
D/PIGEON PEAS (Loose)	-	454g	-	\$8.50	-	\$5.50	-	\$8.99	\$5.99	\$8.99	-	-
CHANNA (Loose)	Large	454g	-	\$6.50	\$7.95	\$9.99	-	-	\$10.95	\$10.25	-	-
BLACK EYE PEAS (Loose)	-	454g	-	\$7.00	\$5.95	-	-	\$5.49	\$5.99	\$6.75	-	-
LENTIL (Loose)	-	454g	-	\$6.99	\$5.95	\$5.99	-	\$5.99	\$6.99	\$6.95	-	-

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
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$4.99	\$4.75	-	-	-	-	-	-	\$4.99	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	\$9.99	\$10.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	\$9.49	-	-	-	-	-	-	-	\$8.99	-
CHANNA (Pre Packaged)	Nature's Pride	400g	\$8.99	\$8.99	-	-	-	-	-	-	\$9.49	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	\$7.99	\$7.50	-	-	-	-	-	-	\$7.99	-
LENTILS (Pre Packaged)	Nature's Pride	400g	\$7.99	\$6.99	-	-	-	-	-	-	\$7.49	\$9.25
CURRY POWDER	Chief	85g	\$6.99	\$7.50	\$7.00	\$6.99	\$7.99	\$6.99	\$6.95	\$6.99	\$6.99	\$7.49
WHITE VINEGAR	Mabel	1L	-	\$7.29	\$6.99	\$7.99	\$6.99	\$7.99	\$6.69	\$6.75	\$5.99	\$6.49
POTATO	-	454g	\$2.72	\$2.50	\$3.18	\$2.50	\$3.50	\$2.50	\$1.95	\$2.48	\$3.00	\$3.88
ONION	-	454g	\$2.27	\$3.00	\$3.18	\$1.99	\$2.99	\$1.99	\$2.99	\$2.86	\$2.50	\$4.62
GARLIC	-	454g	-	-	\$15.00	\$10.00	\$9.99	\$9.00	\$9.95	\$16.59	-	-
GARLIC	-	250g	\$10.00	\$8.00	\$7.95	\$6.00	\$5.99	\$5.00	\$6.95	-	\$9.50	\$8.00
SUGAR (Loose)	Brown	454g	\$4.95	-	-	\$3.99	-	-	-	-	-	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$21.99	\$18.00	-	-	-	-	\$15.50	\$15.50	-	-
SUGAR (Granulated)	Sweet Cane	1800g	-	\$21.95	-	-	\$21.99	\$21.49	\$20.95	\$21.95	\$21.95	\$20.00
TABLE SALT (Pre Packaged)	Chief	500g	-	-	-	\$3.50	\$3.99	\$3.50	\$3.49	\$3.50	\$3.49	\$3.36
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-	-	\$3.50	-	\$3.50	\$3.65	-	-	\$3.93
INFANT FORMULA	SMA	900g	-	-	\$171.99	\$164.99	\$162.99	\$164.99	-	-	\$178.50	\$176.49
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$110.00	-	\$104.99	\$106.99	\$103.99	\$106.99	\$102.99	\$105.99	\$100.00	-
INFANT FORMULA	KLIM 1+	800g	\$58.99	\$59.00	-	\$58.49	\$56.99	\$58.49	\$58.99	\$59.99	\$54.99	\$61.25
INFANT CEREAL	Nestle – Rice	270g	\$21.99	\$20.99	\$21.95	\$19.99	\$19.99	\$19.99	\$20.99	\$19.99	\$21.50	\$20.25
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.99	\$23.00	\$24.95	\$21.99	\$19.99	\$21.99	\$22.95	\$22.50	\$23.75	-
TOILET PAPER	Soft N'Pretty	6pk	\$15.99	-	-	\$10.99	\$15.99	\$10.99	-	-	-	\$14.75
TOILET SOAP	Refresh	3pk	\$15.50	-	-	\$15.99	\$14.99	\$14.99	\$13.49	\$16.25	\$15.00	\$16.50
TOOTHPASTE	Colgate	170g	-	-	\$17.95	-	\$14.99	-	\$14.95	\$15.50	\$15.00	\$16.75
DISHWASHING LIQUID	Squeezy	725ml	\$13.99	\$15.00	-	-	-	\$14.99	\$13.49	\$14.50	\$15.00	\$15.00

