



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



# SUPERMARKET PRICES OF ITEMS

## NOVEMBER 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 November 2016, the Consumer Affairs Division (CAD), 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 (CAU) of the Tobago House of Assembly at eight (8) 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
CORNED BEEF	Target	340g	\$14.99	\$14.99	\$14.99	-	\$14.97	\$14.99	\$12.99	\$15.50	\$13.95	\$18.99
CHICKEN BREAST (Frozen)	Arawak	pack	-	\$20.13	-	-	-	-	\$16.99	-	\$18.95	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	\$20.54	-	-	-	-	\$17.99	-	\$18.95	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	-	-	-	-	\$13.99	-	\$13.95	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$19.95	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	-	-	\$17.53	-	-	-	\$14.99	-	-	-
BEEF STEW	-	454g	\$23.99	\$34.09	\$24.60	\$25.90	\$24.97	\$24.04	\$19.99	-	\$20.95	-
SALTED FISH (w/Bone)	-	454g	\$29.99	\$26.04	\$22.79	\$25.00	\$25.97	\$29.99	\$26.99	\$21.82	\$22.50	\$23.00
SALTED FISH (Boneless)	-	454g	-	\$24.99	-	-	\$23.97	\$29.99	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	-	\$20.00	\$12.50	\$13.63	\$19.47	-	\$13.97	\$15.45	\$15.44	\$16.00
SARDINES (IN OIL)	Brunswick	106g	\$7.99	\$7.99	\$5.99	\$7.99	\$6.97	\$7.99	\$5.99	\$6.75	\$7.25	\$8.99
CHEDDAR CHEESE		454g	\$18.03	\$17.72	\$18.20	\$19.54	\$18.97	\$15.02	\$19.97	\$19.55	\$20.00	\$22.00
COOKING MARGARINE	Golden Ray	227g	\$8.99	\$10.49	\$10.25	\$10.99	\$8.97	\$8.99	\$10.49	\$10.75	\$8.95	\$10.95
COOKING MARGARINE	French Maid	227g	\$7.99	\$7.99	\$6.65	\$7.49	\$7.47	\$7.99	-	-	\$6.95	\$8.75
TABLE MARGARINE	Blue Band	227g	\$6.99	\$8.29	\$6.99	\$8.29	\$6.66	\$6.99	\$8.29	\$7.99	\$6.95	\$10.95
TABLE MARGARINE	Flora	445g	\$16.99	\$18.99	\$19.25	\$19.99	-	\$16.99	\$18.99	\$19.50	\$16.95	\$19.85
EGGS	Large	1 Doz	\$22.99	\$22.69	\$24.50	\$20.99	\$22.47	\$23.99	\$21.47	\$22.00	\$17.95	\$20.00
LIQUID MILK (Full Cream)	Nestle	1L	\$11.99	\$10.49	\$10.49	\$10.99	\$8.97	\$11.49	\$9.99	\$10.99	\$10.45	\$10.49
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$11.49	\$11.49	\$11.49	\$11.47	\$12.49	\$11.49	\$11.99	\$10.95	\$11.99
POWDERED MILK (Full Cream)	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$48.97	\$47.99	\$47.97	\$47.99	\$46.95	\$47.99

			ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
ITEM	BRAND	SIZE	XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
POWDERED MILK	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.97	\$14.99	\$14.47	\$14.49	\$14.45	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$55.97	\$54.99	\$55.97	\$54.99	\$53.95	\$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	-	\$8.99	\$9.50	\$9.79	\$9.97	\$10.49	\$9.49	\$9.99	\$9.95	\$9.49
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.49	\$5.49	\$5.49	\$5.49	\$5.47	\$6.99	\$5.99	-	\$5.45	\$5.99
MACARONI	Swiss	400g	\$4.99	\$4.99	\$5.15	\$5.49	\$4.97	\$5.99	\$5.49	\$5.50	\$4.95	-
SPAGHETTI	Swiss	400g	\$5.99	\$5.49	\$5.35	\$5.49	\$5.27	-	\$5.49	-	\$5.45	-
BAKING POWDER	Lion	454g	\$9.99	-	\$9.99	\$8.99	\$9.47	\$9.99	\$9.49	-	\$9.75	\$9.99
PRE PACKAGED FLOUR	Five Roses	2kg	\$15.99	-	\$14.99	\$14.99	\$13.97	\$15.99	\$14.99	\$16.75	\$14.45	\$17.50
PRE PACKAGED FLOUR	Ibis	10kg	\$59.99	\$57.99	\$58.99	\$62.99	\$57.97	\$57.99	\$64.97	-	\$54.95	\$58.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$18.49	\$21.79	-	-	\$17.97	\$18.49	\$19.99	-	\$20.95	\$19.99
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	\$23.99	\$21.99	\$21.15	\$21.99	-	-	\$20.99	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	-	\$10.99	\$10.65	\$10.99	-	-	\$10.99	-	-	-
OATS	Cook's Mate	226g	-	\$3.99	\$3.65	\$3.99	-	\$3.99	-	\$3.75	\$3.75	\$3.95
YEAST	Fermipan	4x11g	\$5.99	\$5.99	\$5.99	\$5.99	\$5.77	\$7.99	-	-	\$6.45	\$6.99
SPLIT PEAS (Loose)	-	454g	\$4.99	-	-	-	\$3.47	\$4.49	\$3.97	\$3.75	\$3.95	\$4.00
RED BEANS (Loose)	-	454g	\$7.49	-	-	-	\$7.47	\$7.49	\$7.97	\$6.99	\$5.95	\$6.00
DRY PIGEON PEAS (Loose)	-	454g	\$9.99	-	-	-	-	\$9.49	\$7.49	\$6.99	\$6.95	\$7.00
CHANNA (Loose)	Large	454g	\$9.99	-	-	-	\$8.97	\$8.99	\$8.49	\$7.50	\$8.95	\$6.50
BLACK EYE PEAS (Loose)	-	454g	\$6.99	-	-	-	\$5.97	\$6.99	\$5.97	\$6.50	\$6.25	\$5.50
LENTIL (Loose)	-	454g	\$8.99	-	-	-	\$6.97	\$8.99	\$6.99	\$6.25	\$6.45	\$5.50
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$5.49	\$4.99	-	-	-	-	-	-	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	\$10.70	-	\$9.97	-	-	-	-	-
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.49	\$10.15	-	-	-	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	\$9.99	\$9.19	\$9.86	-	-	-	-	-	-	-

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
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	\$8.75	-	\$7.97	\$7.49	-	-	-	-
LENTILS (Pre Packaged)	Nature's Pride	400g	-	-	\$7.45	\$6.49	\$7.97	\$7.99	-	-	-	-
CURRY POWDER	Chief	85g	\$7.49	\$6.99	\$7.49	\$6.99	\$5.97	\$7.49	\$6.89	\$6.75	\$6.25	\$7.99
WHITE VINEGAR	Matouk's	1L	\$7.49	\$7.49	\$7.25	\$6.99	\$6.97	\$7.49	\$6.97	\$6.99	\$5.95	\$6.99
POTATO	-	454g	\$2.99	\$3.18	\$3.61	\$2.95	\$2.97	\$2.99	\$2.97	\$3.00	\$2.25	\$3.50
ONION	-	454g	\$2.99	\$3.18	\$2.59	\$2.72	\$2.47	\$2.99	\$2.47	\$3.00	\$2.95	\$3.50
GARLIC	-	454g	\$13.98	-	\$14.45	-	\$12.97	\$14.99	\$19.99	\$13.50	-	\$15.00
GARLIC	-	250g	-	\$7.99	\$8.45	\$6.99	-	-	-	-	\$6.45	-
SUGAR (Loose)	Brown	454g	\$4.50	\$3.80	-	-	-	\$4.00	\$3.97	\$4.00	\$3.95	\$3.50
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$16.99	\$16.99	\$16.99	-	\$20.97	\$16.99	-	-	-	\$20.25
INFANT FORMULA	SMA	900g	-	-	\$173.80	\$168.99	\$168.97	\$182.00	\$177.99	-	\$159.95	\$178.25
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$109.00	\$105.99	\$105.99	\$100.99	\$99.97	\$109.00	\$101.99	-	\$102.95	\$102.75
INFANT FORMULA	Klim (growing up)	800g	\$59.99	-	\$58.99	\$59.99	\$58.97	\$59.99	\$58.97	\$59.00	\$56.45	\$58.75
TOILET PAPER (280 Sheets)	Soft n' Pretty	6pk	\$12.99	-	\$15.99	\$13.99	\$14.47	\$12.99	\$14.97	-	\$12.95	-
TOILET SOAP	Palmolive	3pk	\$15.99	\$15.49	\$14.30	\$15.49	\$12.97	\$15.99	\$14.49	\$15.50	\$14.95	\$16.99
TOOTHPASTE	Colgate	113g	\$12.99	\$12.99	\$11.90	\$13.99	\$11.97	\$11.49	\$11.29	\$11.50	\$11.95	\$15.99
VIENNA SAUSAGE (Chicken)	Brunswick	141g	\$3.99	-	\$4.49	\$4.69	\$3.97	\$3.99	\$4.49	-	-	-
CHICKEN FRANKS (Hot Dogs)	Erin Farm	12pk	\$15.99	\$13.49	-	\$13.99	\$14.47	\$12.99	-	-	\$16.95	-
PIGTAIL	-	454g	-	\$17.27	\$17.14	\$17.27	-	\$24.99	\$15.99	\$17.27	-	-
TUNA (FLAKES IN WATER)	Richport	170g	\$7.99	-	\$7.75	\$6.99	\$7.47	-	-	\$6.25	-	\$6.99
TUNA (FLAKES IN OIL)	Richport	170g	-	-	\$7.75	\$6.99	\$7.47	-	-	\$6.25	-	-
FRESH BUTTER	Kerrygold	454g	\$39.99	\$41.79	\$39.99	\$36.99	\$39.97	\$39.99	\$37.99	\$38.50	-	\$38.99
CONDENSED MILK	Nestle	395g	\$8.99	\$9.99	\$9.99	\$9.99	\$8.97	\$8.99	\$8.99	\$8.99	\$9.95	\$11.99
CONDENSED MILK	Eve	395g	\$7.49	\$6.99	\$6.99	\$6.49	\$5.47	\$7.49	\$5.49	\$7.75	\$5.95	\$6.99
MILO (Pack)	-	400g	\$37.99	\$35.99	\$33.74	\$34.99	\$34.47	\$37.99	\$33.79	\$34.99	\$29.95	\$33.99
INSTANT CHOCOLATE	Nesquik	500g	\$24.99	\$23.99	\$22.49	\$24.99	\$22.47	\$24.99	\$22.49	\$23.50	\$23.45	\$22.45

