



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



SUPERMARKET PRICES OF ITEMS

FEBRUARY 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 January 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 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 |
| CHICKEN BREAST (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | \$18.95 | - |
| CHICKEN DRUMSTICK (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | \$18.95 | - |
| CHICKEN THIGHS (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | \$13.95 | - |
| CHICKEN WINGS (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | \$19.95 | - |
| ECONOMY PACK (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | - | - |
| PORK STEW | - | 454g | - | \$27.26 | - | \$22.22 | - | - | - | - | - | - |
| BEEF STEW | - | 454g | \$23.99 | \$31.81 | \$25.90 | - | - | \$23.99 | \$19.99 | - | - | - |
| PIG TAIL | - | 454g | \$24.99 | \$18.13 | \$17.27 | \$17.84 | - | \$24.99 | \$15.99 | - | - | - |
| CHICKEN FRANKS | Erin Farm | 12pk | \$15.99 | \$13.49 | \$13.99 | - | - | - | \$13.49 | - | - | - |
| SALTED FISH (w/Bone) | - | 454g | \$29.99 | \$26.35 | \$25.00 | \$24.49 | - | \$27.99 | \$26.99 | \$21.82 | \$22.50 | \$23.00 |
| SALTED FISH (Boneless) | - | 454g | \$24.99 | \$29.99 | - | - | - | \$27.99 | - | - | - | - |
| SMOKED HERRING (w/Bone) | - | 454g | \$21.99 | \$19.99 | \$13.63 | \$15.03 | - | \$16.38 | \$13.97 | \$15.45 | \$15.43 | \$16.00 |
| FRESH BUTTER | Kerrygold | 454g | \$48.99 | - | \$41.99 | \$39.99 | \$39.97 | \$48.99 | - | - | \$39.95 | - |
| CHEDDAR CHEESE | - | 454g | \$19.99 | \$19.99 | \$20.45 | \$25.54 | \$19.97 | \$20.00 | \$19.97 | \$19.55 | \$20.00 | \$26.00 |
| COOKING MARGARINE | Golden Ray | 227g | \$9.99 | \$10.49 | \$10.99 | \$8.99 | \$8.97 | \$9.99 | \$8.99 | \$10.75 | \$8.95 | \$10.95 |
| COOKING MARGARINE | French Maid | 227g | \$7.99 | \$7.99 | \$8.29 | \$6.65 | \$7.97 | \$7.99 | \$7.99 | - | \$7.95 | - |
| TABLE MARGARINE | Blue Band | 227g | \$7.99 | \$8.29 | \$8.29 | \$7.99 | \$7.97 | \$7.99 | \$6.49 | \$9.99 | \$6.95 | \$8.85 |
| TABLE MARGARINE | Flora | 445g | \$18.99 | \$18.99 | \$19.99 | \$19.25 | \$14.97 | \$18.99 | \$18.99 | - | \$16.95 | \$19.85 |
| EGGS | Large | 1 Doz | \$22.99 | \$22.99 | \$23.99 | \$24.50 | \$18.47 | \$19.99 | \$16.99 | - | \$17.95 | \$20.00 |
| LIQUID MILK (Full Cream) | Nestle | 1L | \$11.49 | \$10.99 | \$10.99 | - | \$9.97 | \$9.99 | \$9.99 | \$10.99 | \$10.49 | \$10.49 |

| 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 | \$11.99 | \$11.49 | \$11.99 | \$11.47 | \$12.49 | \$11.49 | \$11.99 | \$10.95 | \$11.99 |
| POWDERED MILK | Dairy Dairy | 800g | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$48.97 | \$47.99 | \$47.97 | \$47.99 | \$46.95 | \$47.99 |
| POWDERED MILK | Dairy Dairy | 225g | \$14.49 | \$14.49 | \$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 | \$54.99 | \$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 | \$10.49 | \$9.49 | \$9.79 | \$9.50 | \$9.97 | \$10.49 | \$9.49 | \$9.99 | \$8.95 | \$8.99 |
| EVAPORATED MILK (Pack) | Green Butterfly | 250ml | \$5.49 | \$5.49 | \$4.99 | \$4.99 | \$5.47 | \$5.49 | \$5.49 | - | \$4.95 | \$5.49 |
| CONDENSED MILK | Nestle | 395g | \$10.49 | \$9.99 | \$9.99 | \$9.99 | \$10.47 | - | \$9.99 | \$9.99 | \$9.95 | - |
| CONDENSED MILK | Eve | 395g | \$7.49 | \$7.19 | \$6.49 | \$5.99 | \$5.47 | \$7.49 | \$6.79 | - | \$5.95 | \$6.99 |
| MACARONI | Swiss | 400g | \$5.99 | \$4.99 | \$5.49 | \$5.26 | \$5.27 | \$4.99 | \$5.49 | \$5.50 | \$4.95 | \$5.45 |
| SPAGHETTI | Swiss | 400g | \$5.99 | \$5.49 | \$5.49 | \$5.35 | \$4.77 | - | \$5.49 | \$5.49 | \$4.50 | - |
| BAKING POWDER | Lion | 454g | \$9.99 | \$9.79 | \$8.99 | \$9.99 | \$9.47 | \$9.99 | - | - | \$9.75 | \$9.99 |
| FLOUR | Ibis | 2kg | \$11.99 | \$12.29 | \$12.99 | \$12.35 | \$12.47 | - | \$12.97 | \$12.99 | \$12.45 | - |
| FLOUR | Ibis | 10kg | \$56.99 | - | \$62.99 | \$58.99 | - | \$56.99 | \$64.97 | - | \$56.95 | - |
| PRE PACKAGED RICE (Parboiled) | Happi | 1800g | - | \$21.79 | - | - | \$17.97 | \$16.99 | \$19.99 | - | \$20.95 | \$19.99 |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 2kg | \$23.99 | \$21.99 | \$21.99 | \$21.15 | - | \$23.99 | \$20.99 | - | - | - |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 1kg | - | \$10.99 | \$10.99 | - | - | - | - | - | - | - |
| OATS | Cook's Mate | 226g | \$3.99 | \$3.99 | \$3.99 | - | \$3.97 | \$3.99 | - | \$3.75 | - | - |
| YEAST | Fermipan | 4x11g | \$6.99 | \$6.79 | \$5.99 | \$5.99 | \$5.77 | \$6.99 | - | - | - | - |
| CORN MEAL | Regal | 454g | \$6.99 | \$6.74 | \$6.50 | \$5.50 | \$5.97 | \$6.99 | - | - | \$6.50 | \$5.99 |
| BISCUITS (Unsweetened) | Crix - Original | 9 oz | \$12.99 | \$13.00 | \$13.00 | \$12.98 | - | \$12.99 | \$12.99 | - | \$12.95 | - |
| SPLIT PEAS (Loose) | - | 454g | - | - | - | - | \$3.47 | \$2.99 | \$3.97 | \$3.75 | \$3.95 | \$4.50 |
| RED BEANS (Loose) | - | 454g | - | - | - | - | \$7.47 | \$6.49 | \$7.97 | \$6.99 | \$5.95 | - |

| ITEM | BRAND | SIZE | ARIMA | | BARATARIA | | CHAGUANAS | | COUVA | | CUNUPIA | |
