



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

Christmas With **Consumer Affairs**

With the Christmas season in full swing, the Consumer Affairs Division (CAD) is committed to helping all consumers make informed decisions while doing their holiday shopping. To this end, the CAD has prepared a pricing list of selected items that are frequently purchased during the Yuletide season. From November 28th to December 8th, 2023 the CAD conducted a price survey in forty (40) supermarkets in twenty (20) areas in Trinidad while the Consumer Affairs Unit (CAU) of the Tobago House of Assembly (THA) surveyed six (6) supermarkets.

It should be noted that there are two (2) pricing methods for picnic ham. Some supermarkets offer a flat price for a standard-sized ham (bone in and boneless) while other supermarkets may offer a price by weight. These may appear by the pound (lb) or per kilogram (kg). Prices by weight in the list below have been converted to reflect the cost PER POUND. Therefore, when purchasing the weighted ham, please remember the following conversions:

454 grams - 1 pound | 2.2 pounds - 1 kilogram

There is no general rule of thumb that one method is better than the other. The preferred method will always be the one that offers the most savings to consumers at the time of purchase. The Division urges consumers to be vigilant, remember your rights and responsibilities during this season and remember that you have the power of choice on your side.

For the full listing please visit  
[www.tradeind.gov.tt/consumer-affairs-division](http://www.tradeind.gov.tt/consumer-affairs-division)

## Shopping Tips

1. Keep all bills/receipts as proof of purchase in the event that you encounter problems with an item.
2. If an item is not of merchantable quality, you can receive redress through a full refund of the cost of the item, an exchange where the item is replaced with a similar product, the repair of the item or a credit note to the value of the item.
3. When purchasing toys, read the labels. The labels usually include age recommendations, safety standards and whether or not the item contains small parts.
4. Always read your Hire Purchase (HP) contract VERY carefully before committing yourself to any agreement. A copy of the HP agreement must be given to you. Keep this copy safe.
5. A guarantee under any HP agreement applies in the same way as if goods were bought with cash. If there is a fault with an item, you have the right to have the item repaired under the guarantee or to seek a full refund or exchange from the owner.
6. Under the Adverse Trade Practices Order 2000, it is illegal for a store owner to have "NO REFUND/NO EXCHANGE" printed on the receipt or displayed anywhere in the store. Persons who encounter this can report any such instances to the Consumer Affairs Division at its toll free line at 800-4277 (4CPS) and the CAD's Facebook page @consumeraffairsTT.

## PRICES OF SUPERMARKET CHRISTMAS ITEMS

ITEM	BRAND	SIZE	WEST	
			DIEGO MARTIN	
			WEST BEES SUPERMARKET	MASSY STORES ALYCE GLEN
Turkey (Bone in)	Butterball	454g/ Each	-	\$34.01
Turkey (Boneless)	Butterball	3lbs	\$169.95	\$174.99
Picnic Ham (Pork, Bone in)	Great Foods	454g/ Each	-	\$154.99
Picnic Ham (Pork, Bone in)	Erin Farm	454g/ Each	\$159.95	\$179.99
Picnic Ham (Pork, Boneless)	MacFoods	454g/ Each	-	\$149.99
Picnic Ham (Pork, Boneless)	Great Foods	454g/ Each	-	\$119.99
Minced Meat	Chicken	454g	\$19.95	\$36.36
Minced Meat	Beef	454g	\$24.95	\$34.09
Minced Meat	Pork	454g	\$24.95	\$22.68
Table Margarine	Blue Band	227g	\$12.95	\$16.99
Shortening	Cookeen	227g	\$19.95	\$18.49
Eggs	Large	1 dozen	\$28.95	\$30.50
Evaporated Milk	Carnation	1 tin	\$12.95	\$14.50
Evaporated Milk	Green Butterfly	250ml pack	\$7.35	\$7.99
Condensed Milk	Nestle	1 tin	\$14.95	\$15.50
Condensed Milk	Eve	1 tin	\$10.95	\$9.00
Lasagna	Swiss	400g	\$15.95	\$16.15
Baking Powder	Lion	454g	\$10.55	\$10.50
Flour - All Purpose	Ibis	2kg	\$17.95	\$15.99
Flour - All Purpose	Ibis	10kg	\$78.00	\$82.99
Corn Flour	Promasa	1kg	\$19.95	\$18.99
Yeast	Fermipan	11g x 4	\$8.95	\$10.75
Ginger Powder		15g - 22g	\$6.00	\$5.50
Cinnamon Powder		15g - 22g	\$5.95	\$5.50
Cloves (Whole)		10g	\$5.95	\$6.75
Nutmeg (Whole)		40g	\$8.95	\$9.10
Sugar (Brown)	Happi	1800g	-	\$23.25
Sugar (Granulated)	Sweet Cane	1800g	\$18.95	\$23.99
Danish Butter Cookies		1 Tin	\$19.00	\$20.00
Salted Nuts		1 Bottle	\$26.99	\$33.99
Split Channa		1 Bottle	\$27.95	\$30.75
Shandy Sorrel		6 Pack	\$41.95	\$38.50
Peardrax	Bottle	1L	\$25.95	\$25.99
Sorrel	Orchard	1L	\$19.95	\$18.50
Malta (Bottle)		6 Pack	\$43.95	\$37.95
Ponche a Crème	Kuba	700ml	\$99.00	\$122.95
Cherry Brandy	Fernandes	750ml	\$33.95	\$36.99
Mixed Essence	Chief	155ml	-	\$12.15
Green Pigeon Peas	MP	1 tin	\$11.95	\$12.99
Peas and Carrots	MP	1 tin	\$10.95	\$14.25
Corn (Whole Kernel)	MP	1 tin	\$12.50	\$14.50
Pineapple Slices (In Syrup)	Dole	20oz tin	\$29.95	\$25.59
Hot Chow (Chow Chow)	Matouk's	Per Bottle	\$17.95	\$15.99
Ketchup	Matouk's	750ml bottle	\$13.95	\$15.50
Ketchup	Swiss	750ml spouch	\$10.95	\$12.99
Red Cherries		200g/227g	-	\$15.70
Raisins		400g/454g	\$13.95	\$23.25
Golden Raisins		400g/454g	\$14.95	\$23.75
Mixed Peel		200g/227g	-	\$15.50
Currants		400g/454g	\$15.95	\$22.25
Prunes (w/ Seed)		400g/454g	\$19.95	\$34.35
Olives (Plain Green)	Carbonell/Other	170g	\$11.95	\$14.15
Grapes (w/Seed) Red		454g	\$29.95	\$40.82
Grapes (Seedless) Red		454g	\$34.95	\$38.55
Apples (Gala)	Small/Medium	single	-	\$6.50