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
OVALTINE (Pack)	-	300g	\$34.99	\$32.49	\$26.04	\$27.99	\$28.97	\$34.99	\$26.99	\$38.50	\$28.95	\$26.50
TEA BAGS	Lipton	50 pk	\$18.99	\$20.49	\$20.25	\$19.59	\$14.97	\$18.99	\$20.99	\$21.99	\$17.95	\$21.99
TEA BAGS (GREEN)	Lipton	20 pk	\$22.99	\$21.99	\$19.74	\$20.99	\$20.97	\$22.99	\$20.99	\$21.50	\$21.95	\$21.99
TEA BAGS (GREEN)	Dilmah	20pk	\$24.99	\$24.74	-	-	\$22.27	\$24.99	\$22.49	\$22.50	\$22.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	\$36.99	-	-	\$34.99	\$32.97	\$36.99	\$31.49	\$33.50	\$30.95	\$31.45
COFFEE (INSTANT)	Café Brasil	100g	\$32.99	-	\$29.25	\$30.99	\$27.97	\$32.99	\$30.39	\$30.50	\$27.95	\$30.99
MAUBY	Matouk's	750ml	\$13.49	\$13.49	\$13.22	\$13.49	\$12.97	\$13.49	\$12.99	\$12.99	\$12.95	\$12.99
ORANGE DRINK	Orchard	250ml	\$3.49	\$3.36	\$3.65	\$3.69	\$3.97	\$3.49	\$3.49	\$3.50	\$3.95	3.36
ORANGE DRINK	Orchard	1L	\$12.99	\$11.24	\$11.24	\$13.99	\$11.97	\$12.99	\$11.29	\$11.99	\$11.45	\$11.24
GRAPEFRUIT DRINK	Orchard	1L	\$11.49	\$11.24	\$11.24	\$12.29	\$11.97	\$12.99	\$11.29	\$11.99	\$11.45	-
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.29	\$10.24	\$11.99	\$10.97	\$11.99	\$9.95	\$11.99	\$11.95	\$11.99
ORANGE JUICE	Dole	18 oz	-	\$10.49	-	-	\$10.47	\$11.49	\$9.59	\$10.25	-	\$10.49
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.29	\$10.24	\$11.99	\$10.97	\$11.99	\$11.49	\$11.99	\$11.95	\$11.99
PEANUT BUTTER	Matouk's	500g	\$16.99	-	\$19.35	\$15.99	\$16.47	\$21.99	\$18.99	\$18.75	\$16.95	\$17.95
VEGETABLE OIL	Richport	900ml	\$16.99	-	\$17.70	\$18.49	\$17.97	\$16.99	\$15.79	-	-	\$18.99
SOYA OIL	Eve	900ml	\$16.99	\$16.79	-	\$16.29	\$15.77	-	-	-	-	\$15.75
SOYA OIL	Happi	3.8L	\$58.99	-	-	-	\$52.97	\$59.99	\$56.29	-	-	-
COCONUT OIL	Nariel	900ml	\$35.99	\$33.99	\$38.08	\$33.99	-	-	-	-	-	\$31.99
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$89.99	-	-	-	\$79.97	\$89.99	-	\$85.00	\$82.95	\$98.95
CORN MEAL	Regal	454g	-	\$6.51	\$6.08	\$5.29	-	\$6.49	-	\$5.99	-	\$5.99
BISCUITS (Unsweetened)	Crix Original	9 oz	\$12.99	\$13.00	\$12.98	\$13.00	\$12.97	\$12.99	\$12.99	\$12.99	\$12.95	\$12.99
CORN FLAKES (Local)	Sunshine	200g	\$13.99	\$12.99	\$12.99	\$12.99	\$12.47	\$13.99	\$12.99	\$12.75	\$12.95	\$12.95
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$25.99	\$25.99	\$25.99	\$24.97	\$25.99	\$25.99	-	\$24.95	\$25.95
CORN FLAKES (Imported)	Kellogg's	150g	\$14.99	-	-	\$13.99	\$12.97	-	-	-	-	-
CORN FLAKES (Imported)	Kellogg's	15.2 oz	-	-	-	-	\$27.97	-	-	-	-	\$27.99
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	-	-	-	-
RED BEANS (Tin)	Eve	440g	\$8.49	-	\$6.99	\$6.99	\$5.97	\$8.49	\$5.99	\$6.99	\$5.95	\$6.75

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
BAKED BEANS (Tin)	Eve	440g	\$8.49	-	\$6.99	\$6.99	\$6.97	\$8.49	\$6.79	\$6.99	\$6.95	\$6.75
GREEN PIGEON PEAS (Tin)	Eve	440g	\$12.99	\$12.29	\$10.99	\$10.99	\$10.47	\$12.99	\$9.99	\$10.25	\$9.95	\$9.95
PROCESSED PIGEON PEAS (Tin)	MP	440g	-	-	-	-	-	-	\$7.49	-	-	-
PEAS AND CARROTS (Tin)	Eve	440g	\$8.49	\$8.19	\$6.99	\$6.99	\$6.77	\$8.49	\$5.99	\$6.99	\$5.75	\$6.75
TABLE SALT (Pre Packaged)	Chief	500g	\$3.49	\$3.59	-	-	-	-	\$3.39	-	-	-
TABLE SALT (Pre Packaged)	-	800g	-	-	-	-	\$3.47	-	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	-	\$20.24	\$22.25	\$21.59	\$16.97	\$17.99	\$19.99	\$21.50	\$19.95	\$19.99
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$11.99	\$10.99	\$10.60	\$9.99	\$10.97	\$11.99	\$9.49	\$10.99	\$10.95	\$10.95
TOMATO KETCHUP (Pack)	Swiss	750ml	\$5.99	-	\$5.98	\$5.99	\$6.97	\$7.99	-	\$7.75	\$6.95	\$7.99
MUSTARD (Bottled)	Matouk's	240g	-	-	\$7.75	\$7.99	\$7.47	\$8.49	\$7.69	\$7.50	\$7.95	\$7.75
MAYONNAISE (Bottled)	Matouk's	340ml	\$12.49	\$11.80	\$11.24	\$11.49	\$10.97	\$12.49	\$13.99	\$10.50	\$11.45	\$10.95
INFANT CEREAL	Nestle – Rice	270g	\$21.99	\$21.99	\$19.39	-	\$18.97	\$21.99	\$19.79	-	\$19.95	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.99	\$21.99	\$21.99	\$21.99	\$20.97	\$22.99	\$21.79	\$22.50	\$21.95	\$21.99
DISHWASHING LIQUID	Squeezy	725ml	\$16.99	\$15.49	\$14.99	\$15.99	\$12.97	\$12.97	-	-	\$12.48	\$15.00
SOAP POWDER	Breeze Multi Active	900g	\$28.99	\$28.99	\$28.99	\$27.99	\$27.47	\$29.99	\$27.99	\$28.99	\$27.95	\$25.95
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$12.99	\$11.99	\$12.49	\$12.27	\$13.99	\$12.49	\$12.90	-	\$11.99
SOAP POWDER	Radiante	400g	\$10.99	\$10.79	\$8.99	\$10.99	\$10.27	\$10.99	\$10.49	\$10.99	-	-