|-------------------------------|--------------------------|-------|------------|--------------|------------|-------------|------------|------------|--------------|-----------|----------|--------------|
| | | | XTRA FOODS | MASSY STORES | FOOD GIANT | JUMBO FOODS | PRICE CLUB | XTRA FOODS | CASH & CARRY | TOOLSIE'S | LOW COST | ONE PLUS ONE |
| D/PIGEON PEAS (Loose) | - | 454g | - | - | - | - | \$8.97 | \$8.99 | \$7.49 | - | \$8.45 | \$7.00 |
| CHANNA (Loose) | Large | 454g | - | - | - | - | \$9.97 | - | \$9.49 | \$6.25 | \$9.45 | \$13.00 |
| BLACK EYE PEAS (Loose) | - | 454g | - | - | - | - | \$5.97 | \$6.49 | \$5.97 | \$4.99 | \$6.25 | \$6.50 |
| LENTIL (Loose) | - | 454g | - | - | - | - | \$6.97 | \$7.49 | \$6.99 | \$6.75 | \$6.45 | \$5.50 |
| SPLIT PEAS (Pre Packaged) | Nature's Pride | 400g | - | \$5.49 | - | \$4.99 | - | - | - | - | \$4.75 | - |
| RED BEANS (Pre Packaged) | Nature's Pride | 400g | - | - | - | \$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 | - | - | - | - | - | - | - | - | \$8.45 | - |
| BLACK EYE PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | \$8.75 | \$7.97 | - | - | - | \$7.95 | - |
| LENTILS (Pre Packaged) | Nature's Pride | 400g | - | \$7.79 | - | \$7.45 | - | - | - | - | \$6.95 | - |
| CURRY POWDER | Chief | 85g | \$7.49 | \$7.49 | \$6.99 | \$7.49 | \$5.97 | \$6.99 | \$6.89 | \$6.89 | \$6.25 | \$7.99 |
| WHITE VINEGAR | Mabel | 1L | \$6.99 | \$6.99 | \$6.99 | \$6.95 | - | \$6.99 | \$6.47 | - | \$6.45 | \$6.65 |
| POTATO | - | 454g | \$1.99 | \$3.17 | \$2.50 | \$3.61 | \$2.47 | \$1.99 | \$2.97 | \$2.50 | \$2.25 | \$3.50 |
| ONION | - | 454g | \$2.49 | \$3.17 | \$2.72 | \$2.59 | \$2.47 | \$2.49 | \$2.47 | \$3.00 | \$1.95 | \$3.50 |
| GARLIC | - | 454g | \$13.99 | - | - | \$14.85 | \$13.97 | \$14.99 | \$19.99 | \$13.50 | - | - |
| GARLIC | - | 250g | \$6.99 | \$8.50 | \$8.99 | \$7.45 | - | \$7.99 | - | - | \$6.95 | - |
| SUGAR (Loose) | Brown | 454g | - | - | - | - | - | - | \$3.97 | \$4.00 | \$3.95 | - |
| SUGAR – BROWN (Pre Packaged) | Demerara | 1800g | \$16.99 | \$16.99 | - | \$16.99 | - | \$16.99 | \$19.99 | \$20.50 | \$15.95 | \$20.25 |
| SUGAR (Granulated) | Sweet Cane | 1800g | \$17.99 | \$20.24 | \$21.79 | \$22.25 | \$16.97 | \$17.99 | \$19.99 | \$21.50 | \$19.95 | \$19.99 |
| TABLE SALT (Pre Packaged) | Chief | 500g | \$3.49 | \$3.59 | \$3.69 | \$3.49 | \$3.47 | \$3.49 | - | - | - | - |
| TABLE SALT (Pre Packaged) | Free Flow | 800g | - | - | - | - | - | \$3.99 | - | - | - | - |
| INFANT FORMULA | SMA | 900g | \$182.00 | \$177.95 | \$179.99 | \$173.80 | - | - | - | - | - | \$178.25 |
| INFANT FORMULA | Lactogen 1 (0 to 6 mths) | 900g | \$109.00 | \$105.99 | \$100.99 | \$105.99 | \$105.97 | \$99.99 | \$105.99 | - | \$102.95 | \$102.75 |
| INFANT FORMULA | Klim 1+ | 800g | \$59.99 | \$58.99 | \$59.99 | \$58.99 | \$58.97 | \$59.99 | \$58.97 | \$59.00 | \$56.45 | \$58.75 |
| INFANT CEREAL | Nestle – Rice | 270g | \$21.99 | \$19.99 | \$18.99 | \$19.99 | \$18.97 | \$21.99 | \$19.79 | - | \$19.95 | - |
| INFANT CEREAL | Nestle – Wheat & Honey | 270g | \$22.99 | \$21.99 | \$21.99 | \$21.99 | \$20.97 | \$22.99 | \$21.79 | - | \$21.95 | - |

| ITEM | BRAND | SIZE | ARIMA | | BARATARIA | | CHAGUANAS | | COUVA | | CUNUPIA | |
|-------------------------|---------------------|-------|------------|--------------|------------|-------------|------------|------------|--------------|-----------|----------|--------------|
| | | | XTRA FOODS | MASSY STORES | FOOD GIANT | JUMBO FOODS | PRICE CLUB | XTRA FOODS | CASH & CARRY | TOOLSIE'S | LOW COST | ONE PLUS ONE |
| TOILET PAPER | Soft N'Pretty | 6pk | \$12.99 | \$14.99 | \$15.99 | \$13.99 | \$14.47 | \$12.99 | \$14.97 | - | \$12.95 | - |
| TOILET SOAP | Refresh | 3pk | \$15.99 | \$15.49 | \$20.99 | \$14.30 | \$14.47 | \$15.99 | \$15.49 | \$15.50 | \$14.95 | \$17.99 |
| TOOTHPASTE | Colgate | 113g | \$13.99 | \$14.99 | \$16.99 | \$15.70 | \$15.97 | \$16.49 | \$17.49 | \$15.75 | - | \$14.99 |
| DISHWASHING LIQUID | Squeezy | 725ml | \$14.99 | \$13.49 | \$14.49 | \$13.49 | | \$12.99 | \$11.50 | \$12.99 | \$12.95 | \$13.95 |
| SOAP POWDER | Breeze Multi Active | 900g | \$28.99 | \$27.99 | \$27.99 | \$21.65 | \$27.47 | \$29.99 | \$27.99 | - | \$27.95 | \$28.95 |
| SOAP POWDER | Radiante | 875g | \$19.99 | \$18.99 | \$17.99 | \$16.99 | \$18.97 | \$19.99 | \$18.99 | \$19.25 | \$19.95 | - |
| SOAP POWDER | Breeze Multi Active | 375g | \$13.99 | \$12.99 | \$12.49 | \$11.99 | \$12.27 | \$13.99 | \$12.49 | \$12.90 | - | \$11.99 |
| SOAP POWDER | Radiante | 400g | \$10.99 | - | \$10.49 | \$9.99 | \$10.27 | \$10.99 | \$10.49 | - | - | - |
| SARDINES | Brunswick | 106g | \$8.99 | \$7.99 | \$8.99 | \$5.99 | \$7.97 | \$7.99 | \$7.49 | \$6.75 | \$6.95 | \$8.99 |
| TUNA (FLAKES IN WATER) | Brunswick | 142g | \$7.99 | \$6.96 | \$6.99 | \$7.86 | - | \$5.99 | - | \$6.99 | \$5.95 | \$7.25 |
| TUNA (FLAKES IN OIL) | Brunswick | 142g | \$7.99 | \$6.96 | \$6.99 | \$7.86 | \$5.97 | \$5.99 | - | \$6.99 | \$5.95 | \$7.25 |
| CHICKEN VIENNA SAUSAGES | Santa Rosa | 141g | \$4.49 | \$4.79 | \$4.49 | \$4.60 | \$4.47 | \$4.99 | - | \$4.50 | - | \$4.99 |