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
SOAP POWDER	Breeze Multi Active	900g	\$30.99	\$32.00	-	\$28.99	\$29.99	\$31.49	\$27.99	\$29.50	\$31.00	\$31.25
SOAP POWDER	Radiante	875g	\$21.49	\$22.00	-	\$21.50	\$21.99	\$21.49	\$19.79	\$21.50	\$21.50	\$21.50
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$14.50	-	\$13.99	\$12.99	\$13.99	\$12.79	\$13.50	\$14.00	-
SOAP POWDER	Radiante	400g	\$11.49	\$11.95	-	\$11.49	\$11.99	\$11.49	-	\$11.75	\$11.50	-
SARDINES	Brunswick	106g	\$8.49	\$8.50	\$7.95	\$6.99	\$7.99	\$6.99	\$8.99	\$8.99	\$7.95	\$8.49
TUNA (FLAKES IN WATER)	Brunswick	142g	\$7.99	-	-	\$7.99	\$7.99	\$7.99	\$7.99	\$6.50	\$6.95	\$6.99
TUNA (FLAKES IN OIL)	Brunswick	142g	\$7.99	-	-	\$7.99	\$7.99	\$7.99	\$7.99	\$6.50	\$6.95	\$6.99
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	-	-	-	\$4.75	\$4.99	\$4.99	\$4.29	\$4.75	\$4.95	\$4.99
CORNERED BEEF	Target	340g	\$15.49	-	\$16.99	\$12.99	\$15.99	\$11.99	\$15.49	\$14.50	\$14.95	\$16.00
MILO (Pack)	-	400g	-	\$39.95	-	\$33.99	\$29.99	\$29.99	\$33.95	\$37.50	\$39.75	\$39.75
INSTANT CHOCOLATE	Nesquik	500g	\$23.99	\$24.95	\$23.95	\$23.99	\$21.99	\$20.00	\$23.79	\$22.50	\$23.00	\$23.50
OVALTINE (Pack)	-	300g	\$32.99	\$33.00	-	\$28.99	\$33.99	\$34.99	\$34.95	\$31.99	\$33.00	\$35.00
TEA BAGS	Lipton	50 pk	\$22.99	\$24.95	-	\$18.99	\$19.99	\$20.99	\$23.95	\$22.50	\$23.00	\$23.00
TEA BAGS (GREEN)	Lipton	20 pk	\$24.99	\$24.50	-	-	\$23.00	\$22.99	\$23.50	\$24.25	\$23.50	\$23.00
TEA BAGS (GREEN)	Dilmah	20pk	-	\$29.95	-	-	\$27.99	\$28.99	\$22.99	\$28.75	\$23.75	-
COFFEE (INSTANT)	Nestle	100g	-	\$35.00	-	\$29.99	\$29.99	\$29.99	\$33.95	\$31.50	\$31.50	\$33.00
COFFEE (INSTANT)	Colcafe	100g	\$27.99	\$25.00	-	\$27.99	\$25.99	\$24.99	\$24.95	\$22.99	\$25.00	\$25.65
MAUBY	Matouk's	750ml	\$13.99	-	-	\$13.49	\$12.99	\$13.49	\$13.49	\$13.50	\$13.50	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.75	\$3.75	\$4.00	\$3.99	\$3.99	\$3.99	\$3.69	\$3.50	\$3.50	\$3.70
ORANGE DRINK	Orchard	1L	\$11.99	\$12.50	-	\$12.95	\$11.99	\$12.95	\$12.50	\$11.75	\$12.75	\$12.75
GRAPEFRUIT DRINK	Orchard	1L	\$11.99	\$12.50	-	\$12.49	\$11.99	\$11.99	-	-	\$12.75	\$12.75
ORANGE JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.99	\$11.95	\$11.49	\$11.99	\$11.49	\$11.99	\$11.50	\$12.00	\$11.00
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$10.49	\$9.99	\$10.99	\$10.99	\$9.99	\$10.99	\$10.95	\$10.99	\$11.00	\$10.50

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
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.99	\$11.95	\$11.99	\$11.99	\$11.49	\$11.99	\$10.25	\$12.00	\$11.00
PEANUT BUTTER	Matouk's	500g	\$19.99	-	-	-	\$17.99	\$19.49	\$19.49	\$18.50	\$18.00	\$18.95
VEGETABLE OIL	Richport	900ml	\$15.99	-	-	-	-	-	-	-	-	-
SOYA OIL	Eve	900ml	\$17.49	-	-	-	-	-	-	-	-	\$17.99
SOYA OIL	Happi	3.8L	-	-	-	-	\$55.99	\$47.95	\$56.99	-	\$54.95	\$63.75
COCONUT OIL	Nariel	900ml	\$34.99	-	-	\$33.99	\$34.99	\$33.99	-	\$34.95	\$38.95	\$34.00
OLIVE OIL (Extra Virgin)	James Plagniol	1L	-	-	\$99.99	-	\$89.99	\$72.99	-	-	-	-
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$13.00	\$12.99	\$12.99	\$13.99	\$12.99	\$12.95	\$12.99	\$13.00	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$26.00	\$25.99	-	\$23.99	\$25.99	-	\$25.99	\$26.00	\$25.99
FROSTED FLAKES	Sunshine	284g	\$16.99	-	-	\$16.99	\$16.99	\$16.99	-	\$16.99	\$16.99	\$16.99
FROSTED FLAKES	Sunshine	20 oz	\$29.99	\$29.95	-	-	\$29.99	\$29.99	\$29.99	-	\$30.00	-
SOYA CHUNKS	Natural Delights	454g	-	\$23.00	-	-	-	-	-	-	-	-
SOYA CHUNKS	Chatak	230g	-	-	-	\$10.99	\$11.99	-	-	-	-	-
RED BEANS	MP	440g	\$7.49	-	-	\$7.49	\$6.99	\$7.49	\$7.50	-	\$6.50	\$7.25
BAKED BEANS	MP	440g	-	-	-	-	\$6.99	\$6.99	\$6.95	-	\$5.99	-
GREEN PIGEON PEAS	MP	440g	\$10.49	-	-	\$10.49	\$8.99	\$10.49	\$10.69	-	-	-
PROCESSED PIGEON PEAS	MP	440g	\$7.99	-	-	-	-	-	-	-	\$7.95	-
PEAS AND CARROTS	MP	440g	\$7.99	-	-	\$8.50	\$7.99	\$8.50	\$7.49	-	\$7.75	\$8.00
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.49	\$11.99	-	\$10.49	\$11.99	\$10.49	\$10.29	\$10.50	\$11.50	\$10.99
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.99	\$9.00	-	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$9.00	\$8.99
MUSTARD	Matouk's	240g	-	-	-	-	\$7.99	\$7.99	\$7.69	\$7.99	\$8.00	\$8.25
MAYONNAISE (Bottled)	Matouk's	340ml	-	-	-	-	\$11.99	\$11.49	-	-	-	-