# Section 2- Trinidad

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

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			TRU VALU	MASSY STORES (St. Augustine)	MS FOOD CITY	G & N	MASSY STORES	TRU VALU	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
CORNED BEEF	Target	340g	\$15.99	\$14.99	\$14.99	\$15.99	\$14.99	\$15.99	\$13.99	\$12.99	\$14.99	\$12.49
CHICKEN BREAST (Frozen)	Arawak	pack	-	\$20.13	-	-	\$20.13	-	-	-	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	\$20.54	-	-	\$20.54	-	-	-	\$14.95	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	\$13.63	-	-	\$13.63	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	\$21.13	-	-	\$21.13	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	-	-	-	-	\$17.95	-	\$11.99	\$11.99	-	\$15.86
BEEF STEW	-	454g	\$22.72	-	\$27.63	\$23.00	-	\$25.00	\$21.99	-	-	\$24.49
SALTED FISH (w/Bone)	-	454g	-	\$26.04	-	-	\$26.04	-	\$24.99	\$26.00	\$25.06	\$22.73
SALTED FISH (Boneless)	-	454g	-	\$24.49	\$29.75	\$23.99	\$24.99	-	\$34.99	\$33.99	\$23.85	\$24.99
SMOKED HERRING (w/Bone)	-	454g	-	-	\$15.16	\$15.00	\$20.00	-	\$13.99	\$17.99	\$19.74	\$15.00
SARDINES (IN OIL)	Brunswick	106g	-	\$7.99	\$6.75	\$7.49	\$7.99	\$8.49	\$6.99	\$8.99	\$7.99	\$7.49
CHEDDAR CHEESE	-	454g	\$16.81	\$17.72	\$18.18	\$20.00	\$17.72	\$20.30	\$19.99	\$24.00	\$19.54	\$20.00
COOKING MARGARINE	Golden Ray	227g	\$9.49	\$10.49	\$9.49	\$10.99	\$10.49	\$10.49	\$9.99	\$9.99	\$8.95	\$9.49
COOKING MARGARINE	French Maid	227g	\$7.99	\$7.99	\$7.99	\$7.99	\$7.99	\$7.99	\$9.99	\$8.99	\$7.95	\$7.99
TABLE MARGARINE	Blue Band	227g	\$8.49	\$8.29	\$6.99	\$6.99	\$8.29	\$8.49	\$6.99	\$6.99	\$7.99	\$7.99
TABLE MARGARINE	Flora	445g	\$18.89	\$18.99	\$18.99	\$19.99	\$18.99	\$18.89	\$19.99	\$18.99	\$18.90	\$16.99
EGGS	Large	1 Doz	\$18.99	\$22.49	\$20.99	\$21.99	\$22.49	\$21.49	\$21.99	\$23.99	\$22.95	\$19.99
LIQUID MILK (Full Cream)	Nestle	1L	\$9.99	\$9.99	\$9.99	\$8.99	\$10.49	\$9.99	\$8.99	\$9.99	\$10.50	\$7.99
LIQUID MILK (Skimmed)	Svelty	1L	-	\$10.49	\$11.99	\$11.99	\$10.49	\$11.99	\$11.99	\$11.99	\$11.50	\$12.49
POWDERED MILK (Full Cream)	Dairy Dairy	800g	-	\$47.99	\$47.99	\$48.99	\$47.99	\$47.99	\$42.99	\$47.99	\$47.99	\$47.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			TRU VALU	MASSY STORES (St. Augustine)	MS FOOD CITY	G & N	MASSY STORES	TRU VALU	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
POWDERED MILK	Dairy Dairy	225g	-	\$14.49	\$14.49	\$14.99	\$14.49	-	\$14.99	\$14.49	\$14.49	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$55.49	-	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	-	\$28.99	\$29.49	\$29.99	\$28.99	\$24.99	\$28.99	\$28.99	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	\$9.49	\$9.49	\$8.99	\$9.49	\$8.99	\$9.49	\$9.99	\$8.95	\$8.99
EVAPORATED MILK (Pack)	Green Butterfly	250ml	-	\$5.49	\$5.49	\$5.49	-	\$5.49	\$6.99	\$5.99	\$5.50	\$5.99
MACARONI	Swiss	400g	\$5.49	\$5.49	\$5.25	\$4.99	\$5.49	\$5.49	\$5.99	\$5.49	\$5.50	\$5.49
SPAGHETTI	Swiss	400g	\$5.49	\$6.49	\$5.25	\$6.99	\$5.49	\$6.49	\$5.99	\$4.99	-	\$5.49
BAKING POWDER	Lion	454g	\$9.99	\$9.79	\$9.99	\$9.99	\$9.79	\$9.99	\$8.99	\$10.49	\$9.80	\$9.99
PRE PACKAGED FLOUR	Five Roses	2kg	\$16.99	-	\$12.99	\$16.99	\$15.99	\$16.99	\$15.99	\$16.99	\$17.25	\$15.99
PRE PACKAGED FLOUR	Ibis	10kg	-	-	-	-	\$57.99	\$62.99	\$54.99	\$59.99	\$59.95	\$59.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$19.99	\$21.79	-	\$19.99	-	-	\$19.99	-	-	\$21.49
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	\$22.25	\$21.99	-	-	\$21.99	\$22.25	-	-	\$21.95	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	\$11.25	-	-	-	11.49	\$11.25	-	-	\$11.10	-
OATS	Cook's Mate	226g	-	-	\$3.99	\$3.99	-	-	\$3.99	\$3.99	\$3.85	\$3.99
YEAST	Fermipan	4x11g	\$6.49	\$5.99	\$6.75	\$6.99	\$6.79	\$6.29	\$6.99	\$7.49	\$6.85	\$6.49
SPLIT PEAS (Loose)	-	454g	-	-	-	\$3.50	-	-	\$4.99	\$4.49	\$4.95	\$3.99
RED BEANS (Loose)	-	454g	-	-	-	\$8.00	-	-	\$7.99	\$4.99	\$7.95	-
DRY PIGEON PEAS (Loose)	-	454g	-	-	-	\$8.00	-	-	\$7.99	\$5.99	\$6.95	\$6.99
CHANNA (Loose)	Large	454g	-	-	-	\$9.00	-	-	\$7.99	\$5.99	\$7.95	\$8.99
BLACK EYE PEAS (Loose)	-	454g	-	-	-	\$6.00	-	-	-	\$5.49	\$6.95	\$5.99
LENTIL (Loose)	-	454g	-	-	-	\$6.50	-	-	-	\$5.99	\$6.95	\$6.49
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$5.49	\$5.49	-	-	\$5.49	-	-	-	-	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	\$10.99	\$9.99	-	-	\$9.99	-	-	-	\$10.50	\$9.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.49	-	-	\$9.49	-	-	-	-	-
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	\$9.25	\$7.79	-	-	\$7.79	-	-	-	-	-

			CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
ITEM	BRAND	SIZE	TRU VALU	MASSY STORES (St. Augustine)	MS FOOD CITY	G & N	MASSY STORES	TRU VALU	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
CURRY POWDER	Chief	85g	\$7.19	\$6.99	\$6.99	\$6.99	\$6.99	\$7.19	\$7.99	\$6.49	\$6.99	\$6.99
WHITE VINEGAR	Matouk's	1L	\$7.15	\$7.49	-	\$7.49	-	\$7.15	\$6.99	\$6.99	\$6.95	\$6.99
POTATO	-	454g	\$3.40	\$3.18	-	\$2.00	\$6.99	\$8.99	\$3.50	\$2.99	\$5.99	\$6.99
ONION	-	454g	\$3.63	\$3.18	\$3.99	\$2.50	\$6.99	\$7.99	\$3.50	\$2.99	\$3.50	\$3.99
GARLIC	-	454g	-	-	\$13.49	\$13.99	-	-	\$14.99	\$12.99	-	\$13.49
GARLIC	-	250g	-	\$7.99	-	-	-	\$10.99	\$9.99	\$7.00	\$7.95	\$8.99
SUGAR (Loose)	Brown	454g	-	-	-	-	-	-	-	-	-	\$3.99
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$15.99	-	\$16.00	-	\$16.99	\$15.99	\$17.99	-	-	-
INFANT FORMULA	SMA	900g	\$176.49	\$177.99	\$178.49	\$164.99	\$177.99	\$176.49	\$169.99	\$163.99	-	\$166.99
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	-	\$105.99	\$102.99	\$104.99	\$105.99	\$102.99	\$99.99	\$102.99	\$99.95	\$104.99
INFANT FORMULA	KLIM (growing up)	800g	\$59.65	\$54.99	\$58.99	\$57.99	\$58.99	\$59.65	\$51.99	\$58.99	\$58.95	\$54.99
TOILET PAPER (280 Sheets)	Soft n' Pretty	6pk	-	\$14.99	\$14.49	\$14.99	\$15.49	\$15.49	\$14.99	\$10.99	-	-
TOILET SOAP	Palmolive	3pk	\$14.75	\$15.49	\$14.75	\$15.49	\$15.49	\$14.75	\$13.99	\$14.99	\$15.50	\$12.99
TOOTHPASTE	Colgate	113g	\$12.49	\$12.99	\$12.49	\$10.99	\$11.99	\$12.49	\$14.99	\$11.99	\$12.15	\$10.99
VIENNA SAUSAGE (Chicken)	Brunswick	141g	\$5.05	-	\$4.75	\$4.99	-	\$5.05	-	\$4.99	\$4.50	\$4.99
CHICKEN FRANKS (Hot Dogs)	Erin Farm	12pk	-	\$10.79	\$14.25	\$14.99	\$13.31	\$13.49	\$11.99	\$13.49	\$13.25	\$12.99
PIGTAIL	-	454g	-	\$17.27	\$16.99	\$17.99	-	-	\$16.99	\$17.99	\$16.89	\$17.72
TUNA (FLAKES IN WATER)	Richport	170g	-	-	-	-	-	\$7.86	\$6.99	-	-	\$6.99
TUNA (FLAKES IN OIL)	Richport	170g	-	-	\$6.99	-	-	\$7.86	\$7.99	-	-	\$6.99
FRESH BUTTER	Kerrygold	454g	\$39.36	\$41.79	\$42.99	\$39.99	\$41.79	\$39.99	\$39.99	-	\$39.40	\$39.49
CONDENSED MILK	Nestle	395g	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$8.99	\$8.99	\$9.49	\$8.99
CONDENSED MILK	Eve	395g	\$6.99	\$7.19	\$6.99	\$5.99	\$7.19	\$6.99	\$5.99	\$5.99	\$6.95	\$5.99
MILO (Pack)	-	400g	\$33.74	\$35.99	\$33.75	\$34.99	\$35.99	\$33.74	\$27.99	\$36.99	\$30.75	\$33.99
INSTANT CHOCOLATE	Nesquik	500g	-	\$23.99	\$24.49	\$23.99	\$23.99	\$22.49	\$21.99	\$23.99	\$23.75	\$23.99
OVALTINE (Pack)	-	300g	\$26.99	\$32.49	\$32.99	\$28.99	\$32.49	\$31.99	\$26.99	\$31.99	\$26.95	-
TEA BAGS	Lipton	50 pk	\$18.99	\$20.49	\$21.25	\$21.99	\$20.49	\$21.49	\$19.99	\$21.99	\$21.25	\$21.49
TEA BAGS (GREEN)	Lipton	20 pk	\$20.99	\$21.99	\$20.99	\$21.99	\$21.99	\$20.99	\$22.99	\$21.99	\$20.75	\$20.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			TRU VALU	MASSY STORES (St. Augustine)	MS FOOD CITY	G & N	MASSY STORES	TRU VALU	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
TEA BAGS (GREEN)	Dilmah	20pk	\$19.99	\$24.74	\$22.99	\$22.99	\$24.74	\$21.36	\$22.99	\$23.99	\$22.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	\$32.05	\$31.99	\$31.49	\$33.99	\$31.99	\$32.05	\$29.99	-	\$31.50	\$34.49
COFFEE (INSTANT)	Café Brasil	100g	\$30.99	\$30.99	\$30.99	\$30.99	\$24.99	\$30.99	\$25.99	\$30.99	\$31.00	\$25.49
MAUBY	Matouk's	750ml	-	\$13.49	-	\$12.99	\$13.49	\$13.49	\$12.99	\$13.49	\$13.75	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.70	\$3.36	\$3.49	\$3.75	\$3.36	\$3.70	\$3.99	\$3.49	3.35	3.49
ORANGE DRINK	Orchard	1L	\$11.24	\$11.24	\$11.25	\$11.99	\$11.24	\$11.24	\$9.99	\$10.99	\$11.25	\$12.49
GRAPEFRUIT DRINK	Orchard	1L	\$11.24	\$11.24	\$11.25	\$11.99	\$11.24	\$11.24	\$14.99	\$15.99	-	\$14.99
ORANGE JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.29	\$11.99	\$11.99	\$11.29	\$11.24	\$11.99	\$11.99	\$11.25	\$11.99
ORANGE JUICE	Dole	18 oz	-	-	\$10.49	-	-	-	-	\$10.99	-	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.24	\$11.29	\$11.99	\$11.99	\$11.29	\$11.24	\$11.99	\$12.50	\$11.25	\$11.99
PEANUT BUTTER	Matouk's	500g	\$16.99	-	\$19.49	-	\$16.99	\$19.99	\$18.99	\$16.99	\$17.95	\$17.99
VEGETABLE OIL	Richport	900ml	-	-	\$18.99	\$16.99	-	-	-	-	-	-
SOYA OIL	Eve	900ml	-	\$17.43	\$16.49	\$16.99	\$16.79	-	-	-	\$16.40	-
SOYA OIL	Happi	3.8L	-	-	\$41.99	\$48.99	-	-	\$55.99	-	\$57.95	\$56.49
COCONUT OIL	Nariel	900ml	-	\$33.99	\$33.99	\$30.99	\$33.99	-	\$34.99	\$34.99	\$33.99	\$33.99
OLIVE OIL (Extra Virgin)	James Plagniol	1L	-	\$88.86	\$89.99	-	-	-	\$89.99	\$75.99	\$73.25	\$73.99
CORN MEAL	Regal	454g	\$6.18	\$6.51	\$5.99	\$6.99	\$6.51	-	-	-	\$6.20	\$6.49
BISCUITS (Unsweetened)	Crix Original	9 oz	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$12.99	\$12.99	\$13.00	\$12.99
CORN FLAKES (Local)	Sunshine	200g	-	\$12.99	\$12.99	\$13.99	\$12.99	\$12.99	\$13.99	\$13.99	\$12.93	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	-	\$25.99	\$25.99	-	\$25.99	\$25.99	-	-	\$25.95	\$25.99
CORN FLAKES (Imported)	Kellogg's	150g	-	-	-	-	-	-	-	-	\$12.99	\$14.49
CORN FLAKES (Imported)	Kellogg's	15.2 oz	-	-	-	-	-	-	-	-	-	\$32.99
SOYA CHUNKS	Natural Delights	454g	-	\$20.24	-	-	-	-	-	-	-	-
RED BEANS (Tin)	Eve	440g	\$7.99	-	-	\$6.99	\$8.19	-	\$6.99	\$6.49	\$6.75	\$6.99
BAKED BEANS (Tin)	Eve	440g	\$7.99	-	\$6.75	\$6.99	-	\$7.99	\$6.99	\$6.49	\$6.69	\$6.49
GREEN PIGEON PEAS (Tin)	Eve	440g	-	\$12.29	-	\$9.99	\$12.29	\$10.99	\$9.99	\$10.99	\$9.50	\$9.99
PROCESSED PIGEON PEAS (Tin)	MP	440g	-	-	-	-	-	-	-	-	-	-