| CORNED BEEF | Target | 340g | \$14.99 | \$14.99 | \$14.99 | \$16.65 | \$14.97 | \$14.99 | \$12.99 | \$15.50 | \$12.95 | \$18.99 |
| MILO (Pack) | - | 400g | \$37.99 | - | \$34.99 | \$33.74 | \$34.47 | \$33.99 | \$33.79 | \$34.50 | \$29.95 | \$33.99 |
| INSTANT CHOCOLATE | Nesquik | 500g | \$24.99 | \$23.99 | \$24.99 | \$22.49 | \$22.47 | \$24.99 | \$22.49 | \$23.50 | \$23.45 | \$22.45 |
| OVALTINE (Pack) | - | 300g | \$34.99 | \$32.99 | \$32.99 | - | \$28.97 | \$34.99 | \$29.99 | - | \$31.95 | \$26.50 |
| TEA BAGS | Lipton | 50 pk | \$19.99 | \$20.49 | \$19.59 | \$20.25 | \$20.47 | \$19.99 | \$20.99 | \$21.99 | \$17.95 | \$21.99 |
| TEA BAGS (GREEN) | Lipton | 20 pk | \$22.99 | \$21.99 | - | \$19.74 | \$20.97 | \$21.49 | \$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 | \$33.95 | \$34.99 | \$31.49 | \$32.97 | \$33.99 | \$31.49 | \$33.50 | \$30.95 | \$31.45 |
| COFFEE (INSTANT) | Colcafe | 100g | \$29.99 | \$25.79 | \$26.99 | \$24.51 | \$23.97 | \$26.99 | \$23.99 | \$27.50 | \$23.99 | \$27.75 |
| MAUBY | Matouk's | 750ml | \$13.49 | \$13.49 | \$13.50 | \$13.22 | \$12.97 | \$13.49 | \$12.99 | \$12.99 | \$12.95 | \$12.99 |
| ORANGE DRINK | Orchard | 250ml | \$3.49 | \$3.36 | \$3.69 | \$3.65 | \$3.97 | \$3.49 | \$3.49 | \$3.50 | \$3.95 | \$3.36 |
| ORANGE DRINK | Orchard | 1L | \$12.99 | \$11.24 | \$13.99 | \$11.24 | \$11.97 | \$11.49 | \$11.29 | \$11.99 | \$11.45 | - |
| GRAPEFRUIT DRINK | Orchard | 1L | \$11.49 | | \$12.29 | \$11.24 | \$11.97 | \$11.49 | \$11.29 | \$11.99 | \$11.95 | - |
| ORANGE JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.49 | \$11.99 | \$10.11 | \$11.47 | \$11.99 | \$11.49 | \$10.99 | \$12.95 | \$11.99 |

| 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 |
| ORANGE PINEAPPLE JUICE | Dole | 18 oz | \$9.49 | \$10.49 | \$10.49 | \$10.49 | - | \$9.49 | \$10.49 | \$10.50 | - | - |
| GRAPEFRUIT JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.49 | \$11.99 | \$10.24 | \$11.47 | \$11.99 | \$11.49 | \$10.99 | \$12.95 | \$11.99 |
| PEANUT BUTTER | Matouk's | 500g | \$21.99 | \$19.49 | \$18.00 | \$19.35 | \$18.97 | - | \$18.99 | - | \$19.95 | \$17.95 |
| VEGETABLE OIL | Richport | 900ml | \$16.99 | - | \$13.90 | \$17.70 | - | \$16.99 | \$15.79 | - | - | \$18.99 |
| SOYA OIL | Eve | 900ml | \$19.99 | \$18.49 | \$16.99 | - | \$16.47 | \$17.99 | \$15.99 | \$17.75 | \$17.99 | \$16.45 |
| SOYA OIL | Happi | 3.8L | \$49.99 | - | - | - | \$50.97 | \$49.99 | \$47.99 | - | \$52.95 | - |
| COCONUT OIL | Nariel | 900ml | \$35.99 | \$33.99 | \$33.99 | \$33.30 | \$32.97 | \$35.99 | - | - | \$34.95 | \$31.99 |
| OLIVE OIL (Extra Virgin) | James Plagniol | 1L | - | - | - | - | \$82.97 | \$95.99 | - | - | - | \$98.95 |
| CORN FLAKES (Local) | Sunshine | 200g | \$13.99 | \$12.99 | \$12.99 | \$12.99 | \$12.47 | \$13.99 | \$12.99 | - | \$12.95 | \$12.99 |
| CORN FLAKES (Local) | Sunshine | 18 oz | \$25.99 | \$25.99 | \$25.99 | \$25.99 | \$24.97 | \$25.99 | \$25.99 | - | \$24.95 | \$25.99 |
| FROSTED FLAKES | Sunshine | 284g | \$17.99 | \$16.99 | \$16.99 | - | \$16.47 | \$17.99 | - | - | - | \$16.95 |
| FROSTED FLAKES | Sunshine | 20 oz | \$29.99 | \$29.99 | - | - | - | - | - | - | - | - |
| SOYA CHUNKS | Natural Delights | 454g | - | \$24.18 | - | - | - | - | - | - | \$19.95 | - |
| SOYA CHUNKS | Chatak | 230g | \$11.99 | - | - | - | - | - | - | \$10.75 | \$10.95 | - |
| RED BEANS | MP | 440g | \$7.99 | \$7.19 | \$6.29 | \$5.98 | \$5.77 | \$7.99 | \$6.99 | \$6.90 | \$6.99 | \$6.99 |
| BAKED BEANS | MP | 440g | \$6.99 | \$6.79 | \$6.99 | \$6.40 | \$5.77 | \$6.99 | \$6.19 | \$6.25 | \$6.45 | - |
| GREEN PIGEON PEAS | MP | 440g | \$10.99 | \$10.79 | \$10.29 | \$10.69 | \$8.97 | \$10.99 | \$9.79 | \$9.50 | \$9.95 | \$9.99 |
| PROCESSED PIGEON PEAS | MP | 440g | - | - | - | - | - | - | - | - | - | - |
| PEAS AND CARROTS | MP | 440g | \$7.99 | \$7.99 | \$8.29 | \$7.49 | \$6.77 | \$7.99 | \$7.29 | \$7.50 | \$7.99 | \$7.35 |
| TOMATO KETCHUP (Bottled) | Matouk's | 750ml | \$11.99 | \$10.99 | \$10.99 | \$10.60 | \$10.97 | \$11.99 | \$10.79 | \$9.99 | \$9.95 | \$10.95 |
| TOMATO KETCHUP (Spouch) | Swiss | 750ml | \$8.99 | \$8.99 | \$8.79 | \$8.60 | \$8.97 | \$8.99 | \$9.99 | \$7.75 | \$8.96 | \$7.95 |
| MUSTARD | Matouk's | 240g | \$8.49 | - | \$7.99 | \$7.75 | \$7.47 | \$8.49 | \$7.69 | \$7.50 | \$7.95 | - |
| MAYONNAISE (Bottled) | Matouk's | 340ml | \$12.49 | \$11.80 | \$11.49 | \$11.24 | \$10.97 | \$12.49 | \$13.99 | \$10.99 | \$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 | MS FOOD CITY | G & N | TRU VALU | MASSY STORES | S & S PERSAD | PERSAD D' FOOD KING | PEIPING | PERSAD'S |
| CHICKEN BREAST (Frozen) | Arawak | pack | - | - | - | \$20.99 | - | - | - | - | - | - |
| CHICKEN DRUMSTICK (Frozen) | Arawak | pack | - | - | - | \$21.99 | - | - | - | - | \$14.95 | - |
| CHICKEN THIGHS (Frozen) | Arawak | pack | - | - | - | \$16.99 | - | - | - | - | - | - |
| CHICKEN WINGS (Frozen) | Arawak | pack | - | - | - | \$21.99 | - | - | - | - | - | - |
| ECONOMY PACK (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | - | - |