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
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	-	\$15.45	-	-	\$25.45	\$20.95	\$26.00	\$13.18	-
BEEF STEW	-	454g	-	\$22.27	-	\$23.95	\$25.00	\$24.95	\$25.00	\$19.09	-
PIG TAIL	-	454g	\$22.72	\$18.63	-	\$14.95	-	\$16.95	\$18.00	\$15.45	\$17.72
CHICKEN FRANKS	Erin Farm	12pk	\$13.00	\$10.75	\$13.50	-	\$15.10	\$13.99	-	-	-
SALTED FISH (w/Bone)	-	454g	\$27.27	\$25.45	-	\$23.95	-	\$25.95	\$25.00	\$24.00	\$26.36
SALTED FISH (Boneless)	-	454g	-	-	-	-	-	-	\$28.00	\$30.90	\$38.63
SMOKED HERRING (w/Bone)	-	454g	\$21.82	\$15.91	-	\$17.95	-	\$16.50	\$16.00	\$13.63	-
FRESH BUTTER	Kerrygold	454g	-	\$43.99	-	-	\$44.00	\$42.95	\$46.00	\$31.49	\$46.49
CHEDDAR CHEESE	-	454g	-	\$26.82	\$24.99	\$26.95	\$22.43	\$24.95	\$29.01	\$22.72	\$20.45
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$11.00	\$9.75	\$9.95	\$10.50	\$10.75	\$10.95	\$10.99	\$11.20
COOKING MARGARINE	French Maid	227g	\$9.00	\$7.99	\$7.99	\$7.95	\$7.99	\$7.75	-	\$7.99	\$7.99
TABLE MARGARINE	Blue Band	227g	\$8.99	\$10.00	\$10.00	\$8.95	\$10.00	\$7.95	\$9.00	\$8.00	\$10.20
TABLE MARGARINE	Flora	445g	\$20.00	\$21.00	-	\$17.95	\$21.00	\$18.99	-	\$19.99	\$21.30
EGGS	Large	1 Doz	\$22.00	\$21.00	\$18.99	\$19.95	\$20.50	\$21.00	\$25.00	\$17.99	\$20.39
LIQUID MILK (Full Cream)	Nestle	1L	\$12.00	\$11.50	\$10.99	\$10.95	\$11.25	\$10.99	\$12.00	\$11.00	\$10.99
LIQUID MILK (Skimmed)	Svelty	1L	\$12.00	\$12.00	\$11.99	\$11.95	\$11.50	\$11.99	\$15.00	\$11.49	\$11.99