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			TRU VALU	MASSY STORES (St. Augustine)	MS FOOD CITY	G & N	MASSY STORES	TRU VALU	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
PEAS AND CARROTS (Tin)	Eve	440g	\$7.99	\$8.19	\$6.75	\$6.99	\$8.19	\$7.99	\$6.99	\$7.49	\$6.75	\$6.99
TABLE SALT (Pre Packaged)	Chief	500g	-	-	-	-	-	-	\$3.99	\$3.49	-	\$3.49
TABLE SALT (Pre Packaged)		800g	\$3.93	-	-	-	\$3.70	-	\$3.99	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$20.25	\$20.24	\$18.99	\$19.99		\$20.24	\$18.99	\$21.99	\$20.85	\$18.99
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$8.99	\$10.99	\$10.99	\$10.99	\$10.99	\$10.99	\$9.99	\$11.49	\$10.99	\$10.99
TOMATO KETCHUP (Pack)	Swiss	750ml	\$6.99	\$6.99	-	\$6.99	\$6.99	\$6.99	\$6.99	-	\$7.95	\$6.99
MUSTARD (Bottled)	Matouk's	240g	-	-	-	\$7.99	-	-	\$5.99	\$7.99	\$7.75	\$7.99
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.25	\$11.80	\$10.99	\$11.99	-	\$11.25	\$9.99	\$11.99	\$11.25	\$11.49
INFANT CEREAL	Nestle – Rice	270g	\$20.25	\$19.99	\$19.99	\$21.99	\$19.99	\$19.99	\$19.99	\$18.99	\$19.99	\$20.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$21.99	\$21.99	\$23.99	\$21.99	\$21.99	\$19.99	\$20.99	\$21.99	\$22.99
DISHWASHING LIQUID	Squeezy	725ml	\$16.49	\$15.49	\$15.49	\$16.49	\$15.49	\$16.49	\$14.99	\$16.49	\$15.30	\$14.99
SOAP POWDER	Breeze Multi Active	900g	\$28.49	\$27.99	\$28.49	\$28.99	\$27.99	\$28.49	\$23.99	\$28.99	\$26.99	\$28.49
SOAP POWDER	Breeze Multi Active	375g	-	\$12.99	-	\$11.99	\$12.99	-	-	\$12.99	\$12.45	\$12.99
SOAP POWDER	Radiante	400g	-	10.79	-	-	10.79	-	\$9.99	-	\$10.70	\$10.49

# 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	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU
CORNED BEEF	Target	340g	\$15.49	-	-	14.99	13.99	13.99	\$15.99	\$14.99	\$15.49	\$15.99
CHICKEN BREAST (Frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	-	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	\$14.99	-	-	-	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	\$19.99	-	-	-	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	\$18.00	\$19.54	-	-	\$11.99	\$9.99	\$18.95	-	\$22.06	-
BEEF STEW	-	454g	\$25.00	\$23.18	\$27.37	\$22.99	\$21.99	\$23.99	-	-	\$22.57	\$24.48
SALTED FISH (w/Bone)	-	454g	\$25.00	\$25.90	\$23.00	\$24.54	\$24.99	\$24.99	\$19.95	-	\$24.55	\$22.99
SALTED FISH (Boneless)	-	454g	-	-	\$30.00	-	\$34.99	-	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	\$19.00	\$16.81	\$17.37	\$19.00	\$13.99	\$13.99	-	\$17.72	-	-
SARDINES (IN OIL)	Brunswick	106g	\$7.99	-	\$6.99	\$6.99	\$6.99	\$7.99	\$6.99	\$7.50	\$7.99	\$7.99
CHEDDAR CHEESE	-	454g	\$20.45	\$20.90	\$27.37	\$18.99	\$19.99	\$21.99	\$18.95	\$19.31	\$24.55	\$20.30
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$10.99	\$10.99	\$9.99	\$9.99	\$9.99	\$10.69	\$10.50	\$10.49	\$10.49
COOKING MARGARINE	French Maid	227g	\$8.99	\$8.99	-	\$8.99	\$9.99	\$8.49	\$7.89	\$7.99	\$7.99	\$7.99
TABLE MARGARINE	Blue Band	227g	\$6.99	\$8.99	\$8.50	\$6.99	\$6.99	\$7.49	\$8.49	\$8.25	\$6.99	\$8.49
TABLE MARGARINE	Flora	445g	\$18.49	\$19.99	-	\$18.99	\$19.99	\$17.49	\$18.99	\$18.99	\$18.99	\$18.89
EGGS	Large	1 Doz	\$18.99	\$22.99	\$22.99	\$21.99	\$21.99	\$22.50	\$19.99	\$21.50	\$21.99	\$17.99
LIQUID MILK (Full Cream)	Nestle	1L	\$12.99	\$12.99	\$11.99	\$10.99	\$7.99	\$9.99	-	\$10.49	-	\$10.49
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$12.99	\$12.99	\$11.99	\$11.99	\$12.49	\$11.99	\$11.49	\$11.99	\$11.49
POWDERED MILK (Full Cream)	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$42.99	\$42.99	-	\$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	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	-	\$14.49	\$14.49	-
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	-	\$54.99	\$54.99	\$54.00
POWDERED MILK (Skimmed)	Dairy 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	\$9.99	\$10.99	\$9.99	\$9.49	\$9.99	-	\$8.99	\$9.49	\$9.49
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$4.99	\$5.49	\$6.79	\$5.49	\$6.99	\$5.49	\$5.49	\$5.49	\$5.49	\$5.49
MACARONI	Swiss	400g	\$5.49	\$5.94	-	\$5.49	\$5.99	\$5.49	\$4.99	\$5.50	\$5.49	\$5.49
SPAGHETTI	Swiss	400g	-	\$5.49	\$5.99	\$5.49	\$4.99	-	\$5.49	\$5.50	\$5.49	-
BAKING POWDER	Lion	454g	\$9.99	\$9.99	\$10.99	\$7.99	\$8.99	\$9.99	\$8.99	\$9.75	\$9.99	\$9.99
PRE PACKAGED FLOUR	Five Roses	2kg	-	-	\$16.99	\$16.99	\$15.99	\$15.99	\$16.49	\$14.50	\$14.49	\$16.99
PRE PACKAGED FLOUR	Ibis	10kg	\$65.00	\$62.99	\$61.99	\$59.99	\$54.99	\$59.99	-	\$62.50	\$59.99	\$62.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-	-	\$17.49	\$19.99	\$18.99	\$20.49	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	\$21.49	-	-	-	-	-	-	-	\$19.99	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	\$10.99	\$9.99	-	-	-	-	-	-	\$9.99	-
OATS	Cook's Mate	226g	\$3.99	\$3.99	-	\$3.99	\$3.99	\$3.99	\$3.99	-	\$3.99	-
YEAST	Fermipan	4x11g	\$6.99	\$6.59	-	\$6.49	\$6.99	\$6.99	\$6.49	\$6.50	\$5.99	\$6.49
SPLIT PEAS (Loose)	-	454g	-	\$3.99	\$3.99	\$3.99	\$4.99	\$3.49	\$3.99	\$3.99	-	-
RED BEANS (Loose)	-	454g	-	\$8.50	\$7.99	\$6.99	\$7.99	-	\$9.00	-	-	-
DRY PIGEON PEAS (Loose)	-	454g	-	\$6.50	\$5.99	\$6.99	\$7.99	\$6.99	-	\$7.75	-	-
CHANNA (Loose)	Large	454g	-	\$5.99	\$8.99	\$6.99	\$7.99	\$7.49	\$7.99	\$10.25	-	-
BLACK EYE PEAS (Loose)	-	454g	-	\$6.99	\$5.99	\$6.99	-	\$5.49	\$5.99	\$5.95	-	-
LENTIL (Loose)	-	454g	-	\$6.50	\$6.99	\$5.99	-	\$6.49	\$4.99	-	-	-
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$4.99	\$4.75	-	-	-	-	-	-	\$4.99	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	\$9.49	\$9.99	-	-	-	-	-	-	\$9.99	\$10.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	\$8.49	\$8.99	-	-	-	-	-	-	\$8.99	-
CHANNA (Pre Packaged)	Nature's Pride	400g	\$8.99	\$8.99	-	-	-	-	-	-	\$8.99	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	\$7.99	\$7.50	-	-	-	-	-	-	\$7.99	-
LENTILS (Pre Packaged)	Nature's Pride	400g	\$7.49	\$6.99	-	-	-	-	-	-	\$7.49	-
CURRY POWDER	Chief	85g	-	\$7.50	\$7.00	\$6.99	\$7.99	\$6.75	\$6.99	\$6.99	-	\$7.49