# PRICES OF SUPERMAR

				NORTH										
				ST. JAMES		BARATARIA		SAN JUAN		CUREPE		TUNAPUNA		AR
ITEM	BRAND	SIZE	TRU VALU LONG CICALAR	JOHN'S SUPERMARKET	JUMBO FOODS	FOOD GIANT	MASSY STORES	TRU VALU	MASSY STORES ST. AUGUSTINE	TRU VALU VALPARK	COST CUTTERS	DISKOMART	WEST BEES SUPERMARKET	
Turkey (Bone in)	Butterball	454g/ Each	\$29.98	\$29.00	\$33.36	\$36.36	\$34.01	\$29.98	\$340.00	\$299.95	\$29.09	\$34.01	\$389.00	
Turkey (Boneless)	Butterball	3lbs	\$180.00	\$169.95	\$150.00	\$180.00	\$174.99	\$180.00	\$174.99	\$180.00	\$165.00	\$174.99	-	
Picnic Ham (Pork, Bone in)	Great Foods	454g/ Each	\$174.95	-	-	-	\$154.99	\$174.95	\$154.99	\$174.95	\$150.00	\$154.99	\$179.95	
Picnic Ham (Pork, Bone in)	Erin Farm	454g/ Each	\$24.52	-	\$23.41	-	\$179.99	\$24.52	\$179.99	\$24.52	-	\$179.99	\$149.95	
Picnic Ham (Pork, Boneless)	MacFoods	454g/ Each	\$147.95	\$154.00	-	\$167.00	\$149.99	\$147.95	\$149.99	\$147.95	\$23.49	\$149.99	\$159.95	
Picnic Ham (Pork, Boneless)	Great Foods	454g/ Each	\$99.95	-	-	\$135.00	\$119.99	\$99.95	\$119.99	\$99.95	\$120.00	\$119.99	\$129.95	
Minced Meat	Chicken	454g	\$23.61	-	\$28.00	\$28.61	\$36.36	\$23.61	\$36.36	\$23.61	\$20.00	\$36.36	\$19.95	
Minced Meat	Beef	454g	\$26.34	-	\$32.45	\$31.88	\$34.09	\$26.34	\$34.09	\$26.34	\$26.00	\$34.01	\$24.95	
Minced Meat	Pork	454g	\$25.00	-	\$28.00	\$25.43	\$22.68	\$25.00	\$22.68	\$25.00	\$31.00	\$22.68	\$19.95	
Table Margarine	Blue Band	227g	\$15.50	\$13.50	\$11.65	\$16.95	\$16.99	\$15.50	\$16.99	\$15.50	\$15.50	\$16.99	\$15.95	
Shortening	Cookeen	227g	\$17.95	\$20.50	\$19.35	\$20.00	\$20.99	\$17.95	\$18.49	\$18.75	\$19.75	\$20.99	-	
Eggs	Large	1 dozen	\$24.75	\$25.00	\$28.00	\$29.00	\$30.50	\$29.95	\$26.99	\$24.75	\$25.00	\$26.99	\$26.95	
Evaporated Milk	Carnation	1 tin	\$14.00	\$12.95	\$12.75	\$12.50	\$14.50	\$14.00	\$14.50	\$14.00	\$13.00	\$14.50	\$12.95	
Evaporated Milk	Green Butterfly	250ml pack	\$7.75	\$6.99	\$7.80	\$7.75	\$7.99	\$7.75	\$7.99	\$7.75	\$7.00	\$7.99	\$7.35	
Condensed Milk	Nestle	1 tin	\$15.50	\$14.75	\$16.55	\$16.50	\$15.50	\$15.50	\$15.50	\$15.50	\$13.50	\$15.50	\$16.85	
Condensed Milk	Eve	1 tin	\$11.00	\$9.50	-	\$10.50	\$9.00	\$11.00	\$9.00	\$11.00	\$10.50	\$9.00	\$10.95	