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
POWDERED MILK	Dairy Dairy	800g	\$47.95	\$48.00	\$47.99	\$48.95	\$48.90	\$47.99	\$47.95	\$47.99	\$47.99
POWDERED MILK	Dairy Dairy	225g	\$14.50	\$14.50	\$14.49	\$15.00	-	\$14.49	-	\$14.49	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.95	\$55.00	\$54.99	\$55.95	\$55.95	\$54.99	\$58.00	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.95	\$29.00	\$28.99	\$29.95	\$29.50	\$28.99	\$26.95	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	-	-	-	-	-	-	-	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$6.50	\$6.25	\$6.00	\$5.99	\$6.25	\$5.99	\$5.50	\$5.50	\$6.00
CONDENSED MILK	Nestle	395g	\$11.00	\$11.05	\$11.00	\$11.95	\$11.35	\$11.00	\$12.00	\$9.49	\$11.10
CONDENSED MILK	Eve	395g	\$7.00	\$7.00	\$6.50	\$5.50	\$6.99	\$6.25	\$7.25	\$6.99	\$7.19
MACARONI	Swiss	400g	\$6.00	\$5.79	\$6.00	\$5.95	\$5.80	\$5.45	\$5.50	\$5.50	\$5.95
SPAGHETTI	Swiss	400g	\$6.00	\$5.99	-	\$5.95	\$6.00	\$5.65	-	\$5.75	\$6.00
BAKING POWDER	Lion	454g	\$10.00	\$8.99	\$9.99	\$9.95	\$9.99	\$9.40	\$10.95	\$9.49	\$9.79
FLOUR	Ibis	2kg	-	\$13.00	\$13.50	\$12.95	\$12.95	\$12.50	\$13.95	\$12.99	\$13.00
FLOUR	Ibis	10kg	\$65.00	\$63.00	-	\$59.99	\$62.99	\$62.00	\$65.00	-	\$61.60
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$20.00	\$20.00	\$21.50	-	-	-	-	-	\$21.79
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	-	\$22.00	-	-	\$21.99	\$20.75	-	\$20.99	\$21.40
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	-	\$11.00	-	-	\$10.99	\$10.50	\$12.00	\$10.99	\$11.10
OATS	Cook's Mate	226g	\$4.50	\$3.99	\$4.00	\$3.95	-	\$3.65	-	\$4.00	\$3.99
YEAST	Fermipan	4x11g	\$6.50	\$6.65	-	\$6.95	\$6.49	\$6.25	\$7.50	\$6.25	\$6.79
CORN MEAL	Regal	454g	\$7.00	\$7.00	\$6.50	-	\$6.51	-	-	\$5.49	\$6.74
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$12.99	\$13.00	\$13.00	\$12.50	\$13.00	\$13.00	\$13.00
SPLIT PEAS (Loose)	-	454g	\$6.00	\$4.21	-	\$3.99	-	\$3.85	\$5.00	\$3.64	-
RED BEANS (Loose)	-	454g	\$8.00	\$9.21	-	\$8.99	-	\$8.75	\$10.00	\$7.73	-
D/PIGEON PEAS (Loose)	-	454g	\$7.00	\$10.23	-	\$6.99	-	\$8.95	\$12.95	\$7.73	-
CHANNA (Loose)	Large	454g	\$10.00	\$10.45	-	\$9.99	-	\$10.00	\$12.95	\$6.36	-
BLACK EYE PEAS (Loose)	-	454g	\$8.00	\$6.59	-	\$5.99	-	\$6.00	\$8.00	\$6.13	-
LENTIL (Loose)	-	454g	\$8.00	\$7.73	-	\$7.99	-	\$5.95	\$8.50	\$7.27	-

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
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	\$5.49	\$5.75	-	-	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	\$9.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	\$9.99
LENTILS (Pre Packaged)	Nature's Pride	400g	-	-	\$8.00	-	\$9.25	\$7.75	-	\$8.00	\$7.79
CURRY POWDER	Chief	85g	\$7.00	\$7.00	\$7.25	\$7.95	\$7.49	\$6.99	\$6.40	\$6.99	\$6.99
WHITE VINEGAR	Mabel	1L	\$7.00	\$6.04	\$7.00	\$6.95	\$6.49	\$6.50	\$6.95	\$5.99	\$6.99
POTATO	-	454g	\$3.87	\$2.27	\$2.95	\$3.00	\$3.89	\$3.50	\$3.50	\$2.99	\$3.17
ONION	-	454g	\$3.87	\$2.96	\$1.50	\$1.99	\$3.09	\$4.00	\$3.50	\$3.00	\$3.17
GARLIC	-	454g	\$18.00	\$18.19	\$10.00	\$14.95	-	-	\$24.00	\$16.50	-
GARLIC	-	250g	\$10.00	\$9.00	\$5.00	-	\$11.45	\$10.00	-	\$8.25	\$8.50
SUGAR (Loose)	Brown	454g	\$4.00	\$3.86	-	\$3.99	-	\$3.50	\$3.60	\$3.50	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	-	\$18.75	-	\$15.95	\$15.99	-	-	\$16.00	-
SUGAR (Granulated)	Sweet Cane	1800g	\$21.50	-	\$22.50	\$18.95	\$20.00	\$19.95	-	\$21.75	\$20.24
TABLE SALT (Pre Packaged)	Chief	500g	-	\$3.49	\$3.50	\$3.95	\$3.36	-	\$3.40	\$3.49	\$3.59
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-	\$3.75	\$3.95	\$3.93	-	-	-	-
INFANT FORMULA	SMA	900g	-	\$181.99	\$186.00	-	\$176.49	\$173.95	-	\$178.00	-
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	-	\$113.00	\$110.50	\$109.95	\$110.00	\$109.95	-	\$99.99	\$110.00
INFANT FORMULA	Klim 1+	800g	\$60.00	-	-	\$56.95	\$61.25	\$59.95	\$59.00	\$58.99	\$60.00
INFANT CEREAL	Nestle – Rice	270g	\$20.00	\$20.00	\$20.99	\$19.95	\$20.25	\$19.99	-	-	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.00	\$22.50	\$22.99	\$20.95	\$21.99	\$22.99	\$22.00	\$19.99	\$22.50
TOILET PAPER	Soft N'Pretty	6pk	\$14.99	\$14.50	\$15.75	-	\$14.75	-	-	\$15.49	\$14.75
TOILET SOAP	Refresh	3pk	\$17.00	\$16.50	\$16.50	\$14.95	\$16.50	\$15.75	\$18.00	\$14.49	\$16.50
TOOTHPASTE	Colgate	170g	\$17.00	\$16.95	\$15.50	\$14.95	\$16.53	\$16.75	\$16.50	\$18.49	-