| PORK STEW | - | 454g | \$17.95 | \$24.54 | \$21.99 | \$15.00 | \$22.72 | - | \$11.99 | \$11.99 | - | \$15.86 |
| BEEF STEW | - | 454g | \$31.81 | - | \$27.04 | \$23.00 | \$21.36 | - | \$21.99 | - | - | \$24.54 |
| PIG TAIL | - | 454g | \$18.18 | - | - | \$18.00 | \$17.99 | \$18.18 | \$16.99 | \$18.00 | \$16.89 | - |
| CHICKEN FRANKS | Erin Farm | 12pk | \$13.49 | \$13.49 | \$12.99 | \$14.99 | \$13.49 | \$13.49 | \$14.99 | \$13.49 | \$13.25 | \$13.99 |
| SALTED FISH (w/Bone) | - | 454g | \$26.36 | - | - | - | - | \$26.36 | \$24.99 | \$22.99 | \$25.06 | \$22.72 |
| SALTED FISH (Boneless) | - | 454g | - | - | \$29.75 | - | \$27.99 | \$32.49 | \$34.99 | - | \$25.89 | \$24.99 |
| SMOKED HERRING (w/Bone) | - | 454g | \$20.00 | - | \$15.15 | \$16.00 | - | \$20.00 | \$13.99 | \$17.99 | \$19.77 | \$15.00 |
| FRESH BUTTER | Kerrygold | 454g | \$41.79 | \$44.00 | \$42.99 | \$39.99 | \$39.99 | \$41.79 | \$39.99 | - | \$39.95 | \$39.49 |
| CHEDDAR CHEESE | - | 454g | \$20.45 | \$20.30 | \$21.63 | \$22.00 | \$20.30 | \$20.45 | \$19.99 | \$21.27 | \$19.89 | \$20.90 |
| COOKING MARGARINE | Golden Ray | 227g | \$10.49 | \$10.49 | \$9.99 | \$8.99 | \$10.49 | \$10.49 | \$9.99 | \$10.99 | \$8.95 | \$9.49 |
| COOKING MARGARINE | French Maid | 227g | \$7.99 | \$7.99 | \$7.99 | \$7.99 | \$7.99 | \$7.99 | \$9.99 | - | \$7.95 | \$7.99 |
| TABLE MARGARINE | Blue Band | 227g | \$8.29 | \$8.49 | \$6.99 | \$6.99 | \$8.49 | \$8.29 | \$6.99 | \$7.99 | \$7.99 | \$7.49 |
| TABLE MARGARINE | Flora | 445g | \$18.99 | \$18.89 | \$18.99 | \$19.99 | \$18.89 | \$18.99 | \$19.99 | \$18.99 | \$18.90 | \$19.49 |
| EGGS | Large | 1 Doz | \$22.49 | \$21.49 | \$19.99 | \$21.99 | \$21.45 | \$22.69 | \$21.99 | \$21.99 | \$18.75 | \$19.99 |
| LIQUID MILK (Full Cream) | Nestle | 1L | \$10.99 | \$10.99 | \$9.99 | \$10.49 | \$10.49 | \$10.99 | \$11.99 | \$9.99 | \$10.50 | \$11.99 |
| LIQUID MILK (Skimmed) | Svelty | 1L | \$11.49 | \$11.49 | \$11.99 | \$11.49 | \$11.49 | \$11.49 | \$11.49 | \$11.49 | \$11.50 | \$11.99 |

| ITEM | BRAND | SIZE | CUREPE | | DEBE | | DIEGO MARTIN | | MAYARO | | POINT FORTIN | |
|-------------------------------|-----------------|-------|------------------------------|----------|--------------|---------|--------------|--------------|--------------|---------------------|--------------|----------|
| | | | MASSY STORES (St. Augustine) | TRU VALU | 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 | \$47.99 | \$47.99 | \$48.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 |
| 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 | \$55.99 | \$54.99 | \$49.99 | \$54.99 | \$54.99 | \$54.99 | \$54.99 |
| POWDERED MILK (Skimmed) | Dairy Dairy | 400g | \$28.99 | \$28.99 | \$29.49 | \$29.99 | \$28.99 | \$28.99 | \$28.99 | \$28.99 | \$28.99 | \$28.99 |
| EVAPORATED MILK (Tin) | Carnation | 410g | \$9.49 | \$9.49 | \$9.49 | \$8.99 | \$9.49 | \$9.99 | \$9.99 | \$9.99 | \$9.50 | \$9.99 |
| EVAPORATED MILK (Pack) | Green Butterfly | 250ml | \$5.49 | \$5.49 | \$4.99 | \$5.49 | \$5.49 | \$5.49 | \$4.99 | \$5.49 | \$4.95 | \$5.99 |
| CONDENSED MILK | Nestle | 395g | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$8.99 | \$8.99 | \$9.49 | \$9.99 |
| CONDENSED MILK | Eve | 395g | \$7.19 | \$6.99 | \$6.99 | \$5.99 | \$6.99 | \$7.19 | \$5.99 | \$5.99 | \$6.95 | \$6.99 |
| MACARONI | Swiss | 400g | \$4.99 | \$5.49 | \$5.25 | \$4.99 | \$5.49 | \$4.99 | \$5.99 | - | \$5.50 | \$5.49 |
| SPAGHETTI | Swiss | 400g | \$5.50 | \$5.49 | - | \$4.99 | - | \$5.50 | \$5.99 | - | \$5.50 | \$5.49 |
| BAKING POWDER | Lion | 454g | \$9.79 | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$9.79 | \$9.99 | \$10.49 | \$9.80 | \$8.99 |
| FLOUR | Ibis | 2kg | \$13.00 | - | \$12.99 | \$12.99 | \$12.75 | \$13.00 | \$12.99 | \$13.99 | \$12.45 | \$13.99 |
| FLOUR | Ibis | 10kg | \$61.60 | \$62.99 | \$57.99 | \$55.00 | \$62.99 | \$61.60 | \$59.99 | \$62.99 | \$59.95 | \$59.99 |
| PRE PACKAGED RICE (Parboiled) | Happi | 1800g | \$21.79 | \$19.99 | - | \$19.99 | - | - | \$19.99 | - | - | \$21.49 |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 2kg | - | - | - | - | \$22.25 | \$22.00 | - | - | \$21.95 | - |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 1kg | - | - | - | - | \$11.25 | \$11.40 | - | - | \$11.10 | - |
| OATS | Cook's Mate | 226g | - | - | \$3.99 | \$3.99 | - | - | \$3.99 | \$3.99 | \$3.85 | \$3.99 |
| YEAST | Fermipan | 4x11g | \$6.79 | \$6.49 | \$6.75 | \$5.99 | \$6.49 | \$6.79 | \$6.99 | \$7.49 | \$6.85 | \$6.49 |
| CORN MEAL | Regal | 454g | \$6.74 | \$6.51 | \$6.50 | \$6.99 | \$6.51 | - | \$6.99 | - | \$6.50 | \$6.49 |
| BISCUITS (Unsweetened) | Crix - Original | 9 oz | \$13.00 | \$13.00 | \$13.00 | \$12.99 | \$13.00 | \$13.00 | \$12.99 | \$12.99 | \$13.00 | \$12.99 |
| SPLIT PEAS (Loose) | - | 454g | - | - | - | - | - | - | - | \$3.49 | \$4.95 | \$3.99 |
| RED BEANS (Loose) | - | 454g | - | - | - | \$8.00 | - | - | - | \$5.99 | \$7.95 | \$5.99 |
| D/PIGEON PEAS (Loose) | - | 454g | - | - | - | \$9.00 | - | - | - | \$6.99 | \$7.95 | \$8.99 |
| CHANNA (Loose) | Large | 454g | - | - | - | \$10.00 | - | - | - | \$6.49 | \$8.95 | \$8.99 |