Lasagna	Swiss	400g	\$12.95	-	-	\$15.95	\$16.15	\$12.95	\$16.15	\$12.95	\$14.45	\$16.15	\$14.95	
Baking Powder	Lion	454g	\$10.75	\$10.95	\$10.75	\$10.95	\$10.50	\$10.75	\$10.50	\$10.75	\$9.95	\$10.50	\$10.55	
Flour - All Purpose	Ibis	2kg	\$14.25	\$19.95	\$17.35	\$17.95	\$15.99	\$14.25	\$15.99	\$14.25	\$17.50	\$15.95	\$17.95	
Flour - All Purpose	Ibis	10kg	\$76.95	\$85.00	\$83.45	\$85.95	\$82.99	\$76.95	\$82.99	\$76.95	\$85.00	\$82.99	\$74.95	
Corn Flour	Promasa	1kg	\$18.75	\$19.99	\$19.95	\$20.95	\$18.99	\$18.75	\$18.99	\$18.75	\$20.00	\$18.99		
Yeast	Fermipan	11g x 4	\$10.50	\$9.95	\$10.15	\$9.95	\$10.75	\$10.50	\$10.75	\$10.50	\$9.00	\$10.75	\$8.95	
Ginger Powder		15g - 22g	\$5.75	\$5.00	\$5.95	\$5.95	\$5.50	-	\$5.50	\$6.25	-	\$5.50	\$5.95	
Cinnamon Powder		15g - 22g	\$3.50	-	\$4.58	\$8.95	\$9.10	\$6.00	\$5.50	\$9.00	-	-	\$5.95	
Cloves (Whole)		10g	\$4.50	\$5.95	-	-	\$6.75	\$6.00	\$6.75	\$9.95	\$5.50	\$6.75	\$5.95	
Nutmeg (Whole)		40g	\$7.50	\$8.50	-	\$8.95	\$9.10	\$7.50	\$9.10	\$7.50	-	\$9.10	\$11.95	
Sugar (Brown)	Happi	1800g	\$26.95	-	-	-	\$23.25	\$26.95	\$23.25	\$26.95	\$20.50	\$23.25	-	
Sugar (Granulated)	Sweet Cane	1800g	\$22.00	\$21.95	\$18.95	-	\$23.99	\$22.00	\$23.99	\$22.00	\$19.25	\$23.99	\$18.95	
Danish Butter Cookies		1 Tin	\$20.00	\$19.95	-	\$20.95	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$19.90	
Salted Nuts		1 Bottle	\$29.49	\$25.95	\$29.45	\$29.95	\$33.99	\$32.95	\$33.99	\$32.95	\$25.50	\$31.25	\$27.95	
Split Channa		1 Bottle	\$30.50	\$21.00	\$29.45	\$27.95	\$30.75	\$30.75	\$30.75	\$30.75	\$25.95	\$30.50	\$30.95	
Shandy Sorrel		6 Pack	\$37.95	\$48.00	\$42.20	-	\$38.50	\$37.95	\$38.50	\$37.95	\$39.00	\$38.50	\$41.95	
Peardrax	Bottle	1L	\$24.95	\$26.95	\$27.70	\$26.95	\$25.99	\$24.95	\$25.99	\$24.95	\$26.95	\$25.99	\$25.95	
Sorrel	Orchard	1L	\$17.95	\$17.95	\$18.30	\$18.95	\$18.50	\$17.95	\$18.50	\$17.95	\$17.50	\$18.50	\$19.95	
Malta (Bottle)		6 Pack	\$29.95	\$48.00	\$42.20	-	\$37.95	\$29.95	\$42.95	\$29.95	\$40.00	\$37.95	\$43.95	
Ponche a Crème	Kuba	700ml	\$99.95	\$119.95	\$112.50	\$119.95	\$122.95	\$99.95	\$122.95	\$99.95	\$99.00	\$122.95	\$99.00	