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
DISHWASHING LIQUID	Squeezy	725ml	\$11.99	\$13.99	\$15.75	\$14.95	\$15.00	\$14.45	\$15.00	\$15.00	-
SOAP POWDER	Breeze Multi Active	900g	\$31.00	\$31.00	\$33.50	\$30.95	\$31.25	\$30.95	\$33.00	\$31.00	\$31.00
SOAP POWDER	Radiante	875g	\$22.00	\$21.49	\$23.00	\$21.49	\$21.50	\$20.95	\$22.50	\$21.25	\$21.00
SOAP POWDER	Breeze Multi Active	375g	\$14.00	\$14.00	\$15.00	\$13.95	-	\$13.75	\$14.00	\$11.99	\$14.50
SOAP POWDER	Radiante	400g	\$12.00	\$11.49	-	-	-	\$11.50	\$11.75	\$9.99	\$12.00
SARDINES	Brunswick	106g	\$8.00	\$9.00	\$9.50	\$8.95	\$8.49	\$8.25	\$9.50	\$9.00	\$7.99
TUNA (FLAKES IN WATER)	Brunswick	142g	\$7.00	-	\$8.25	\$6.95	\$6.99	\$6.75	\$7.00	\$6.75	\$6.96
TUNA (FLAKES IN OIL)	Brunswick	142g	\$7.00	\$6.00	\$8.25	-	\$6.99	\$6.75	\$7.00	\$6.75	\$6.96
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.99	\$4.49	\$4.50	\$3.95	\$4.99	\$4.45	-	\$4.75	\$4.79
CORNED BEEF	Target	340g	\$15.00	\$15.00	\$17.25	\$16.95	\$13.00	\$12.99	\$15.95	\$14.99	\$12.99
MILO (Pack)	-	400g	\$38.00	\$37.50	\$37.50	\$39.95	\$39.75	\$37.95	\$37.50	\$33.75	\$38.50
INSTANT CHOCOLATE	Nesquik	500g	\$24.00	\$22.99	\$23.25	\$23.95	\$23.50	\$22.95	\$22.50	\$22.49	\$24.00
OVALTINE (Pack)	-	300g	\$35.75	\$30.00	\$32.50	\$32.95	\$35.00	\$29.95	\$34.85	\$29.25	\$34.25
TEA BAGS	Lipton	50 pk	\$23.00	\$22.99	\$25.00	\$22.95	\$23.00	\$20.99	-	\$23.00	\$20.99
TEA BAGS (GREEN)	Lipton	20 pk	\$23.00	\$22.99	\$22.50	\$23.95	\$23.00	\$23.95	-	\$23.50	\$21.99
TEA BAGS (GREEN)	Dilmah	20pk	\$23.00	\$29.25	\$21.00	\$22.95	-	\$27.75	\$23.00	-	\$30.70
COFFEE (INSTANT)	Nestle	100g	\$32.00	\$32.85	\$35.50	\$34.95	\$33.00	\$31.95	\$31.50	\$31.49	-
COFFEE (INSTANT)	Colcafe	100g	\$25.00	\$25.40	\$23.99	\$27.95	\$28.75	\$23.99	-	\$25.00	-
MAUBY	Matouk's	750ml	\$13.95	\$13.25	\$14.00	\$13.95	\$13.49	\$12.75	\$13.25	\$12.49	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.50	\$3.50	\$3.75	\$3.50	\$3.70	\$3.65	\$3.40	\$3.49	\$3.36
ORANGE DRINK	Orchard	1L	\$12.00	\$12.00	\$11.75	\$12.95	\$12.75	\$11.95	\$11.75	\$11.25	\$11.80
GRAPEFRUIT DRINK	Orchard	1L	\$12.00	\$12.00	\$11.75	\$12.95	\$12.75	\$11.95	-	\$11.25	\$11.80
ORANGE JUICE	Trinidad Citrus	19 oz	\$12.00	\$12.00	\$12.00	\$11.95	\$11.00	\$11.25	\$12.95	\$10.25	\$11.00
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$11.00	\$10.99	\$11.00	\$11.95	\$10.50	\$10.95	-	\$11.00	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.99	\$12.00	\$12.00	\$11.95	\$11.00	\$11.25	\$12.95	\$10.25	\$11.00
PEANUT BUTTER	Matouk's	500g	\$20.00	\$18.95	\$20.00	\$18.95	\$19.99	\$17.50	-	\$16.99	\$19.50