| BLACK EYE PEAS (Loose) | - | 454g | - | - | - | \$6.00 | - | - | - | \$5.49 | \$6.95 | \$6.99 |
| LENTIL (Loose) | - | 454g | - | - | - | \$7.00 | - | - | - | \$4.99 | \$6.95 | \$6.99 |

| ITEM | BRAND | SIZE | CUREPE | | DEBE | | DIEGO MARTIN | | MAYARO | | POINT FORTIN | |
|-------------------------------|--------------------------|-------|------------------------------|----------|--------------|----------|--------------|--------------|--------------|---------------------|--------------|----------|
| | | | MASSY STORES (St. Augustine) | TRU VALU | 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 | - | - | \$3.50 | \$5.49 | \$5.49 | - | - | \$5.25 | \$7.99 |
| RED BEANS (Pre Packaged) | Nature's Pride | 400g | \$9.99 | \$10.99 | \$8.49 | - | \$10.99 | \$9.99 | - | - | \$10.50 | \$9.99 |
| PIGEON PEAS (Pre Packaged) | Nature's Pride | 400g | \$9.99 | - | - | - | - | \$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 | - | - | - | - | - | - | - | \$8.15 | - |
| LENTILS (Pre Packaged) | Nature's Pride | 400g | \$7.79 | - | - | - | \$9.25 | \$7.79 | - | - | - | - |
| CURRY POWDER | Chief | 85g | | \$7.49 | \$6.25 | \$6.99 | \$7.49 | \$7.99 | \$6.99 | \$6.99 | \$6.99 | \$6.99 |
| WHITE VINEGAR | Mabel | 1L | \$6.99 | \$6.49 | \$6.75 | \$6.99 | \$6.49 | - | \$6.99 | \$6.99 | \$6.75 | \$6.99 |
| POTATO | - | 454g | \$3.18 | \$4.09 | \$2.40 | \$2.50 | \$4.09 | \$3.18 | \$3.50 | \$2.99 | \$2.59 | \$3.18 |
| ONION | - | 454g | \$3.18 | \$3.63 | \$2.00 | \$2.50 | \$3.63 | \$3.18 | \$3.50 | \$1.99 | \$3.50 | \$2.72 |
| GARLIC | - | 454g | - | - | - | \$15.99 | - | - | \$14.99 | \$13.99 | - | \$14.49 |
| GARLIC | | 250g | \$8.50 | \$10.99 | - | - | \$10.99 | \$8.50 | \$9.99 | \$7.49 | \$7.95 | \$8.99 |
| SUGAR (Loose) | Brown | 454g | \$3.70 | - | - | \$4.00 | - | - | - | - | - | \$3.99 |
| SUGAR - BROWN (Pre Packaged) | Demerara | 1800g | - | \$15.99 | \$16.00 | \$15.99 | \$18.99 | \$16.99 | - | - | - | - |
| SUGAR (Granulated) | Sweet Cane | 1800g | \$20.24 | \$20.25 | \$18.99 | \$19.99 | \$19.99 | \$20.24 | \$19.99 | \$20.99 | \$20.85 | \$18.99 |
| TABLE SALT (Pre Packaged) | Chief | 500g | - | \$3.36 | \$3.49 | - | \$3.36 | \$3.59 | \$3.99 | \$3.49 | - | \$3.49 |
| TABLE SALT (Pre Packaged) | Free Flow | 800g | - | \$3.93 | \$3.50 | \$3.50 | - | - | - | - | - | \$3.49 |
| INFANT FORMULA | SMA | 900g | \$178.00 | \$176.49 | \$178.49 | \$164.99 | - | \$178.00 | \$169.99 | \$172.99 | - | - |
| INFANT FORMULA | Lactogen 1 (0 to 6 mths) | 900g | \$106.00 | \$107.25 | \$105.99 | \$104.99 | - | \$106.00 | \$99.99 | \$105.99 | \$99.95 | \$104.99 |
| INFANT FORMULA | Klim 1+ | 800g | \$58.99 | \$59.65 | \$58.99 | \$57.99 | \$59.65 | \$59.00 | \$56.99 | \$54.99 | \$58.95 | \$55.49 |
| INFANT CEREAL | Nestle - Rice | 270g | \$19.99 | \$20.25 | \$19.99 | \$21.99 | \$19.99 | \$19.99 | \$19.99 | \$21.99 | \$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 | \$23.99 |
| TOILET PAPER | Soft N'Pretty | 6pk | \$15.99 | \$15.49 | \$14.49 | \$14.99 | \$15.49 | \$15.99 | \$14.99 | \$13.99 | - | - |
| TOILET SOAP | Refresh | 3pk | \$15.49 | \$14.75 | \$14.75 | \$15.49 | - | \$15.49 | \$13.99 | \$17.99 | - | \$12.99 |
| TOOTHPASTE | Colgate | 113g | \$13.49 | - | \$15.49 | \$13.99 | - | \$14.49 | \$16.99 | \$17.99 | \$15.99 | \$13.99 |

| ITEM | BRAND | SIZE | CUREPE | | DEBE | | DIEGO MARTIN | | MAYARO | | POINT FORTIN | |
|-------------------------|---------------------|-------|------------------------------|----------|--------------|---------|--------------|--------------|--------------|---------------------|--------------|----------|
| | | | MASSY STORES (St. Augustine) | TRU VALU | 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 | \$13.99 | \$13.99 | \$12.49 | \$13.99 | \$13.49 | \$12.99 | \$13.49 | \$13.95 | \$13.99 |
| SOAP POWDER | Breeze Multi Active | 900g | \$27.99 | \$28.49 | \$28.49 | \$28.99 | \$28.49 | \$27.99 | \$26.99 | \$28.99 | \$26.99 | \$28.49 |
| SOAP POWDER | Radiante | 875g | \$18.99 | \$19.49 | \$14.99 | \$16.99 | \$19.49 | \$18.99 | \$17.99 | \$19.99 | \$19.55 | \$16.49 |
| SOAP POWDER | Breeze Multi Active | 375g | - | - | - | \$11.99 | - | \$12.99 | \$12.99 | \$11.49 | \$12.45 | \$12.99 |
| SOAP POWDER | Radiante | 400g | \$10.79 | - | - | - | - | \$10.79 | \$11.99 | - | \$10.70 | \$10.49 |
| SARDINES | Brunswick | 106g | \$7.99 | \$7.99 | \$6.75 | \$7.49 | \$8.49 | \$8.49 | \$7.99 | \$6.99 | \$7.99 | \$7.49 |
| TUNA (FLAKES IN WATER) | Brunswick | 142g | \$6.96 | \$6.74 | \$6.99 | \$6.99 | \$6.99 | \$6.96 | \$7.99 | - | \$7.85 | \$5.99 |
| TUNA (FLAKES IN OIL) | Brunswick | 142g | \$6.96 | \$6.74 | \$6.99 | \$6.99 | \$6.99 | \$6.96 | \$7.99 | \$6.49 | \$7.85 | \$5.99 |
| CHICKEN VIENNA SAUSAGES | Santa Rosa | 141g | \$4.79 | \$4.99 | \$4.99 | \$4.99 | \$4.99 | \$4.79 | \$5.99 | - | \$4.55 | \$4.99 |
| CORNER BEEF | Target | 340g | \$14.79 | \$15.99 | \$14.99 | \$15.99 | \$15.99 | \$14.79 | \$15.99 | \$14.99 | \$15.95 | \$13.99 |
| MILO (Pack) | - | 400g | \$35.99 | \$33.74 | \$33.75 | \$34.99 | \$33.74 | \$35.99 | \$31.99 | \$36.99 | \$33.75 | \$35.99 |