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	Matouk's	1L	\$6.99	-	-	-	\$6.99	\$6.99	\$6.99	\$6.99	\$5.99	\$7.15
POTATO	-	454g	\$2.50	\$2.50	\$2.26	\$3.00	\$3.50	\$2.99	-	\$2.25	\$2.99	\$4.09
ONION	-	454g	\$2.27	\$3.00	\$2.72	\$2.00	\$3.50	\$2.50	-	\$2.25	\$2.99	\$3.63
GARLIC	-	454g	\$20.00	-	\$14.99	\$14.99	\$14.99	\$13.99	-	-	-	-
GARLIC	-	250g	\$11.00	\$10.00	\$7.99	\$7.99	\$9.99	\$6.99	-	\$6.71	\$8.99	\$10.99
SUGAR (Loose)	Brown	454g	\$4.95	\$4.25	-	-	-	-	-	-	-	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$18.99	-	-	-	-	-	-	-	-	-
INFANT FORMULA	SMA	900g	-	\$169.99	\$171.99	\$171.99	\$169.99	\$162.99	\$177.99	-	\$178.49	\$176.49
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$111.99	-	\$103.99	\$102.99	\$99.99	\$101.99	-	\$105.99	\$99.99	-
INFANT FORMULA	Klim (growing up)	800g	\$58.99	\$59.99	-	-	\$51.99	\$55.99	\$58.99	\$58.99	\$54.99	\$59.65
TOILET PAPER (280 Sheets)	Soft n' Pretty	6pk	\$15.99	-	\$16.99	\$10.99	\$14.99	\$10.00	-	-	-	\$15.49
TOILET SOAP	Palmolive	3pk	\$15.50	\$14.99	-	\$14.99	\$13.99	\$14.99	\$13.49	\$15.50	\$14.49	\$14.75
TOOTHPASTE	Colgate	113g	-	\$16.99	\$10.99	\$12.49	\$14.99	\$11.49	\$14.95	\$15.99	\$13.49	\$12.49
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	\$13.49	\$12.99	-	-	\$11.99	\$13.99	\$14.99	\$12.95	\$12.99	\$14.95
PIGTAIL	-	454g	\$19.00	\$18.63	\$18.00	-	\$16.99	\$19.00	-	-	\$18.24	\$17.99
TUNA (FLAKES IN WATER)	Richport	170g	\$6.99	-	-	-	\$6.99	-	-	-	-	\$7.86
TUNA (FLAKES IN OIL)	Richport	170g	\$7.99	\$7.99	-	-	\$7.99	-	-	-	-	\$7.86
FRESH BUTTER	Kerrygold	454g	\$40.99	\$39.99	-	\$42.99	\$39.99	\$42.99	\$39.99	\$38.50	\$39.99	\$39.99
CONDENSED MILK	Nestle	395g	\$9.99	\$10.99	\$11.99	\$8.99	\$8.99	\$8.99	\$9.99	\$8.75	\$9.99	\$10.00
CONDENSED MILK	Eve	395g	\$5.99	\$5.99	\$7.99	\$5.99	\$5.99	\$5.99	\$5.99	\$5.99	-	\$6.99
MILO (Pack)	-	400g	-	\$35.99	\$33.99	\$35.99	\$29.99	\$27.99	\$33.99	\$33.75	\$35.75	\$33.74
INSTANT CHOCOLATE	Nesquik	500g	\$23.99	\$28.99	\$23.99	\$23.99	\$21.99	-	\$22.95	\$22.50	\$22.99	\$22.49
OVALTINE (Pack)	-	300g	\$32.99	\$32.99	-	\$32.99	\$26.99	-	\$29.95	\$29.75	\$30.99	\$20.99
TEA BAGS	Lipton	50 pk	\$21.49	\$22.59	\$22.99	\$20.99	\$19.99	\$21.49	\$17.99	\$20.50	\$21.99	\$21.49
TEA BAGS (GREEN)	Lipton	20 pk	\$21.99	-	-	\$20.99	\$22.99	\$23.99	\$32.95	\$21.99	\$21.49	\$20.99

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
TEA BAGS (GREEN)	Dilmah	20pk	-	-	-	-	\$22.99	\$22.99	\$21.99	\$22.99	\$23.75	-
COFFEE (INSTANT)	Nestle	100g	-	-	-	\$34.49	\$29.99	-		\$31.50	\$31.49	\$32.05
COFFEE (INSTANT)	Café Brasil	100g	\$30.99	-	-	\$28.49	\$25.99	\$30.99	\$26.95	\$27.99	\$30.49	\$30.99
MAUBY	Matouk's	750ml	\$13.99	-	-	\$13.49	\$12.99	\$13.49	-	\$13.25	\$13.49	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.75	\$3.75	\$3.50	\$3.99	\$3.99	\$3.49	\$3.49	\$3.50	\$3.99	-
ORANGE DRINK	Orchard	1L	\$11.99	\$11.99	-	-	9.99	12.49	\$11.95	\$11.25	\$11.49	\$11.24
GRAPEFRUIT DRINK	Orchard	1L	\$11.99	\$11.99	-	-	\$14.99	\$12.49	\$11.95	-	\$11.99	-
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.49	\$11.99	-	-	\$11.99	\$12.49	\$11.50	\$11.50	\$11.99	\$11.24
ORANGE JUICE	Dole	18 oz	-	\$9.99	-	-	-	-	-	\$10.50	\$10.49	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.49	\$11.99	-	-	\$11.99	\$11.49	\$11.50	\$11.50	\$11.99	\$11.24
PEANUT BUTTER	Matouk's	500g	\$16.99	-	-	-	\$18.99	\$17.99	\$16.49	\$16.50	\$16.99	\$19.99
VEGETABLE OIL	Richport	900ml	\$19.49	-	\$16.99	-	-	-	\$15.99	-	-	-
SOYA OIL	Eve	900ml	-	-	-	-	-	-	\$15.99	-	-	\$16.19
SOYA OIL	Happi	3.8L	-	-	-	\$58.99	\$55.99	\$55.99	\$56.99		\$57.49	-
COCONUT OIL	Nariel	900ml	\$37.99	-	-	\$32.99	\$34.99	\$37.99	-	\$31.25	-	\$32.99
OLIVE OIL (Extra Virgin)	James Plagniol	1L	-	-	\$102.25	\$73.99	\$89.99	\$72.99	-	-	-	-
CORN MEAL	Regal	454g	\$5.49	-	-	\$5.99	-	-	-	-	-	\$6.18
BISCUITS (Unsweetened)	Crix Original	9 oz	\$13.00	\$13.00	\$13.00	\$12.99	\$12.99	\$12.99	\$12.99	\$13.00	\$13.00	\$13.00
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$12.99	\$12.99	\$12.99	\$13.99	\$12.99	\$12.49	\$12.99	\$12.99	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$25.99	-	-	-	\$25.99	\$24.99	\$25.99	\$25.99	\$25.99
CORN FLAKES (Imported)	Kellogg's	150g	-	-	-	-	-	-	-	\$11.95	\$14.99	-
CORN FLAKES (Imported)	Kellogg's	15.2 oz	-	-	-	-	-	-	-	-	-	-
SOYA CHUNKS	Natural Delights	454g	-	-	-	\$20.99	\$17.99	-	-	\$21.69	-	-
RED BEANS (Tin)	Eve	440g	-	\$6.79	-	-	\$6.99	\$6.99	\$5.99	\$6.99	\$6.99	\$7.99
BAKED BEANS (Tin)	Eve	440g	-	\$6.99	-	\$7.99	\$6.99	-	\$6.99	\$5.99	-	\$7.99
GREEN PIGEON PEAS (Tin)	Eve	440g	-	\$9.99	-	-	\$9.99	\$10.99	\$9.99	\$11.50	\$10.25	\$10.99
PROCESSED PIGEON PEAS (Tin)	MP	440g	-	-	-	-	-	-	\$7.49	-	-	-
PEAS AND CARROTS (Tin)	Eve	440g	\$7.99	\$6.79	-	\$7.99	\$7.99	\$5.99	\$5.99	-	\$6.99	\$7.99

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
TABLE SALT (Pre Packaged)	Chief	500g	-	-	-	\$3.50	-	-	-	-	-	-
TABLE SALT (Pre Packaged)	-	800g	-	-	-	\$3.50	\$3.99	\$2.99	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$23.99	\$22.99	-	\$21.49	\$18.99	\$21.99	\$18.99	\$20.99	\$21.99	\$20.25
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.49	-	-	\$11.99	\$9.99	\$10.99	-	\$10.50	\$10.99	\$10.99
TOMATO KETCHUP (Pack)	Swiss	750ml	\$5.49	-	\$6.99	-	-	-	\$6.49	\$6.99	\$5.99	-
MUSTARD (Bottled)	Matouk's	240g	\$7.99	-	-	\$7.99	\$5.99	-	\$7.49	\$7.50	\$7.75	\$8.20
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.49	-	-	\$11.49	\$9.99	\$11.49	\$10.99	\$10.99	\$10.99	\$11.25
INFANT CEREAL	Nestle – Rice	270g	-	\$22.99	\$22.99	\$21.99	\$19.99	\$19.99	\$20.99	\$19.99	\$21.49	\$20.25
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$21.99	\$22.99	\$22.99	\$19.99	\$21.49	\$22.95	\$21.99	\$23.75	\$21.99
DISHWASHING LIQUID	Squeezy	725ml	\$16.99	\$14.99	\$14.99	\$15.99	\$14.99	\$15.49	\$15.99	\$16.25	\$16.49	\$16.49
SOAP POWDER	Breeze Multi Active	900g	\$28.99	\$27.99	-	\$26.99	\$23.99	\$28.49	\$26.99	\$26.25	\$28.99	\$28.49
SOAP POWDER	Breeze Multi Active	375g	\$12.99	\$13.29	-	\$12.49	\$11.99	\$11.49	\$11.99	\$12.50	\$12.99	-
SOAP POWDER	Radiante	400g	\$10.99	\$11.59	-	\$10.99	\$9.99	\$10.49	\$9.99	\$10.75	\$10.99	-