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
VEGETABLE OIL	Richport	900ml	\$14.60	-	\$18.50	-	-	-	-	-	-
SOYA OIL	Eve	900ml	-	\$18.00	\$18.75	\$16.95	-	-	-	\$17.25	-
SOYA OIL	Happi	3.8L	-	\$59.00	\$57.25	\$49.95	-	-	-	\$50.00	-
COCONUT OIL	Nariel	900ml	\$34.00	\$34.00	-	\$35.95	-	\$32.50	\$38.00	\$32.49	\$38.24
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$106.00	\$85.00	-	\$82.97	\$89.95	\$79.95	-	\$79.75	\$88.86
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$13.00	-	\$12.95	\$12.99	\$12.50	\$13.00	\$12.99	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$26.00	-	-	\$25.95	-	\$24.99	-	\$25.99	\$25.99
FROSTED FLAKES	Sunshine	284g	-	\$17.00	-	\$16.95	\$16.99	-	-	\$16.99	\$16.99
FROSTED FLAKES	Sunshine	20 oz	\$26.00	\$30.00	-	-	\$29.99	-	\$30.00	\$29.25	\$29.99
SOYA CHUNKS	Natural Delights	454g	-	-	\$11.75	-	\$23.61	-	-	-	-
SOYA CHUNKS	Chatak	230g	-	\$10.99	-	\$10.95	\$11.25	-	-	-	-
RED BEANS	MP	440g	\$7.00	\$7.25	\$7.50	\$7.95	\$7.25	\$6.50	\$7.25	\$7.25	\$7.50
BAKED BEANS	MP	440g	\$6.00	\$6.25	\$6.50	\$6.95	-	\$6.35	\$6.75	\$6.49	\$6.79
GREEN PIGEON PEAS	MP	440g	\$9.50	\$10.95	\$11.00	\$9.95	-	\$10.25	-	\$10.25	\$10.75
PROCESSED PIGEON PEAS	MP	440g	\$8.00	-	\$8.50	\$8.95	-	\$7.75	-	\$7.75	\$8.15
PEAS AND CARROTS	MP	440g	\$8.00	\$7.85	\$8.50	-	-	\$7.85	-	\$7.75	\$8.09
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$9.00	\$10.99	\$11.75	\$10.95	\$10.99	\$10.75	-	\$9.99	\$11.00
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$9.00	\$8.99	\$9.50	\$8.95	\$8.99	-	\$9.50	\$8.75	\$9.00
MUSTARD	Matouk's	240g	-	-	-	\$7.95	-	-	-	-	-
MAYONNAISE (Bottled)	Matouk's	340ml	\$12.00	\$11.25	\$11.25	\$9.95	-	-	\$11.50	\$11.25	\$11.79

Section 5 - Tobago

TOBAGO									
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	BAYVIEW	PABLO
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	-	\$20.23	\$11.99	\$20.00	-	-	\$20.00
BEEF STEW	-	454g	-	\$23.66	\$25.00	-	-	-	-
PIG TAIL	-	454g	\$17.55	-	\$17.72	\$18.07	\$15.95	-	\$17.00
CHICKEN FRANKS	Erin Farm	12pk	-	-	-	-	-	-	-
SALTED FISH (w/Bone)	-	454g	\$25.68	\$19.32	\$24.00	\$27.27	\$24.95	-	\$25.50
SALTED FISH (Boneless)	-	454g	\$31.20	-	-	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	\$15.68	-	\$15.00	-	\$14.95	-	-
FRESH BUTTER	Kerrygold	454g	\$42.25	\$40.50	\$36.45	-	-	-	\$40.95
CHEDDAR CHEESE	-	454g	\$24.80	\$21.93	\$25.00	\$28.63	\$21.95	-	\$24.76
COOKING MARGARINE	Golden Ray	227g	\$10.90	\$10.45	\$9.95	-	\$10.55	\$9.75	-
COOKING MARGARINE	French Maid	227g	\$7.55	\$7.25	\$8.49	\$8.75	\$8.55	-	-
TABLE MARGARINE	Blue Band	227g	\$9.35	\$8.95	\$8.95	\$9.00	\$8.65	-	-
TABLE MARGARINE	Flora	445g	\$19.85	\$19.05	\$18.45	-	\$18.55	-	\$20.75
EGGS	Large	1 Doz	\$24.00	\$24.00	\$20.00	\$25.00	\$20.95	\$24.00	-
LIQUID MILK (Full Cream)	Nestle	1L	-	\$10.15	\$10.00	\$11.00	\$11.25	\$13.00	\$10.50
LIQUID MILK (Skimmed)	Svelty	1L	\$12.00	\$11.25	\$11.50	\$12.00	\$12.95	-	\$12.99
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$48.00	\$47.99	-	\$47.99	-	\$47.99