| INSTANT CHOCOLATE | Nesquik | 500g | \$24.00 | \$22.49 | \$24.49 | \$23.99 | \$22.49 | \$24.00 | \$21.99 | \$23.99 | \$23.75 | \$23.99 |
| OVALTINE (Pack) | - | 300g | \$32.49 | \$31.99 | \$32.99 | \$28.99 | \$28.99 | \$29.29 | \$26.99 | \$32.99 | \$28.30 | - |
| TEA BAGS | Lipton | 50 pk | \$20.49 | \$21.49 | \$18.25 | \$21.99 | \$21.49 | \$20.49 | \$19.99 | \$21.99 | \$21.70 | \$21.49 |
| TEA BAGS (GREEN) | Lipton | 20 pk | \$15.99 | \$20.99 | \$20.99 | \$21.99 | \$20.99 | \$21.99 | \$22.99 | \$21.99 | - | \$20.99 |
| TEA BAGS (GREEN) | Dilmah | 20pk | \$24.74 | - | \$22.99 | \$22.99 | - | \$24.74 | \$22.99 | \$23.99 | \$22.95 | \$22.99 |
| COFFEE (INSTANT) | Nestle | 100g | \$34.60 | \$32.05 | \$31.49 | \$33.99 | \$32.05 | \$34.60 | \$29.99 | \$33.99 | \$31.50 | \$34.49 |
| COFFEE (INSTANT) | Colcafe | 100g | \$25.79 | \$25.65 | - | \$31.99 | \$25.65 | \$25.79 | \$25.99 | \$28.99 | \$27.99 | \$24.99 |
| MAUBY | Matouk's | 750ml | \$13.49 | \$13.49 | \$13.25 | \$12.99 | \$13.49 | \$13.49 | \$12.99 | \$13.49 | \$13.75 | \$13.49 |
| ORANGE DRINK | Orchard | 250ml | \$3.36 | \$3.70 | \$3.49 | \$3.75 | \$3.70 | \$3.36 | \$3.99 | \$3.49 | \$3.35 | \$3.49 |
| ORANGE DRINK | Orchard | 1L | \$11.24 | \$11.24 | \$11.25 | \$11.99 | \$11.24 | \$11.24 | \$11.99 | \$12.99 | \$11.25 | \$12.49 |
| GRAPEFRUIT DRINK | Orchard | 1L | \$11.24 | - | \$11.25 | \$11.99 | \$11.24 | \$11.24 | \$11.99 | \$14.99 | \$11.25 | \$14.99 |
| ORANGE JUICE | Trinidad Citrus | 19 oz | \$11.49 | \$11.49 | \$11.99 | \$11.99 | \$10.99 | \$11.49 | \$11.99 | \$12.99 | \$11.25 | \$11.99 |
| ORANGE PINEAPPLE JUICE | Dole | 18 oz | \$10.49 | \$10.49 | \$10.49 | \$10.49 | \$10.49 | \$10.49 | \$9.99 | \$9.99 | \$10.50 | \$9.99 |
| GRAPEFRUIT JUICE | Trinidad Citrus | 19 oz | \$11.49 | \$11.49 | \$11.99 | \$11.99 | \$10.99 | \$11.49 | \$11.99 | \$12.99 | \$11.25 | \$11.99 |
| PEANUT BUTTER | Matouk's | 500g | \$19.99 | \$19.99 | \$16.99 | - | \$19.99 | \$19.49 | \$15.99 | \$17.99 | \$17.95 | \$19.49 |

| ITEM | BRAND | SIZE | CUREPE | | DEBE | | DIEGO MARTIN | | MAYARO | | POINT FORTIN | |
|--------------------------|------------------|-------|------------------------------|----------|--------------|---------|--------------|--------------|--------------|---------------------|--------------|----------|
| | | | MASSY STORES (St. Augustine) | TRU VALU | MS FOOD CITY | G & N | TRU VALU | MASSY STORES | S & S PERSAD | PERSAD D' FOOD KING | PEIPING | PERSAD'S |
| VEGETABLE OIL | Richport | 900ml | - | - | \$14.49 | \$16.99 | - | - | - | - | - | - |
| SOYA OIL | Eve | 900ml | \$18.75 | \$17.99 | \$17.99 | \$16.99 | \$17.99 | \$18.75 | \$16.99 | - | \$17.99 | \$17.99 |
| SOYA OIL | Happi | 3.8L | - | - | \$40.99 | \$48.99 | - | - | \$55.99 | - | \$57.95 | \$53.99 |
| COCONUT OIL | Nariel | 900ml | \$33.99 | \$32.99 | - | - | \$32.99 | \$33.99 | \$34.99 | \$34.99 | \$33.99 | \$33.99 |
| OLIVE OIL (Extra Virgin) | James Plagniol | 1L | \$89.50 | - | \$89.99 | \$85.99 | - | \$89.50 | \$89.99 | \$75.99 | \$79.10 | \$73.99 |
| CORN FLAKES (Local) | Sunshine | 200g | \$12.99 | \$12.99 | \$12.99 | \$13.99 | \$12.99 | \$12.99 | \$13.99 | \$13.99 | \$12.95 | \$12.99 |
| CORN FLAKES (Local) | Sunshine | 18 oz | \$25.99 | - | \$25.99 | \$25.99 | \$25.99 | \$25.99 | \$20.99 | \$25.99 | \$23.95 | \$25.99 |
| FROSTED FLAKES | Sunshine | 284g | - | \$16.99 | \$16.99 | \$17.99 | \$16.99 | \$16.99 | \$15.99 | - | \$16.95 | \$16.99 |
| FROSTED FLAKES | Sunshine | 20 oz | \$29.99 | \$29.99 | \$29.99 | \$29.99 | \$29.99 | \$29.99 | - | \$26.99 | \$29.95 | \$29.99 |
| SOYA CHUNKS | Natural Delights | 454g | - | \$23.61 | \$20.50 | - | - | - | \$19.99 | \$22.49 | \$22.50 | - |
| SOYA CHUNKS | Chatak | 230g | \$11.29 | - | \$10.99 | \$11.99 | - | - | \$11.99 | \$10.99 | \$10.95 | \$10.99 |
| RED BEANS | MP | 440g | \$7.50 | \$6.74 | \$6.99 | \$6.99 | \$6.74 | - | \$6.99 | - | \$7.30 | \$6.99 |
| BAKED BEANS | MP | 440g | \$6.79 | - | \$6.49 | \$6.99 | \$6.36 | \$6.79 | \$6.99 | - | \$6.35 | \$6.49 |
| GREEN PIGEON PEAS | MP | 440g | \$11.00 | \$10.68 | \$9.75 | \$9.99 | \$10.68 | \$11.00 | \$9.99 | - | \$10.15 | \$10.49 |
| PROCESSED PIGEON PEAS | MP | 440g | - | - | - | - | - | - | - | - | - | - |
| PEAS AND CARROTS | MP | 440g | \$8.09 | \$7.99 | \$7.99 | \$7.99 | \$7.99 | \$8.09 | \$7.99 | - | \$8.20 | \$8.49 |
| TOMATO KETCHUP (Bottled) | Matouk's | 750ml | \$11.00 | \$10.99 | \$10.99 | \$10.99 | \$10.99 | \$11.00 | \$11.99 | \$11.49 | \$10.99 | \$10.99 |
| TOMATO KETCHUP (Spouch) | Swiss | 750ml | \$9.00 | \$8.99 | \$7.49 | - | \$8.99 | \$9.30 | \$8.99 | \$6.49 | \$7.99 | \$8.99 |
| MUSTARD | Matouk's | 240g | - | \$8.20 | \$6.75 | \$7.99 | - | - | \$7.99 | \$7.99 | \$7.75 | \$7.99 |
| MAYONNAISE (Bottled) | Matouk's | 340ml | \$11.89 | \$11.25 | - | \$11.99 | \$11.25 | - | \$11.99 | \$10.99 | \$11.25 | \$11.49 |

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 |
| 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 | \$20.90 | - | \$11.99 | \$8.99 | - | \$21.93 | - | - |