Cherry Brandy	Fernandes	750ml	\$32.95	\$28.95	\$28.60	\$29.95	\$36.99	\$32.95	\$36.99	\$32.95	\$26.95	\$36.99	\$29.95	
Mixed Essence	Chief	155ml	\$8.95	\$10.95	\$11.95	\$11.95	\$12.15	\$8.95	\$12.15	\$8.95	-	\$12.15	\$8.50	
Green Pigeon Peas	MP	1 tin	\$12.25	\$9.99	-	\$11.95	\$12.99	\$12.25	\$12.99	\$12.25	\$9.50	\$12.99	\$10.95	
Peas and Carrots	MP	1 tin	\$13.50	\$9.75	-	\$10.95	\$14.25	\$13.50	\$14.25	\$13.50	\$9.50	\$14.25	\$12.95	
Corn (Whole Kernel)	MP	1 tin	\$14.25	\$12.95	\$13.85	-	\$14.50	\$14.25	\$14.50	\$14.25	\$13.00	\$14.50	\$13.50	
Pineapple Slices (In Syrup)	Dole	20oz tin	\$25.50	-	\$30.70	\$24.95	\$25.59	\$25.50	\$25.59	\$25.50	\$27.00	\$25.59	\$29.95	
Hot Chow (Chow Chow)	Matouk's	Per Bottle	\$15.95	\$16.50	\$15.95	\$18.95	\$15.99	\$15.95	\$15.99	\$15.95	\$13.75	\$15.99	\$15.25	
Ketchup	Matouk's	750ml bottle	\$14.95	\$14.95	\$14.40	\$13.95	\$15.50	\$14.95	\$15.50	\$14.95	\$13.50	\$15.50	\$13.95	
Ketchup	Swiss	750ml	\$13.00	\$10.95	\$11.95	\$12.95	\$12.99	\$13.00	\$12.99	\$13.00	\$11.45	\$12.99	\$12.50	
Red Cherries		200g/227g	\$23.50	\$21.95	-	-	\$15.70	\$23.50	\$15.50	\$23.50	\$24.00	\$15.70	\$19.00	
Raisins		400g/454g	\$16.95	\$14.95	\$17.40	-	\$23.25	\$24.95	\$24.25	\$16.95	\$14.00	\$23.25	\$12.95	
Golden Raisins		400g/454g	\$17.50	\$17.95	\$17.15	\$22.95	\$23.75	\$19.50	\$21.99	\$17.50	\$17.50	\$23.75	\$14.95	
Mixed Peel		200g/227g	\$19.00	\$19.95	\$20.75	\$24.95	\$15.50	\$19.00	\$15.50	\$14.75	-	\$15.50	\$14.95	
Currants		400g/454g	\$20.95	\$15.95	\$18.95	\$18.95	\$22.25	\$20.95	\$24.95	\$20.95	\$18.00	\$24.95	\$15.95	
Prunes (w/ Seed)		400g/454g	\$31.50	\$25.95	\$27.00	\$29.95	\$38.50	\$31.50	\$34.35	\$27.50	\$19.50	\$34.35	\$21.95	
Olives (Plain Green)	Carbonell/Other	170g	\$14.50	\$11.95	\$13.60	\$12.95	\$14.15	\$14.50	\$14.15	\$14.50	\$11.95	\$14.15	\$19.95	
Grapes (w/Seed) Red		454g	\$41.25	\$28.95	-	\$32.25	\$40.82	\$41.25	\$40.82	\$41.25	-	\$40.82	\$29.95	
Grapes (Seedless) Red		454g	\$42.95	\$33.95	-	\$32.25	\$38.55	\$42.95	\$38.55	\$42.95	-	\$38.55	\$34.95	
Apples (Gala)	Small/Medium	single	\$4.95	\$4.50	-	\$5.50	\$6.50	\$5.95	\$5.75	\$4.95	\$5.00	\$6.50	\$4.95	