# Section 4- Trinidad

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

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	COST CUTTERS	STOP & SHOP	ANAND LOW PRICE	JOHN'S	TRU VALU LONG CIRCULAR	CUMANA CO OP	ARTHUR'S	COST CUTTERS	DISKOMART
CORNED BEEF	Target	340g	15.99	15.99	17.25	-	\$14.50	\$15.99	-	\$17.00	\$16.75	\$14.99
CHICKEN BREAST (Frozen)	Arawak	pack	-	-	-	-	-	-	\$18.00	\$18.00	-	\$19.11
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	\$19.31
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	\$13.64	-	-	\$17.99	\$20.95	\$25.00	-	-	\$10.99	-
BEEF STEW	-	454g	-	\$21.36	-	\$24.99	\$24.54	\$24.54	-	-	\$18.86	-
SALTED FISH (w/Bone)	-	454g	\$27.27	\$25.45	\$22.50	\$23.99	\$25.95	-	\$25.00	-	\$23.95	\$26.04
SALTED FISH (Boneless)	-	454g	-	\$23.99	\$23.99	\$25.99	-	-	\$25.00	\$28.00	-	-
SMOKED HERRING (w/Bone)	-	454g	\$21.81	-	\$18.25	\$13.99	\$16.50	-	\$16.00	\$16.00	\$13.63	\$19.99
SARDINES (IN OIL)	Brunswick	106g	\$7.99	\$8.99	\$7.99	\$7.99	\$7.75	\$7.99	\$6.99	\$8.00	\$5.99	\$7.99
CHEDDAR CHEESE	-	454g	\$22.04	\$21.81	\$24.99	\$19.99	\$24.95	\$20.30	\$27.00	\$26.50	\$18.18	\$18.63
COOKING MARGARINE	Golden Ray	227g	\$11.00	\$10.69	\$11.25	\$10.99	\$9.95	\$9.49	\$10.95	\$10.50	\$9.99	\$10.49
COOKING MARGARINE	French Maid	227g	-	-	-	\$7.99	\$7.75	\$7.99	-	-	\$7.99	\$8.29
TABLE MARGARINE	Blue Band	227g	\$7.99	-	\$8.75	\$6.99	\$6.99	\$6.99	\$8.95	\$8.50	\$6.99	\$8.29
TABLE MARGARINE	Flora	445g	\$19.50	\$18.99	\$20.75	\$17.99	\$18.99	\$18.89	-	-	\$18.99	\$18.49
EGGS	Large	1 Doz	\$25.00	\$21.00	\$23.50	\$21.99	\$21.00	\$21.49	-	\$25.00	\$21.50	\$22.49
LIQUID MILK (Full Cream)	Nestle	1L	\$10.99	\$10.99	\$9.50	\$8.99	\$10.75	\$10.49	-	\$12.50	\$9.99	\$10.49
LIQUID MILK (Skimmed)	Svelty	1L	\$11.99	\$11.99	\$11.99	\$11.99	\$11.99	\$11.49	-	-	\$11.99	\$10.49
POWDERED MILK (Full Cream)	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$46.99	\$47.99	\$47.99	\$47.95	\$48.00	\$47.99	\$47.99

			SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
ITEM	BRAND	SIZE	MAHARAJ	COST CUTTERS	STOP & SHOP	ANAND LOW PRICE	JOHN'S	TRU VALU LONG CIRCULAR	CUMANA CO OP	ARTHUR'S	COST CUTTERS	DISKOMART
POWDERED MILK (Full Cream)	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.99	\$14.49	-	-	-	\$14.49	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$57.99	\$54.99	\$54.99	\$58.00	-	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	-	-	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	\$10.99	-	\$10.75	\$9.49	\$9.75	\$9.49	\$9.50	-	\$9.49	\$8.99
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$6.50	\$5.75	\$6.75	\$5.99	\$5.50	\$5.49	\$5.99	\$7.00	\$5.49	\$5.49
MACARONI	Swiss	400g	\$5.99	\$4.99	\$5.75	\$4.99	\$5.15	\$5.49	\$5.50	\$6.95	\$5.99	-
SPAGHETTI	Swiss	400g	\$5.99	\$4.99	\$5.75	-	\$5.25	\$5.49	-	\$7.00	\$4.99	\$5.29
BAKING POWDER	Lion	454g	\$9.99	\$8.99	\$9.99	\$8.99	-	\$9.99	\$10.75	-	\$9.49	\$9.79
PRE PACKAGED FLOUR	Five Roses	2kg	\$15.99	\$14.99	\$17.25	\$16.99	\$15.95	\$16.99	-	-	\$14.99	\$15.99
PRE PACKAGED FLOUR	Ibis	10kg	\$65.00	\$63.99	-	-	-	\$62.99	\$65.00	\$70.00	-	\$57.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	\$19.99	\$21.50	\$20.99	-	\$19.99	-	-	\$19.49	\$20.99
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	\$21.99	\$22.00	-	-	\$20.75	\$22.25	-	-	\$20.99	\$21.99
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	-	\$10.99	-	-	\$10.50	\$11.25	-	-	\$10.99	\$10.99
OATS	Cook's Mate	226g	-	\$3.99	\$3.99	-	\$3.65	-	-	-	-	\$3.99
YEAST	Fermipan	4x11g	\$6.50	\$6.29	\$6.50	\$5.99	\$6.35	\$6.49	\$7.50	-	\$6.25	\$5.99
SPLIT PEAS (Loose)	-	454g	\$4.99	\$4.09	-	\$3.99	\$3.85	-	\$5.00	\$6.00	\$3.54	-
RED BEANS (Loose)	-	454g	\$6.99	\$9.20	-	\$8.99	\$8.75	-	\$10.95	-	\$7.73	-
DRY PIGEON PEAS (Loose)	-	454g	\$6.99	\$7.50	-	\$6.99	\$7.25	-	\$10.00	-	\$6.59	-
CHANNA (Loose)	Large	454g	\$7.99	\$9.09	-	\$4.99	\$8.25	-	-	-	\$4.43	-
BLACK EYE PEAS (Loose)	-	454g	\$6.99	\$6.59	-	\$5.99	\$6.00	-	-	-	\$6.13	-
LENTIL (Loose)	-	454g	\$6.99	\$7.27	-	\$7.99	\$6.95	-	\$8.00	\$7.00	\$5.00	-
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	\$5.75	\$5.49	-	-	-	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	-	\$10.49
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	-	\$9.49
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	\$9.99	-	-	-	\$9.19
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	\$7.99	\$9.49
LENTILS (Pre Packaged)	Nature's Pride	400g	\$6.99	\$7.27	-	-	\$7.50	\$9.25	-	-	\$7.99	\$7.79

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	COST CUTTERS	STOP & SHOP	ANAND LOW PRICE	JOHN'S	TRU VALU LONG CIRCULAR	CUMANA CO OP	ARTHUR'S	COST CUTTERS	DISKOMART
CURRY POWDER	Chief	85g	\$6.99	\$6.99	\$6.99	\$8.99	\$6.99	\$7.49	\$7.99	\$8.50	-	\$6.99
WHITE VINEGAR	Matouk's	1L	\$6.99	\$6.49	\$7.99	\$7.99	-	\$7.15	-	-	-	-
POTATO	-	454g	\$3.86	\$2.27	\$3.25	\$3.00	\$4.00	\$3.18	\$3.50	\$5.00	\$3.18	\$3.18
ONION	-	454g	\$3.86	\$2.95	\$2.50	\$1.99	\$4.00	\$3.63	\$3.50	\$6.00	\$3.00	\$3.17
GARLIC	-	454g	\$14.00	\$14.00	\$19.99	\$15.99	\$21.00	-	\$20.00	\$20.00	\$12.99	-
GARLIC	-	250g	\$7.00	\$7.50	-	-	\$11.00	\$10.99	\$10.00	\$10.00	-	\$7.99
SUGAR (Loose)	Brown	454g	\$4.00	\$3.86	-	\$3.99	\$3.50	-	\$3.60	\$5.00	\$3.50	-
SUGAR BROWN (Pre Packaged)	Demerara	1800g	-	\$18.75	-	\$15.99	-	\$15.99	-	-	-	-
INFANT FORMULA	SMA	900g	\$183.99	\$181.99	-	\$168.99	\$174.95	\$176.49	\$170.00	-	\$182.99	\$177.99
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$102.99	\$102.99	\$107.50	\$102.99	\$100.95	-	\$102.99	-	\$99.99	\$105.99
INFANT FORMULA	Klim (growing up)	800g	-	-	\$61.50	\$58.99	\$58.99	\$59.65	\$58.99	-	\$58.99	\$58.99
TOILET PAPER (280 Sheets)	Soft n' Pretty	6pk	\$16.50	\$14.99	\$13.99	-	\$14.99	\$15.49	-	-	\$15.49	\$14.99
TOILET SOAP	Palmolive	3pk	\$15.50	\$15.50	\$14.99	\$14.99	\$13.99	\$14.75	\$15.50	-	\$14.49	\$15.49
TOOTHPASTE	Colgate	113g	\$12.50	\$12.79	\$11.75	-	\$14.95	\$12.49	\$11.95	\$13.95	\$11.99	\$11.99
VIENNA SAUSAGE (Chicken)	Brunswick	141g	\$4.50	\$4.99	\$5.25	\$4.99	-	\$5.05	\$4.99	-	\$3.99	-
CHICKEN FRANKS (Hot Dogs)	Erin Farm	12pk	\$12.99	\$10.75	\$13.50	\$12.99	\$12.25	\$13.49	-	-	\$11.75	-
PIGTAIL	-	454g	\$22.72	\$18.63	\$17.25	\$14.99	\$16.95	-	-	-	\$15.45	\$17.27
TUNA (FLAKES IN WATER)	Richport	170g	-	\$6.49	-	-	-	\$7.86	-	-	\$7.99	-
TUNA (FLAKES IN OIL)	Richport	170g	-	-	-	-	-	-	-	-	\$7.99	-
FRESH BUTTER	Kerrygold	454g	\$39.99	\$39.99	-	\$37.99	\$38.50	\$39.99	-	-	-	\$41.79
CONDENSED MILK	Nestle	395g	\$8.99	\$8.99	\$11.50	\$10.49	\$10.25	\$9.99	\$11.99	\$11.00	\$8.99	\$9.99
CONDENSED MILK	Eve	395g	\$6.99	\$7.99	\$6.25	\$5.99	\$5.75	-	\$7.50	\$9.00	-	\$6.99
MILO (Pack)	-	400g	\$31.99	\$34.30	\$36.99	\$35.99	\$32.95	\$33.74	\$33.74	-	\$33.75	\$35.99
INSTANT CHOCOLATE	Nesquik	500g	\$20.99	\$22.99	\$23.25	\$24.99	\$20.95	\$22.49	\$22.49	-	\$22.49	\$23.99
OVALTINE (Pack)	-	300g	\$32.99	\$29.99	\$32.50	\$31.99	\$22.99	\$28.99	\$31.25	-	\$29.25	\$32.49
TEA BAGS	Lipton	50 pk	\$21.99	\$21.99	\$23.25	-	\$20.99	\$21.49	\$22.95	-	\$20.49	\$20.49

			SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
ITEM	BRAND	SIZE	MAHARAJ	COST CUTTERS	STOP & SHOP	ANAND LOW PRICE	JOHN'S	TRU VALU LONG CIRCULAR	CUMANA CO OP	ARTHUR'S	COST CUTTERS	DISKOMART
TEA BAGS (GREEN)	Lipton	20 pk	\$21.49	\$21.49	\$25.25	\$20.99	\$20.95	\$20.99	-	-	\$19.99	\$21.99
TEA BAGS (GREEN)	Dilmah	20pk	-	\$19.99	\$23.99	\$22.99	\$21.99	-	\$22.97	-	\$20.25	\$24.74
COFFEE (INSTANT)	Nestle	100g	\$31.99	\$32.85	\$35.50	\$34.99	\$31.75	\$32.05	\$31.50	\$34.00	\$31.49	\$31.99
COFFEE (INSTANT)	Café Brasil	100g	\$32.60	\$30.99	\$30.50	\$26.99	\$26.50	\$30.99	\$30.99	-	\$26.99	\$30.99
MAUBY	Matouk's	750ml	\$13.50	\$12.99	-	\$12.99	\$12.75	\$13.49	\$13.25	\$14.00	\$12.49	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.50	\$3.50	-	\$3.50	\$3.60	\$3.70	-	\$5.00	-	\$3.36
ORANGE DRINK	Orchard	1L	\$11.99	\$9.99	-	\$12.99	\$11.50	\$11.24	\$11.25	\$13.95	-	\$11.24
GRAPEFRUIT DRINK	Orchard	1L	-	\$11.99	\$12.50	\$12.99	\$11.50	\$11.24	-	\$14.95	-	\$11.24
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.99	\$11.99	\$11.99	\$11.25	\$11.24	\$12.95	-	\$11.75	\$11.29
ORANGE JUICE	Dole	18 oz	-	-	-	-	\$10.25	-	\$10.49	-	-	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.99	\$11.99	\$11.99	\$11.25	\$11.24	\$12.95	-	\$11.75	\$11.29
PEANUT BUTTER	Matouk's	500g	\$21.99	\$16.99	\$17.25	\$16.99	\$16.50	\$19.99	-	-	\$19.49	\$21.99
VEGETABLE OIL	Richport	900ml	\$14.60	\$13.99	-	-	-	-	-	-	\$12.99	-
SOYA OIL	Eve	900ml	-	\$15.75	-	\$16.99	\$15.75	-	-	-	-	\$16.79
SOYA OIL	Happi	3.8L	\$59.99	-	-	\$53.99	-	-	-	-	\$57.49	-
COCONUT OIL	Nariel	900ml	-	\$33.99	-	\$35.99	\$32.50	\$32.99	\$35.00	-	\$32.49	\$38.24
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$78.75	\$105.99	-	-	\$87.95	-	-	-	\$78.75	\$88.86
CORN MEAL	Regal	454g	\$5.99	\$6.25	-	-	-	\$6.19	-	-	-	\$6.51
BISCUITS (Unsweetened)	Crix Original	9 oz	-	-	\$12.99	\$13.00	\$12.50	\$13.00	\$13.00	\$14.00	\$13.00	\$13.00
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$12.99	\$12.99	\$12.99	\$12.50	\$12.99	\$12.99	-	\$12.99	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$24.99	\$25.99	\$25.99	\$24.99	\$25.99	-	-	\$25.99	\$25.99
CORN FLAKES (Imported)	Kellogg's	150g	-	-	-	-	-	\$15.36	-	-	-	-
CORN FLAKES (Imported)	Kellogg's	15.2 oz	\$33.99	\$32.49	-	-	-	-	-	-	-	-
SOYA CHUNKS	Natural Delights	454g	\$20.25	\$22.99	\$23.50	\$22.99	-	-	-	-	-	-
RED BEANS (Tin)	Eve	440g	-	-	-	\$6.99	-	\$7.99	-	-	-	\$8.19
BAKED BEANS (Tin)	Eve	440g	-	\$7.99	-	-	-	\$7.99	-	-	\$6.75	-
GREEN PIGEON PEAS (Tin)	Eve	440g	-	-	-	\$10.99	-	\$10.99	-	-	\$10.25	-

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			MAHARAJ	COST CUTTERS	STOP & SHOP	ANAND LOW PRICE	JOHN'S	TRU VALU LONG CIRCULAR	CUMANA CO OP	ARTHUR'S	COST CUTTERS	DISKOMART
PROCESSED PIGEON PEAS (Tin)	MP	440g	\$7.75	-	-	-	\$7.45	-	-	-	-	-
PEAS AND CARROTS (Tin)	Eve	440g	-	-	-	\$6.99	-	\$7.99	-	-	\$6.99	\$8.19
TABLE SALT (Pre Packaged)	Chief	500g		\$3.49	-	-	-	-	\$3.38	\$4.00	-	-
TABLE SALT (Pre Packaged)	-	800g	-	-	-	-	-	-	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$21.50	-	\$22.50	-	\$19.95	\$20.25	\$22.00	-	\$21.75	\$20.24
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$8.99	\$11.25	\$9.99	\$10.99	\$9.99	\$10.99	\$11.50		\$10.75	\$10.99
TOMATO KETCHUP (Pack)	Swiss	750ml	-	\$6.99	\$6.99	\$7.99	\$5.99	\$7.49	\$6.99	-	-	-
MUSTARD (Bottled)	Matouk's	240g	\$7.99	\$6.49	-	-	-	\$8.20	-	-	-	-
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.99	\$10.75	\$11.25	\$11.99	-	\$11.25	-	-	\$11.25	\$11.80
INFANT CEREAL	Nestle – Rice	270g	\$19.99	\$19.99	\$20.99	\$20.99	\$19.99	\$20.25	-	-	\$19.99	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$21.99	\$22.99	\$22.99	\$21.99	\$21.99	\$21.99	\$25.00	\$19.99	\$21.99
DISHWASHING LIQUID	Squeezy	725ml	\$16.50	\$16.49	\$19.25	\$16.99	\$14.75	\$16.49	\$15.95	\$14.95	\$15.25	\$16.59
SOAP POWDER	Breeze Multi Active	900g	\$28.99	\$28.99	\$28.50	\$19.99	\$26.99	\$28.49	\$29.95	\$29.75	\$26.99	\$27.99
SOAP POWDER	Breeze Multi Active	375g	\$12.99	\$12.99	\$12.75	\$10.99	\$9.75	-	\$13.70	\$12.95	\$11.99	\$12.99
SOAP POWDER	Radiante	400g	\$10.99	\$10.99	11.25	10.99	\$10.45	-	\$11.25	-	-	\$10.11

# Section 5 - Tobago

► Scarborough | Canaan | Plymouth | Les Coteaux | Moriah | Charlotteville | Argyle

TOBAGO		SCARBOROUGH		CANAAN	PLYMOUTH	LES COTEAUX	MORIAH	CHARLOTTVILLE	ARGYLE	
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COST CUTTERS	BEST BUY	HIGHLANDS ROAD	LES COTEAUX	BAY VIEW	PABLO
CORNED BEEF	Target	340g	\$14.15	\$15.30	\$14.45	\$16.69	-	\$17.20	\$19.00	\$17.50
CHICKEN BREAST (Frozen)	Arawak	pack	-	-	\$15.99	-	-	-	-	\$19.50
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	-	\$16.49	-	-	-	-	\$21.95
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	\$11.99	-	-	-	-	\$15.99
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	\$21.95
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	\$34.00	-	-	-
PORK STEW	-	454g	-	\$20.23	\$28.75	-	-	\$25.00	-	\$19.75
BEEF STEW	-	454g	-	\$22.48	\$23.86	-	\$24.95	\$25.00	-	\$25.95
SALTED FISH (w/Bone)	-	454g	\$21.59	\$20.61	\$24.00	-	-	\$27.00	-	\$24.95
SALTED FISH (Boneless)	-	454g	\$31.20	-	\$31.82	-	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	-	\$14.14	\$14.99	-	\$17.00	-	-	\$18.00
SARDINES (IN OIL)	Brunswick	106g	\$8.15	\$7.35	-	\$7.99	\$6.99	\$7.50	\$9.00	-
CHEDDAR CHEESE	-	454g	\$22.72	\$15.36	\$22.72	-	\$25.00	-	-	\$22.95
COOKING MARGARINE	Golden Ray	227g	\$11.53	\$10.40	\$8.75	\$10.99	\$10.99	\$10.00	\$9.50	\$10.75
COOKING MARGARINE	French Maid	227g	\$9.12	-	-	\$9.89	-	-	-	\$11.25
TABLE MARGARINE	Blue Band	227g	\$8.77	\$8.40	\$7.99	-	\$8.99	\$8.75	\$8.75	\$9.75
TABLE MARGARINE	Flora	445g	\$19.27	\$18.50	\$18.45	\$20.99	-	-	-	-
EGGS	Large	1 Doz	\$24.00	\$24.00	\$22.00	\$24.99	\$24.00	\$24.00	\$24.00	\$25.00
LIQUID MILK (Full Cream)	Nestle	1L	\$10.85	\$10.45	\$9.99	\$9.99	\$10.99	\$11.75	\$13.00	\$10.50
LIQUID MILK (Skimmed)	Svelty	1L	-	-	-	-	-	-	-	-
POWDERED MILK (Full Cream)	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	-	\$48.99	-	-	\$47.99
POWDERED MILK	Dairy Dairy	225g	-	\$14.49	\$14.49	-	-	-	-	\$14.49