| BEEF STEW | - | 454g | \$25.00 | \$23.18 | - | - | \$21.99 | \$24.99 | - | \$22.61 | - | \$22.25 |
| PIG TAIL | - | 454g | \$19.00 | \$18.63 | \$20.45 | - | \$16.99 | \$18.99 | - | \$19.89 | - | \$21.81 |
| CHICKEN FRANKS | Erin Farm | 12pk | - | \$12.99 | - | - | \$14.99 | \$13.99 | \$13.49 | \$12.95 | \$12.99 | \$13.49 |
| SALTED FISH (w/Bone) | - | 454g | - | \$25.90 | - | \$27.27 | \$24.99 | \$24.99 | \$19.95 | - | \$24.55 | - |
| SALTED FISH (Boneless) | - | 454g | \$23.18 | - | \$33.18 | - | \$34.99 | - | \$32.95 | - | - | - |
| SMOKED HERRING (w/Bone) | - | 454g | - | \$16.81 | \$17.27 | \$19.54 | \$13.99 | \$13.99 | \$12.95 | \$17.72 | - | - |
| FRESH BUTTER | Kerrygold | 454g | \$40.99 | \$39.99 | - | \$42.99 | \$39.99 | \$42.99 | \$39.99 | \$38.50 | \$37.99 | \$39.99 |
| CHEDDAR CHEESE | - | 454g | \$20.45 | \$20.90 | \$27.27 | \$18.99 | \$19.99 | \$20.00 | \$18.95 | \$21.48 | \$24.55 | \$20.30 |
| COOKING MARGARINE | Golden Ray | 227g | \$10.99 | \$10.99 | \$10.99 | \$10.49 | \$9.99 | \$9.99 | \$10.89 | \$10.50 | \$8.99 | \$10.49 |
| COOKING MARGARINE | French Maid | 227g | - | \$8.99 | - | \$7.99 | \$9.99 | \$8.49 | \$7.99 | \$5.99 | - | \$7.99 |
| TABLE MARGARINE | Blue Band | 227g | \$8.49 | \$7.99 | \$8.50 | \$6.99 | \$6.99 | \$6.99 | \$8.69 | \$8.25 | \$6.99 | \$8.49 |
| TABLE MARGARINE | Flora | 445g | \$18.99 | \$19.99 | \$19.99 | \$19.99 | \$19.99 | \$20.49 | \$18.99 | \$18.99 | \$17.99 | \$18.89 |
| EGGS | Large | 1 Doz | \$18.99 | \$21.99 | \$22.99 | \$20.99 | \$21.99 | \$22.50 | \$18.99 | \$20.00 | \$16.99 | \$18.99 |
| LIQUID MILK (Full Cream) | Nestle | 1L | \$11.99 | \$11.99 | \$11.99 | \$10.99 | \$11.99 | \$10.99 | \$10.49 | \$10.49 | \$10.99 | \$10.99 |
| LIQUID MILK (Skimmed) | Svelty | 1L | \$12.49 | \$12.99 | \$12.99 | \$11.49 | \$11.49 | \$12.49 | \$11.99 | \$11.49 | \$11.49 | \$11.49 |

| 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 |
| POWDERED MILK | Dairy Dairy | 800g | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$47.99 |
| POWDERED MILK | Dairy Dairy | 225g | \$14.49 | \$14.49 | \$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 | \$54.99 | \$54.99 | \$54.99 | \$55.99 | \$54.99 | \$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 | \$28.99 | \$28.99 |
| EVAPORATED MILK (Tin) | Carnation | 410g | \$9.99 | \$9.99 | \$10.99 | \$9.99 | \$9.99 | \$9.99 | \$9.49 | \$9.49 | \$9.49 | \$9.49 |
| EVAPORATED MILK (Pack) | Green Butterfly | 250ml | \$5.25 | \$5.49 | \$5.99 | \$4.99 | \$4.99 | \$5.49 | \$5.39 | \$4.99 | \$4.99 | \$5.49 |
| CONDENSED MILK | Nestle | 395g | \$9.99 | \$10.99 | \$11.99 | \$8.99 | \$8.99 | \$8.99 | \$10.95 | \$8.75 | \$12.49 | \$9.99 |
| CONDENSED MILK | Eve | 395g | \$5.99 | - | - | \$5.99 | \$5.99 | \$4.99 | \$5.99 | \$5.50 | - | \$6.99 |
| MACARONI | Swiss | 400g | \$4.99 | \$5.49 | \$5.99 | \$5.99 | \$5.99 | - | \$4.99 | - | \$5.49 | \$5.49 |
| SPAGHETTI | Swiss | 400g | \$5.49 | \$6.49 | \$5.99 | - | \$5.99 | - | - | - | \$5.49 | \$5.49 |
| BAKING POWDER | Lion | 454g | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$9.99 | \$8.99 | \$9.75 | \$9.99 | \$9.99 |
| FLOUR | Ibis | 2kg | \$13.99 | \$12.99 | \$13.99 | \$12.99 | \$12.99 | \$12.49 | \$12.95 | \$12.49 | \$12.49 | \$12.75 |
| FLOUR | Ibis | 10kg | \$65.00 | \$62.99 | - | - | \$59.99 | \$59.99 | \$59.95 | - | \$61.49 | \$62.99 |
| PRE PACKAGED RICE (Parboiled) | Happi | 1800g | - | - | - | - | \$19.99 | \$18.99 | \$20.49 | - | - | \$19.99 |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 2kg | \$21.49 | \$20.99 | - | - | - | - | - | - | \$19.99 | - |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 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 |
| CORN MEAL | Regal | 454g | - | \$6.99 | - | \$6.49 | \$6.99 | \$6.49 | - | - | \$6.25 | \$6.51 |
| BISCUITS (Unsweetened) | Crix - Original | 9 oz | \$13.00 | \$13.00 | \$13.00 | \$12.99 | \$12.99 | \$12.99 | \$12.99 | \$12.99 | \$13.00 | \$13.00 |
| SPLIT PEAS (Loose) | - | 454g | - | \$3.99 | \$3.99 | - | - | \$2.99 | \$3.99 | \$3.25 | - | - |
| RED BEANS (Loose) | - | 454g | - | \$6.99 | \$7.99 | - | - | \$6.49 | \$6.99 | \$5.95 | - | - |
| D/PIGEON PEAS (Loose) | - | 454g | - | \$6.50 | - | - | - | \$8.99 | - | \$8.99 | - | - |
| CHANNA (Loose) | Large | 454g | - | \$5.99 | - | - | - | \$6.49 | - | \$10.99 | - | - |
| BLACK EYE PEAS (Loose) | - | 454g | - | \$6.99 | \$5.99 | \$6.99 | - | \$5.49 | \$5.99 | - | - | - |
| LENTIL (Loose) | - | 454g | - | \$6.99 | \$8.99 | - | - | \$5.99 | \$5.99 | \$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 | LEN HAP | FOOD BASKET | RAMESH & LEELA | TRU VALU |
| SPLIT PEAS (Pre Packaged) | Nature's Pride | 400g | \$4.99 | \$4.75 | - | - | - | - | - | - | \$5.00 | \$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 | - |
| 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 | \$9.25 |
| CURRY POWDER | Chief | 85g | - | \$7.99 | \$8.00 | \$6.99 | \$6.99 | \$6.99 | \$6.99 | \$6.99 | \$6.99 | \$7.49 |
| WHITE VINEGAR | Mabel | 1L | \$6.99 | \$7.29 | \$6.99 | \$7.99 | \$6.99 | \$6.99 | \$6.99 | \$6.75 | \$5.99 | \$6.49 |