# MARKET CHRISTMAS ITEMS

KEY  Specials Available

EAST					CENTRAL				SOUTH		SOUTH	
BOUCA	ARIMA		SANGRE GRANDE		CUNUPIA/MONTROSE		CHAGUANAS		GASPARILLO		SAN FERNANDO	
TRU VALU TRINCITY MALL	XTRA FOODS	MASSY STORES MANDALAY	XTRA FOODS	COSS CUTTERS	LOW COST SUPERMARKET S. M. R	\$ VALUE MONTROSE	PRICE CLUB	XTRA FOODS ENDEAVOUR	NATURALLY FRESH FOODS	\$ VALUE	MASSY STORES MARABELLA	ANAND LOW PRICE (SOUTH PARK)
\$29.98	\$349.00	\$34.01	\$349.00	\$35.14	-	-	\$31.00	\$349.00	-	-	\$340.00	-
\$180.00	\$175.00	\$174.99	\$175.00	\$167.00	-	\$164.95	\$167.00	\$175.00	-	\$164.95	\$174.99	\$192.95
\$174.95	\$175.00	\$154.99	\$175.00	-	-	\$149.95	-	\$175.00	-	\$149.95	\$154.99	\$21.95
\$24.52	\$195.00	\$179.99	\$195.00	\$24.43	-	\$149.95	-	\$195.00	\$148.22	\$149.95	\$179.99	\$21.95
\$147.95	\$159.00	\$149.99	\$159.00	\$168.00	-	-	-	\$159.00	-	-	\$149.99	-
\$99.95	\$120.00	-	\$120.00	\$125.00	-	\$115.00	-	\$120.00	-	\$115.00	\$119.99	\$134.95
\$23.61	\$24.99	\$36.36	\$24.99	\$17.33	-	\$24.95	\$33.00	\$24.99	-	\$24.95	\$36.36	\$34.95
\$26.34	\$24.99	\$34.09	\$24.99	\$21.95	\$26.95	\$33.95	\$28.50	\$24.99	-	\$33.95	\$26.99	-
\$25.00	\$23.04	\$22.68	\$23.04	\$31.00	-	-	-	\$23.04	\$27.27	-	\$22.68	-
\$15.50	\$12.99	\$16.99	\$12.99	\$15.00	\$12.95	\$12.95	\$9.95	\$12.99	\$14.99	\$12.95	\$16.99	\$12.95
\$17.95	\$18.99	\$18.49	\$18.99	\$19.65	\$17.95	\$19.95	\$17.95	\$18.99	-	\$19.95	\$20.99	\$16.95
\$24.75	\$24.99	\$30.50	\$24.99	\$27.95	\$19.95	\$24.95	\$25.95	\$24.99	-	\$24.95	\$31.50	\$24.95
\$14.00	\$13.99	\$14.50	\$13.99	\$12.50	\$13.50	\$12.75	\$12.95	\$13.99	\$14.50	\$12.75	\$14.50	\$12.95
\$7.75	\$7.75	\$7.99	\$7.75	\$7.70	\$7.50	\$7.95	\$7.25	\$7.75	\$8.50	\$7.95	\$7.99	\$7.95
\$15.50	\$13.99	\$15.50	\$13.99	\$16.00	\$14.95	\$17.50	\$15.95	\$13.99	\$17.99	\$17.50	\$15.50	\$16.95
\$11.00	\$11.99	\$9.00	\$11.99	-	\$8.95	-	\$10.95	\$11.99	\$10.95	-	\$9.00	\$11.50
\$12.95	\$16.99	\$16.15	\$16.99	\$12.95	\$16.45	\$15.95	\$12.95	\$16.99	\$15.99	\$15.95	\$15.99	\$16.95
\$10.75	\$10.99	\$10.50	\$10.99	\$10.30	\$10.95	\$11.95	\$10.45	\$10.99	\$10.95	\$11.95	\$10.50	\$10.95
\$14.25	\$15.99	\$15.99	\$15.99	\$14.95	\$17.95	\$17.50	\$16.95	\$15.99	\$18.95	\$17.50	\$15.99	\$19.95
\$76.95	\$84.99	\$82.99	\$84.99	\$86.00	\$83.00	\$88.95	\$83.95	\$84.99	\$89.95	\$88.95	\$82.99	\$79.95
\$18.75	\$21.99	\$18.99	\$21.99	\$20.00	-	\$23.95	\$23.95	\$21.99	\$23.95	\$23.95	\$18.99	-
\$10.50	\$11.99	\$10.75	\$11.99	\$9.75	\$9.95	\$9.95	\$10.45	\$11.99	\$9.95	\$9.95	\$10.75	\$9.95
\$5.75	\$5.99	\$5.50	\$5.99	-	-	\$5.50	\$5.95	\$5.99	\$4.95	\$5.50	\$5.50	\$6.95
\$6.00	\$5.99	\$5.50	\$5.99	\$9.00	-	\$3.95	\$4.45	\$5.99	\$5.25	\$3.95	\$5.50	\$5.95
\$5.75	\$5.99	\$6.75	\$7.49	\$7.00	\$7.45	\$5.50	\$6.75	\$5.99	-	\$6.30	\$6.75	\$7.95
\$7.50	-	\$9.10	-	-	-	-	-	-	\$5.95	-	\$9.10	\$5.95