TOBAGO

ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	BAYVIEW	PABLO
POWDERED MILK	Dairy Dairy	225g	-	\$14.50	\$14.49	\$14.49	\$14.49	-	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$55.00	\$54.99	\$54.99	\$54.99	-	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.95	\$29.00	\$28.99	\$28.99	\$28.99	-	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	-	-	-	-	-	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.95	\$5.80	\$5.49	\$6.00	\$5.75		\$6.75
CONDENSED MILK	Nestle	395g	\$11.60	\$10.00	\$10.95	\$11.80	\$11.05	\$12.50	\$13.50
CONDENSED MILK	Eve	395g	-	\$6.00	-	\$7.00	-	-	-
MACARONI	Swiss	400g	\$5.50	\$5.35	\$4.95	\$6.30	\$5.55	\$7.00	\$6.50
SPAGHETTI	Swiss	400g	\$5.50	\$5.50	\$5.00	\$6.30	\$5.95	-	\$7.75
BAKING POWDER	Lion	454g	\$10.35	\$9.90	\$9.45	-	\$9.75	-	\$11.50
FLOUR	Ibis	2kg	\$14.20	\$13.60	\$13.50	-	\$12.95	-	\$14.50
FLOUR	Ibis	10kg	\$72.00	-	\$69.99	\$69.00	\$63.99	-	\$70.75
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-	-	-	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	-	-	\$21.00	\$23.40	\$20.95	\$25.50	-
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	-	-	\$10.95	\$11.80	-	\$11.85	\$13.75
OATS	Cook's Mate	226g	\$5.50	-	\$5.50	-	-	-	\$5.99
YEAST	Fermipan	4x11g	\$7.20	\$7.30	-	\$8.00	-	-	\$7.50
CORN MEAL	Regal	454g	\$6.20	\$5.70	\$6.00	\$7.50	\$6.55	-	-
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$13.00	\$12.90	\$12.49	\$13.00	\$13.00	-	\$13.00
SPLIT PEAS (Loose)	-	454g	\$3.90	-	\$3.75	-	\$3.55	\$2.50	\$4.99
RED BEANS (Loose)	-	454g	\$7.50	-	\$7.00	-	\$5.95	-	\$8.75
D/PIGEON PEAS (Loose)	-	454g	\$8.79	-	\$9.00	-	\$7.55	-	-
CHANNA (Loose)	Large	454g	\$4.74	-	\$7.00	-	\$8.75	-	-
BLACK EYE PEAS (Loose)	-	454g	\$5.73	-	\$6.00	-	\$6.95	-	\$6.95
LENTIL (Loose)	-	454g	-	-	\$7.00	-	\$6.95	-	\$7.50
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$4.99	-	-	-	-	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	\$9.70	-	-	-	-	-

TOBAGO

ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	BAYVIEW	PABLO
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.40	-	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	\$8.15	-	-	-	-	-
LENTILS (Pre Packaged)	Nature's Pride	400g	-	\$8.40	-	-	-	-	-
CURRY POWDER	Chief	85g	-	-	\$6.95	-	-	-	-
WHITE VINEGAR	Mabel	1L	-	\$6.50	-	-	-	-	-
POTATO	-	454g	\$3.61	\$2.41	\$7.00	\$5.00	\$3.00	\$3.50	\$4.50
ONION	-	454g	\$2.75	\$3.00	\$7.99	\$5.00	\$3.50	\$3.00	\$3.75
GARLIC	-	454g	-	-	-	\$27.27	-	-	-
GARLIC	-	250g	-	-	\$4.00	-	-	-	-
SUGAR (Loose)	Brown	454g	\$3.52	\$4.18	-	\$3.63	\$3.50	\$4.45	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	-	-	-	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	-	\$20.15	\$21.45	\$28.00	\$18.95	-	-
TABLE SALT (Pre Packaged)	Chief	500g	-	\$3.30	-	\$3.50	\$3.25	-	\$4.50
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-	-	-	-	-	-
INFANT FORMULA	SMA	900g	-	\$176.50	\$170.95	\$178.25	-	-	\$175.25
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$106.00	\$107.10	\$94.99	\$105.99	\$105.99	-	-
INFANT FORMULA	Klim 1+	800g	\$59.00	\$58.95	\$60.00	\$60.00	\$58.99	-	\$58.98
INFANT CEREAL	Nestle – Rice	270g	\$20.00	\$20.00	\$20.00	\$19.99	\$20.99	-	-
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.00	\$22.50	\$22.50	\$23.00	\$20.99	-	-
TOILET PAPER	Soft N’Pretty	6pk	-	\$14.00	-	-	\$15.95	-	-
TOILET SOAP	Refresh	3pk	\$15.65	\$14.40	\$13.75	\$16.50	\$17.95	-	\$16.99
TOOTHPASTE	Colgate	170g	-	\$15.60	\$16.25	\$17.20	-	-	-
DISHWASHING LIQUID	Squeezy	725ml	-	\$12.99	-	-	-	-	\$15.75
SOAP POWDER	Breeze Multi Active	900g	\$33.40	\$31.15	\$29.95	\$33.00	\$25.25	-	\$35.50
SOAP POWDER	Radiante	875g	-	\$21.00	\$20.45	\$23.45	\$17.25	-	\$21.95