TOBAGO			SCARBOROUGH	CANAAN	PLYMOUTH	LES COTEAUX	MORIAH	CHARLOTTVILLE	ARGYLE	
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COST CUTTERS	BEST BUY	HIGHLANDS ROAD	LES COTEAUX	BAY VIEW	PABLO
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	-	\$55.99	-	-	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99	\$28.99	-	-	-	-	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	\$9.50	\$9.20	\$9.49	-	-	-	-	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$6.19	\$5.80	\$5.99	-	\$5.99	\$7.50	\$7.00	\$6.75
MACARONI	Swiss	400g	\$5.48	\$5.00	\$4.95	-	-	-	\$7.00	\$5.99
SPAGHETTI	Swiss	400g	\$5.03	\$5.05	\$5.00	-	-	-	\$7.00	-
BAKING POWDER	Lion	454g	\$9.75	\$9.90	\$8.99	-	-	-	-	-
PRE PACKAGED FLOUR	Five Roses	2kg	-	\$15.20	\$14.99	-	-	-	-	-
PRE PACKAGED FLOUR	Ibis	10kg	\$70.92	\$66.20	\$69.99	-	-	-	-	\$70.75
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-	-	-	-	-	-	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	-	-	\$19.99	-	-	\$24.00	-	\$26.99
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	-	-	-	-	-	\$12.00	\$11.85	\$13.75
OATS	Cook's Mate	226g	-	-	-	-	-	\$5.95	-	\$5.99
YEAST	Fermipan	4x11g	\$7.20	\$6.90	\$6.49	-	\$7.25	-	-	\$7.50
SPLIT PEAS (Loose)	-	454g	\$3.90	-	\$4.00	-	\$3.75	\$7.50	-	\$3.95
RED BEANS (Loose)	-	454g	\$7.50	-	\$7.00	-	-	-	-	\$7.50
DRY PIGEON PEAS (Loose)	-	454g	\$7.49	-	\$6.75	-	-	-	-	\$6.75
CHANNA (Loose)	Large	454g	-	-	\$6.50	-	-	-	-	\$5.50
BLACK EYE PEAS (Loose)	-	454g	\$5.50	-	\$6.00	-	-	-	-	\$7.50
LENTIL (Loose)	-	454g	\$6.57	-	-	-	\$4.75	\$6.25	-	\$6.50
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$4.80	-	-	-	-	-	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-
LENTILS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-
CURRY POWDER	Chief	85g	-	-	\$6.95	-	-	-	\$6.85	-

TOBAGO			SCARBOROUGH	CANAAN	PLYMOUTH	LES COTEAUX	MORIAH	CHARLOTTVILLE	ARGYLE	
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COST CUTTERS	BEST BUY	HIGHLANDS ROAD	LES COTEAUX	BAY VIEW	PABLO
WHITE VINEGAR	Matouk's	1L	-	\$6.75	\$8.60	-	-	-	-	-
POTATO	-	454g	-	\$4.04	-	-	\$3.00	\$5.00	\$3.50	\$4.50
ONION	-	454g	-	\$3.00	-	-	\$3.50	\$5.00	\$3.50	\$3.75
GARLIC	-	454g	\$16.25	\$26.20	-	-	-	-	-	\$16.50
GARLIC	-	250g	-	-	-	-	-	-	-	-
SUGAR (Loose)	Brown	454g	\$3.52	-	\$4.00	-	\$4.00	\$4.50	\$4.45	\$4.45
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	-	-	-	-	-	-	-	-
INFANT FORMULA	SMA	900g	\$178.25	\$164.70	\$165.95	-	-	-	-	\$175.25
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$105.99	\$97.40	\$99.99	-	-	-	-	-
INFANT FORMULA	Klim (growing up)	800g	\$58.99	\$58.00	\$58.99	-	-	\$58.99	-	\$58.98
TOILET PAPER (280 Sheets)	Soft n' Pretty	6pk	-	\$14.00	-	\$15.79	-	-	-	-
TOILET SOAP	Palmolive	3pk	\$14.85	\$12.90	\$13.75	-	\$14.99	-	-	\$16.50
TOOTHPASTE	Colgate	113g	-	-	-	-	-	-	-	\$5.25
VIENNA SAUSAGE (Chicken)	Brunswick	141g	-	\$4.65	\$4.45	-	-	\$5.50	-	\$5.25
CHICKEN FRANKS (Hot Dogs)	Erin Farm	12pk	-	-	-	-	-	-	-	\$16.25
PIGTAIL	-	454g	\$17.55	\$15.04	\$17.72	-	\$17.00	\$20.00	-	\$22.00
TUNA (FLAKES IN WATER)	Richport	170g	-	-	-	-	-	-	-	-
TUNA (FLAKES IN OIL)	Richport	170g	-	-	-	-	\$6.95	-	-	\$7.25
FRESH BUTTER	Kerrygold	454g	\$37.79	\$36.20	\$36.45	-	-	-	-	\$40.95
CONDENSED MILK	Nestle	395g	\$12.21	\$11.60	\$8.99	-	\$10.99	\$12.95	\$12.50	\$11.75
CONDENSED MILK	Eve	395g	\$6.75	\$6.25	-	-	-	-	\$8.00	\$7.75
MILO (Pack)	-	400g	\$33.74	\$34.30	\$33.75	-	-	-	-	\$37.50
INSTANT CHOCOLATE	Nesquik	500g	\$22.79	\$21.65	\$22.49	-	-	-	-	\$24.75
OVALTINE (Pack)	-	300g	\$27.25	-	-	-	-	-	-	\$34.50
TEA BAGS	Lipton	50 pk	-	\$21.20	\$18.95	-	-	-	-	\$24.50
TEA BAGS (GREEN)	Lipton	20 pk	-	-	-	-	-	-	\$11.75	-
TEA BAGS (GREEN)	Dilmah	20pk	-	-	-	-	-	-	-	-

TOBAGO			SCARBOROUGH	CANAAN	PLYMOUTH	LES COTEAUX	MORIAH	CHARLOTTVILLE	ARGYLE	
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COST CUTTERS	BEST BUY	HIGHLANDS ROAD	LES COTEAUX	BAY VIEW	PABLO
COFFEE (INSTANT)	Nestle	100g	\$31.49	\$31.20	\$31.49	-	\$30.99	\$34.25	-	\$31.50
COFFEE (INSTANT)	Café Brasil	100g	\$29.75	\$27.70	\$28.50	-	-	-	-	\$32.50
MAUBY	Matouk's	750ml	\$12.66	\$12.50	\$11.60	-	\$13.95	\$14.30	-	\$16.99
ORANGE DRINK	Orchard	250ml	\$3.49	\$3.40	\$3.95	-	\$4.00	\$5.00	-	\$3.50
ORANGE DRINK	Orchard	1L	\$11.24	\$11.15	\$11.25	-	\$12.00	-	-	\$12.99
GRAPEFRUIT DRINK	Orchard	1L	\$11.24	\$11.10	\$11.25	-	-	\$12.75	-	\$11.25
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.81	\$11.30	-	-	\$12.95	\$13.15	-	\$12.99
ORANGE JUICE	Dole	18 oz	-	-	-	-	-	-	-	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.81	\$11.30	-	-	\$12.95	\$13.15	-	\$12.99
PEANUT BUTTER	Matouk's	500g	\$16.31	\$15.99	\$17.45	-	-	-	-	\$21.99
VEGETABLE OIL	Richport	900ml	-	-	\$15.75	-	-	-	-	\$19.50
SOYA OIL	Eve	900ml	\$17.62	\$17.10	-	-	\$20.00	-	-	\$18.75
SOYA OIL	Happi	3.8L	-	-	-	-	-	-	-	-
COCONUT OIL	Nariel	900ml	-	-	-	-	-	-	-	-
OLIVE OIL (Extra Virgin)	James Plagniol	1L	-	-	-	-	-	-	-	-
CORN MEAL	Regal	454g	\$7.86	\$7.75	-	-	\$7.95	-	-	\$8.99
BISCUITS (Unsweetened)	Crix Original	9 oz	\$13.00	\$12.90	\$12.49	-	\$13.00	\$13.00	\$13.00	\$13.00
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$11.95	\$12.49	-	\$13.00	\$17.00	\$13.00	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$23.80	\$24.99	-	-	-	\$26.00	-
CORN FLAKES (Imported)	Kellogg's	150g	-	\$14.50	\$14.65	-	-	-	-	\$15.50
CORN FLAKES (Imported)	Kellogg's	15.2 oz	-	-	-	-	-	-	-	-
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	-	-
RED BEANS (Tin)	Eve	440g	\$6.71	\$6.25	-	-	-	-	-	-
BAKED BEANS (Tin)	Eve	440g	-	\$6.25	-	-	-	-	-	-
GREEN PIGEON PEAS (Tin)	Eve	440g	\$10.55	\$9.85	-	-	-	-	-	\$12.00
PROCESSED PIGEON PEAS (Tin)	MP	440g	-	-	-	-	-	-	-	-
PEAS AND CARROTS (Tin)	Eve	440g	\$6.71	\$6.25	-	-	-	-	-	\$8.50
TABLE SALT (Pre Packaged)	Chief	500g	-	\$3.30	-	-	-	-	-	-

TOBAGO			SCARBOROUGH	CANAAN	PLYMOUTH	LES COTEAUX	MORIAH	CHARLOTTVILLE	ARGYLE	
ITEM	BRAND	SIZE	VIEWPORT	PENNY SAVERS	COST CUTTERS	BEST BUY	HIGHLANDS ROAD	LES COTEAUX	BAY VIEW	PABLO
TABLE SALT (Pre Packaged)	-	800g	\$2.81	-	-	-	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$21.38	\$20.50	\$21.45	-	-	-	\$26.00	-
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.80	\$10.50	\$10.25	-	-	\$11.80	\$12.95	-
TOMATO KETCHUP (Pack)	Swiss	750ml	-	\$6.99	\$6.75	-	-	\$9.40	-	\$9.99
MUSTARD (Bottled)	Matouk's	240g	-	\$7.30	-	-	-	-	-	-
MAYONNAISE (Bottled)	Matouk's	340ml	\$10.80	\$10.35	\$9.75	-	-	-	-	-
INFANT CEREAL	Nestle – Rice	270g	\$19.99	\$19.99	\$18.99	-	-	-	-	\$19.25
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$21.99	\$18.99	-	-	-	-	\$23.75
DISHWASHING LIQUID	Squeezy	725ml	-	\$16.60	-	-	-	\$18.75	-	\$20.75
SOAP POWDER	Breeze Multi Active	900g	\$30.26	\$28.25	\$24.75	-	\$29.75	-	\$30.75	\$32.75
SOAP POWDER	Breeze Multi Active	375g	\$13.28	\$12.40	\$10.95	-	\$14.25	-	\$13.50	\$13.50
SOAP POWDER	Radiante	400g	\$11.04	\$10.45	\$8.95	-	-	-	-	\$12.25



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