\$26.95	\$19.99	\$23.25	\$19.99	\$21.50	-	\$20.95	\$20.95	\$19.99	-	\$20.95	\$23.25	\$21.95
\$22.00	\$19.99	\$23.99	\$19.99	\$24.50	\$22.95	\$19.95	\$21.95	\$19.99	-	\$19.95	\$23.99	\$19.95
\$20.00	\$19.99	\$20.00	\$19.99	\$19.95	\$20.00	\$19.95	\$19.95	\$19.99	\$20.99	\$19.95	\$20.00	\$19.95
\$29.95	-	\$33.99	\$26.99	\$27.50	\$25.95	\$30.50	\$29.95	\$29.99	\$26.99	\$30.50	\$31.30	\$25.95
\$30.75	-	\$30.75	\$32.99	\$27.50	\$29.95	\$27.95	\$24.95	\$19.99	\$26.99	\$29.95	\$30.75	\$27.95
\$37.95	\$38.99	\$38.50	\$38.99	\$39.20	-	\$44.95	-	\$38.99	-	\$44.95	\$38.50	\$42.00
\$24.95	\$27.99	\$25.99	\$27.99	\$25.00	\$27.95	\$26.95	\$25.95	\$27.99	\$26.95	\$26.95	\$25.99	\$27.95
\$17.95	\$18.99	\$18.50	\$18.99	\$18.00	\$18.95	\$16.95	\$18.45	\$18.99	-	\$16.95	\$18.50	\$19.95
\$29.95	\$38.99	\$37.95	\$38.99	\$41.00	\$41.95	\$42.95	\$42.50	\$38.99	-	\$42.95	\$37.95	\$42.00
\$99.95	\$99.00	\$122.95	\$99.00	\$100.00	-	\$119.95	-	\$99.00	-	\$119.95	\$122.95	-
\$32.95	\$31.99	\$36.99	\$31.99	\$28.95	-	\$33.95	-	\$31.99	-	\$33.95	\$36.99	\$29.95
\$8.95	\$11.99	\$12.15	\$11.99	\$12.00	-	-	-	\$11.99	-	-	\$12.15	\$13.95
\$12.25	\$12.99	\$12.99	\$12.99	\$9.95	\$9.95	\$11.95	\$9.95	\$12.99	\$11.95	\$11.95	\$12.99	\$12.95
\$13.50	\$10.99	\$14.25	\$10.99	\$9.75	\$13.45	-	\$9.95	\$10.99	-	-	\$14.25	\$13.95
\$14.25	\$14.99	\$14.99	\$14.99	\$11.45	\$13.95	-	\$12.95	\$14.99	\$13.50	-	\$14.50	\$13.95
\$22.50	\$24.99	\$25.59	\$24.99	\$27.00	\$24.95	\$24.95	-	\$24.99	\$29.95	\$24.95	\$25.59	\$24.95
\$15.95	\$14.99	\$15.99	\$14.99	\$15.20	\$16.95	\$14.95	\$15.45	\$14.99	\$17.95	\$14.95	\$15.99	\$15.95
\$14.95	\$14.99	\$15.50	\$14.99	\$14.50	\$14.95	\$15.50	\$14.95	\$14.99	\$12.95	-	\$15.50	\$15.95
\$13.00	\$13.49	\$12.99	\$13.49	\$14.00	\$10.95	\$12.50	\$12.95	\$13.49	\$12.50	\$12.50	\$12.99	\$11.95
\$23.50	16.99	\$14.95	\$16.99	-	-	\$21.50	\$17.45	\$16.99	\$21.95	\$21.50	\$15.50	\$18.95
\$19.95	\$21.49	\$23.25	\$21.49	\$14.00	\$12.95	\$16.50	\$13.95	\$12.99	\$16.95	\$16.50	\$22.00	\$15.95
\$17.50	\$17.49	\$24.00	\$17.49	\$17.50	\$15.50	\$19.95	\$18.95	\$17.49	\$14.95	\$19.95	\$21.99	\$15.95
\$16.50	\$14.99	\$15.50	\$14.99	\$24.75	\$12.95	-	\$13.45	\$14.99	\$20.50	-	\$15.50	\$16.95
\$24.25	\$18.49	\$22.25	\$18.49	\$15.95	\$15.95	\$18.95	\$19.95	\$18.49	-	\$18.95	\$22.25	\$20.95
\$31.50	\$22.99	\$34.35	\$22.99	\$17.95	\$17.95	\$31.95	\$29.95	\$22.99	\$20.00	\$31.95	\$34.35	\$21.95
\$14.50	12.99	\$14.15	\$12.99	\$14.00	-	\$14.50	-	\$12.99	\$11.95	\$13.95	\$14.15	\$14.95
\$41.25	\$32.99	\$40.82	\$32.99	\$35.00	\$26.34	\$32.00	\$29.95	\$32.99	\$32.05	\$32.00	\$40.82	\$31.00
\$42.95	\$31.99	\$38.55	\$31.99	\$34.54	\$34.52	-	\$42.95	\$31.99	\$35.02	-	\$38.55	-
\$3.41	\$2.00	\$2.99	\$2.00	\$4.00	\$2.25	\$2.88	\$5.50	\$5.33	\$2.50	\$3.00	\$4.99	\$2.50