TOBAGO

ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COSS CUTTERS	BEST BUY	JESUS CHRIST MAKES THE DIFFERENCE SUPERMARKET	BAYVIEW	PABLO
SOAP POWDER	Breeze Multi Active	375g	\$13.30	\$13.65	\$13.45	\$14.50	\$10.95	-	\$13.50
SOAP POWDER	Radiante	400g	-	\$11.35	\$9.99	-	\$8.95	-	\$12.25
SARDINES	Brunswick	106g	-	\$8.00	-	\$8.99	\$6.95	\$9.00	\$8.99
TUNA (FLAKES IN WATER)	Brunswick	142g	-	\$7.25	\$6.50	\$8.00	\$6.75	\$9.00	-
TUNA (FLAKES IN OIL)	Brunswick	142g	-	\$7.25	\$6.85	\$8.00	\$6.75	\$9.00	-
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	-	\$4.50	\$4.25	\$5.00	-	\$5.50	-
CORNERED BEEF	Target	340g	\$14.50	\$15.30	\$14.00	\$16.30	\$13.55	-	\$17.50
MILO (Pack)	-	400g	\$38.15	\$34.30	\$33.75	\$38.00	\$38.25	-	\$37.50
INSTANT CHOCOLATE	Nesquik	500g	\$22.50	\$22.80	\$22.49	\$23.00	\$22.95	-	\$24.75
OVALTINE (Pack)	-	300g	\$33.45	\$26.92	\$30.49	\$32.99	\$28.95	-	\$36.50
TEA BAGS	Lipton	50 pk	\$22.33	\$23.20	\$18.95	\$25.99	-	-	-
TEA BAGS (GREEN)	Lipton	20 pk	\$24.50	-	\$18.85	-	\$20.75	-	-
TEA BAGS (GREEN)	Dilmah	20pk	\$20.25	\$26.40	\$23.65	\$22.99	-	-	\$31.50
COFFEE (INSTANT)	Nestle	100g	\$31.49	\$31.20	\$31.49	-	\$32.95	-	-
COFFEE (INSTANT)	Colcafe	100g	-	\$25.55	\$22.95	-	-	-	-
MAUBY	Matouk's	750ml	\$10.35	\$12.50	\$11.60	\$15.00	\$12.95	-	\$16.99
ORANGE DRINK	Orchard	250ml	\$3.49	\$3.40	\$3.95	\$3.40	\$3.95	-	-
ORANGE DRINK	Orchard	1L	\$11.60	\$11.65	\$11.25	\$12.00	\$11.45	\$12.50	-
GRAPEFRUIT DRINK	Orchard	1L	\$11.65	\$11.65	\$11.25	\$12.00	\$11.45	-	-
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.81	\$11.30	\$11.50	\$12.00	\$10.95	-	-
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$11.05	\$10.50	\$9.95	\$12.00	-	-	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.81	\$11.30	\$11.50	\$12.00	\$10.95	-	\$13.00
PEANUT BUTTER	Matouk's	500g	\$16.70	\$18.20	-	-	-	-	-
VEGETABLE OIL	Richport	900ml	-	-	\$15.75	-	-	-	-
SOYA OIL	Eve	900ml	\$17.25	\$16.00	\$17.45	\$18.00	-	-	-
SOYA OIL	Happi	3.8L	-	-	-	-	-	-	-
COCONUT OIL	Nariel	900ml	-	-	-	-	-	-	-

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OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$79.75	\$92.45	\$108.00	\$99.90	-	-	-
CORN FLAKES (Local)	Sunshine	200g	-	\$11.95	\$12.49	\$13.00	\$12.99	\$15.00	\$13.50
CORN FLAKES (Local)	Sunshine	18 oz	\$24.95	\$23.50	\$24.99	\$26.00	\$25.99	\$26.00	\$25.99
FROSTED FLAKES	Sunshine	284g	\$16.30	\$15.65	\$16.49	\$16.99	\$16.99	-	\$17.75
FROSTED FLAKES	Sunshine	20 oz	-	-	\$28.99	-	\$29.99	\$30.00	-
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	-
SOYA CHUNKS	Chatak	230g	-	-	-	-	-	-	-
RED BEANS	MP	440g	-	\$6.70	\$6.15	-	-	-	\$8.50
BAKED BEANS	MP	440g	-	\$6.20	\$5.65	-	-	-	-
GREEN PIGEON PEAS	MP	440g	-	-	\$8.75	-	-	-	-
PROCESSED PIGEON PEAS	MP	440g	-	\$7.40	-	-	-	-	-
PEAS AND CARROTS	MP	440g	-	\$7.55	\$6.70	-	-	-	-
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$11.20	\$10.75	-	-	-	-	-
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$9.00	\$8.30	\$8.25	\$10.00	\$9.95	\$9.50	-
MUSTARD	Matouk's	240g	-	\$7.30	\$6.25	-	-	\$8.75	-
MAYONNAISE (Bottled)	Matouk's	340ml	-	\$10.75	-	-	-	-	\$12.50



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