			SOUTH								TOBAGO	
			DEBE		POINT FORTIN		RIO CLARO		MAYARO		WEST	NORTH
ITEM	BRAND	SIZE	MS FOOD CITY	G & N	PEIPING SUPERMARKET	PERSAD D FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	S&S PERSAD	PERSAD D' FOOD KING	PENNY SAVERS	DOUBLE B'S SUPERMARKET
Turkey (Bone in)	Butterball	454g/ Each	-	-	-	\$249.99	\$34.95	\$249.99	\$34.95	\$249.99	-	\$26.95
Turkey (Boneless)	Butterball	3lbs	-	\$150.00	\$150.00	\$154.99	\$164.95	\$154.99	\$164.95	\$154.99	\$153.90	-
Picnic Ham (Pork, Bone in)	Great Foods	454g/ Each	-	-	\$165.00	\$134.99	\$154.95	\$134.99	\$154.95	\$134.99	\$132.05	-
Picnic Ham (Pork, Bone in)	Erin Farm	454g/ Each	-	-	\$22.05	\$109.99	\$24.95	\$109.99	\$24.95	\$109.99	-	-
Picnic Ham (Pork, Boneless)	MacFoods	454g/ Each	-	\$150.00	-	-	\$159.95	-	\$149.95	-	\$152.05	-
Picnic Ham (Pork, Boneless)	Great Foods	454g/ Each	-	-	-	\$94.99	\$119.95	\$94.99	\$119.95	\$94.99	\$170.80	-
Minced Meat	Chicken	454g	\$26.36	-	-	\$26.98	\$34.95	\$20.04	\$34.95	\$24.04	\$28.70	-
Minced Meat	Beef	454g	\$25.00	-	-	\$27.05	\$32.95	\$27.05	\$32.95	\$27.05	\$35.00	-
Minced Meat	Pork	454g	-	-	-	\$20.04	-	\$20.04	-	\$20.04	-	-
Table Margarine	Blue Band	227g	\$9.95	\$12.95	\$15.49	\$12.99	\$15.00	\$12.99	\$14.95	\$12.99	\$14.20	\$11.95
Shortening	Cookeen	227g	\$20.50	\$16.95	\$17.85	\$15.99	\$19.95	\$15.99	\$19.95	\$15.99	\$18.10	\$19.95
Eggs	Large	1 dozen	\$25.95	\$30.00	\$26.25	\$29.99	\$26.95	\$30.99	\$29.95	\$24.00	\$33.00	-
Evaporated Milk	Carnation	1 tin	\$13.95	\$12.95	\$12.99	\$13.99	\$12.95	\$13.99	\$12.95	\$13.99	\$12.70	\$13.55
Evaporated Milk	Green Butterfly	250ml pack	\$8.95	\$7.95	\$8.25	\$7.99	\$8.00	\$7.99	\$8.00	\$7.99	\$7.80	\$7.95
Condensed Milk	Nestle	1 tin	\$18.50	\$13.95	\$16.25	\$16.49	\$16.95	\$16.49	\$16.95	\$16.49	\$16.50	\$16.95
Condensed Milk	Eve	1 tin	\$11.50	-	\$9.95	\$10.99	\$12.95	\$10.99	\$11.95	\$10.99	\$9.80	-
Lasagna	Swiss	400g	\$11.95	\$13.00	\$15.95	\$15.99	\$16.00	\$15.99	\$16.00	\$15.99	\$13.75	-
Baking Powder	Lion	454g	\$10.75	\$10.50	\$10.50	\$10.99	\$11.95	\$10.99	\$11.99	\$13.99	-	\$9.95
Flour - All Purpose	Ibis	2kg	\$17.50	\$18.95	\$16.99	\$17.99	\$17.49	\$17.99	\$17.49	\$17.99	-	\$18.95
Flour - All Purpose	Ibis	10kg	\$79.95	\$80.00	\$81.25	\$84.99	\$85.00	\$84.99	\$85.00	\$84.99	-	\$87.95
Corn Flour	Promasa	1kg	-	\$22.00	-	\$21.99	\$19.95	\$21.99	\$19.95	\$21.99	\$23.90	\$22.95
Yeast	Fermipan	11g x 4	\$9.50	\$10.00	\$8.99	\$9.99	\$11.95	\$9.99	\$11.95	\$9.99	-	\$9.95
Ginger Powder		15g - 22g	-	-	\$6.25	\$5.99	\$4.95	\$4.99	\$3.95	\$4.99	-	\$4.50
Cinnamon Powder		15g - 22g	\$8.95	\$8.95	\$3.99	\$4.99	\$4.95	\$4.99	\$4.95	\$4.99	-	-
Cloves (Whole)		10g	-	-	\$6.75	\$6.99	\$7.95	\$7.99	\$7.95	\$7.99	-	\$6.95
Nutmeg (Whole)		40g	\$8.95	\$8.95	\$9.00	\$9.99	\$8.95	\$9.99	\$8.99	\$9.99	-	-
Sugar (Brown)	Happi	1800g	\$21.50	\$20.00	\$19.99	\$20.99	\$19.95	\$20.99	\$19.95	\$20.99	-	-
Sugar (Granulated)	Sweet Cane	1800g	\$22.95	\$21.95	\$23.95	\$21.99	\$18.95	\$21.99	\$18.95	\$21.99	-	\$20.95
Danish Butter Cookies		1 Tin	\$20.00	\$20.00	-	\$20.00	\$19.99	\$19.99	\$19.95	\$19.99	\$18.40	\$20.00
Salted Nuts		1 Bottle	\$27.95	\$28.95	\$29.50	\$27.99	\$25.00	\$27.99	-	\$28.00	\$33.75	-
Split Channa		1 Bottle	\$27.95	\$28.95	\$26.99	\$25.99	\$25.00	\$27.99	\$27.95	\$28.00	\$32.80	\$28.95
Shandy Sorrel		6 Pack	\$35.50	\$37.00	\$37.30	\$39.99	\$39.95	\$39.99	\$39.95	\$39.99	-	\$40.00
Peardrax	Bottle	1L	\$28.50	\$26.95	\$26.99	\$27.99	\$24.95	\$27.99	\$24.95	\$27.99	\$25.95	-
Sorrel	Orchard	1L	\$17.00	-	\$17.99	\$18.99	\$17.95	\$18.99	\$17.95	\$18.99	-	-
Malta (Bottle)		6 Pack	\$35.00	\$37.00	-	\$39.99	\$34.95	\$38.99	\$34.95	\$39.99	\$45.00	-
Ponche a Crème	Kuba	700ml	\$119.75	-	-	\$109.99	\$94.95	\$109.99	\$94.95	\$109.99	-	-
Cherry Brandy	Fernandes	750ml	\$34.95	\$30.00	\$33.75	\$33.99	\$29.95	\$33.99	\$29.95	\$33.99	\$29.90	-
Mixed Essence	Chief	155ml	\$11.95	\$12.00	\$12.00	\$11.99	\$11.95	\$11.99	\$11.95	\$11.99	\$10.80	-
Green Pigeon Peas	MP	1 tin	\$12.25	\$10.00	\$11.00	\$11.99	\$12.00	\$11.99	\$12.00	\$11.99	\$9.05	-
Peas and Carrots	MP	1 tin	\$13.50	\$13.00	\$10.15	\$10.99	\$12.95	\$10.99	\$13.00	\$10.99	\$9.05	-
Corn (Whole Kernel)	MP	1 tin	\$13.95	\$13.50	\$13.50	\$13.99	\$12.95	\$13.99	\$12.95	\$13.99	\$10.90	-
Pineapple Slices (In Syrup)	Dole	20oz tin	\$30.95	\$27.95	\$29.99	\$26.99	\$26.95	\$26.99	\$26.95	\$26.99	\$24.80	\$26.95
Hot Chow (Chow Chow)	Matouk's	Per Bottle	\$18.95	\$18.95	-	\$15.99	-	\$15.99	-	\$15.99	-	-
Ketchup	Matouk's	750ml bottle	\$15.95	\$15.00	\$14.99	\$14.99	\$14.95	\$14.99	\$14.95	\$14.99	\$14.15	\$12.95
Ketchup	Swiss	750ml	\$10.50	\$10.95	\$12.99	\$11.99	\$9.00	\$11.99	\$9.00	\$11.99	\$11.50	\$10.95
Red Cherries		200g/227g	-	-	-	\$14.99	\$21.95	\$14.99	\$21.95	\$14.99	-	-
Raisins		400g/454g	-	\$15.00	\$17.75	\$20.00	\$19.95	\$20.00	\$19.95	\$20.00	-	\$15.95
Golden Raisins		400g/454g	-	\$15.00	\$18.99	\$18.99	\$21.95	\$16.99	\$21.95	\$18.99	\$18.66	\$18.95
Mixed Peel		200g/227g	\$19.95	-	\$20.00	\$20.99	\$12.95	\$20.99	\$12.95	\$20.99	-	-
Currants		400g/454g	-	\$15.00	\$18.99	\$18.99	\$19.95	\$18.99	\$19.95	\$18.99	\$17.18	-
Prunes (w/ Seed)		400g/454g	-	\$20.00	-	\$19.99	\$31.95	\$19.99	\$31.95	\$19.99	\$28.52	\$25.95
Olives (Plain Green)	Carbonell/Other	170g	\$12.50	\$10.00	-	-	\$12.95	-	\$12.95	-	-	\$16.95
Grapes (w/Seed) Red		454g	\$28.18	\$30.00	\$34.09	\$30.06	\$29.95	\$30.06	\$29.95	\$30.06	\$33.55	\$28.95
Grapes (Seedless) Red		454g	\$36.82	\$30.00	-	\$30.06	-	\$30.06	-	\$30.06	-	-
Apples (Gala)	Small/Medium	single	\$2.50	\$5.00	\$5.00	\$6.00	\$5.95	\$3.33	\$5.95	\$4.00	\$3.45	\$5.00