| POTATO | - | 454g | \$2.50 | \$2.72 | \$2.95 | \$1.98 | \$3.50 | \$2.99 | \$3.33 | \$2.25 | \$2.99 | \$4.09 |
| ONION | - | 454g | \$2.27 | \$3.18 | \$2.72 | \$1.99 | \$3.50 | \$2.99 | \$2.99 | \$1.99 | \$2.50 | \$3.63 |
| GARLIC | - | 454g | \$20.00 | - | \$16.99 | - | \$14.99 | \$13.99 | \$14.95 | \$13.86 | - | - |
| GARLIC | - | 250g | \$7.99 | \$10.00 | \$8.99 | - | \$9.99 | \$7.99 | \$7.99 | - | \$8.99 | \$10.99 |
| SUGAR (Loose) | Brown | 454g | \$4.95 | - | - | - | - | - | - | - | - | - |
| SUGAR – BROWN (Pre Packaged) | Demerara | 1800g | \$18.99 | \$17.99 | - | - | - | - | \$15.99 | - | - | \$15.99 |
| SUGAR (Granulated) | Sweet Cane | 1800g | \$23.99 | \$22.99 | - | \$21.49 | \$19.99 | \$20.99 | \$20.95 | \$20.99 | \$21.99 | \$19.99 |
| TABLE SALT (Pre Packaged) | Chief | 500g | - | - | - | \$3.50 | \$3.99 | \$3.49 | \$3.49 | \$3.50 | \$3.49 | \$3.36 |
| TABLE SALT (Pre Packaged) | Free Flow | 800g | - | - | - | \$3.50 | - | \$2.99 | - | - | - | \$3.93 |
| INFANT FORMULA | SMA | 900g | - | \$169.99 | \$171.99 | \$171.99 | \$169.99 | \$162.99 | \$177.99 | \$170.50 | \$178.49 | \$176.49 |
| INFANT FORMULA | Lactogen 1 (0 to 6 mths) | 900g | \$111.99 | \$107.99 | \$104.99 | - | \$99.99 | \$101.99 | \$102.99 | \$105.99 | \$99.99 | \$107.25 |
| INFANT FORMULA | KLIM 1+ | 800g | \$58.99 | \$59.99 | \$59.99 | \$55.99 | \$56.99 | \$54.99 | \$58.99 | \$58.99 | \$54.99 | \$59.65 |
| INFANT CEREAL | Nestle – Rice | 270g | \$21.99 | \$20.99 | - | \$21.99 | \$19.99 | \$19.49 | \$20.99 | \$19.99 | \$21.49 | \$20.25 |
| INFANT CEREAL | Nestle – Wheat & Honey | 270g | \$22.99 | \$22.99 | \$22.99 | \$22.99 | \$19.99 | \$23.49 | \$22.95 | \$21.99 | \$23.99 | \$21.99 |
| TOILET PAPER | Soft N'Pretty | 6pk | \$15.99 | - | - | \$10.99 | \$14.99 | \$11.99 | - | - | - | \$15.49 |
| TOILET SOAP | Refresh | 3pk | \$15.50 | \$14.99 | \$15.99 | \$14.99 | \$13.99 | \$14.49 | \$13.49 | \$15.50 | \$14.99 | \$14.75 |
| TOOTHPASTE | Colgate | 113g | - | \$16.99 | \$16.99 | \$15.49 | \$16.99 | \$15.49 | \$14.99 | \$15.99 | \$14.99 | \$15.99 |
| DISHWASHING LIQUID | Squeezy | 725ml | \$13.99 | \$14.99 | - | - | \$12.99 | - | \$13.49 | \$13.50 | - | \$15.99 |

| 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 |
| SOAP POWDER | Breeze Multi Active | 900g | \$28.99 | \$30.99 | - | \$28.49 | \$26.99 | \$28.49 | \$26.99 | \$26.99 | \$28.49 | \$28.49 |
| SOAP POWDER | Radiante | 875g | \$19.99 | \$21.99 | - | \$19.49 | \$17.99 | \$16.49 | \$14.99 | \$19.75 | \$16.99 | \$19.49 |
| SOAP POWDER | Breeze Multi Active | 375g | \$12.99 | \$13.29 | - | \$12.49 | \$12.99 | \$12.49 | \$11.99 | \$12.50 | \$11.99 | - |
| SOAP POWDER | Radiante | 400g | \$10.99 | \$11.59 | - | \$10.99 | \$11.99 | \$10.49 | \$9.99 | \$10.75 | \$10.99 | - |
| SARDINES | Brunswick | 106g | \$8.49 | \$7.99 | \$7.99 | \$6.99 | \$7.99 | \$8.49 | \$6.99 | \$7.99 | - | \$8.49 |
| TUNA (FLAKES IN WATER) | Brunswick | 142g | \$7.99 | \$6.99 | \$6.99 | \$7.99 | \$7.99 | \$6.99 | \$7.49 | \$6.25 | - | \$5.99 |
| TUNA (FLAKES IN OIL) | Brunswick | 142g | \$7.99 | \$7.99 | \$6.99 | \$7.99 | \$7.99 | \$6.49 | \$7.89 | \$6.25 | - | \$5.99 |
| CHICKEN VIENNA SAUSAGES | Santa Rosa | 141g | - | \$4.99 | - | \$4.49 | \$5.99 | - | \$4.29 | \$4.75 | \$4.50 | \$4.99 |
| CORNED BEEF | Target | 340g | \$15.49 | - | - | \$14.49 | \$15.99 | \$13.99 | \$15.99 | \$14.99 | - | \$15.99 |
| MILO (Pack) | - | 400g | - | \$35.99 | \$33.99 | \$35.99 | \$31.99 | \$33.99 | \$35.49 | \$33.75 | \$35.75 | \$33.74 |
| INSTANT CHOCOLATE | Nesquik | 500g | \$23.99 | - | \$23.99 | \$23.99 | \$21.99 | \$23.99 | \$23.79 | \$22.50 | \$22.99 | \$22.49 |
| OVALTINE (Pack) | - | 300g | \$32.99 | - | - | \$32.99 | \$26.99 | - | \$31.99 | \$29.75 | \$32.99 | \$31.99 |
| TEA BAGS | Lipton | 50 pk | \$21.49 | \$22.59 | \$22.99 | \$20.99 | \$19.99 | \$21.49 | \$20.99 | \$20.50 | \$21.99 | \$21.49 |
| TEA BAGS (GREEN) | Lipton | 20 pk | \$21.99 | \$21.99 | - | \$20.99 | \$22.99 | \$20.99 | \$20.99 | \$21.99 | \$21.49 | \$20.99 |
| TEA BAGS (GREEN) | Dilmah | 20pk | - | \$23.99 | - | \$22.99 | \$22.99 | \$22.99 | \$21.99 | \$22.99 | \$23.75 | - |
| COFFEE (INSTANT) | Nestle | 100g | - | \$34.99 | \$32.99 | \$34.49 | \$29.99 | - | \$32.99 | \$31.50 | \$31.49 | \$32.05 |
| COFFEE (INSTANT) | Colcafe | 100g | \$23.99 | \$22.99 | - | \$24.99 | \$25.99 | \$29.99 | \$24.99 | \$22.99 | - | \$25.65 |
| MAUBY | Matouk's | 750ml | \$13.99 | \$13.99 | - | \$12.99 | \$12.99 | \$13.49 | \$13.49 | - | \$13.49 | \$13.49 |
| ORANGE DRINK | Orchard | 250ml | \$3.75 | \$3.75 | \$3.50 | \$3.99 | \$3.99 | \$3.99 | \$3.69 | \$3.50 | \$3.49 | \$3.70 |
| ORANGE DRINK | Orchard | 1L | \$11.99 | \$11.99 | \$12.99 | \$8.49 | \$11.99 | \$12.49 | \$12.49 | \$11.25 | \$11.49 | \$11.24 |
| GRAPEFRUIT DRINK | Orchard | 1L | \$11.99 | \$11.99 | \$12.50 | \$12.49 | \$11.99 | \$12.49 | \$11.99 | \$11.25 | \$11.99 | \$11.24 |
| ORANGE JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$11.49 | \$11.99 | \$11.50 | \$11.90 | \$10.99 |
| ORANGE PINEAPPLE JUICE | Dole | 18 oz | \$10.49 | \$9.99 | \$10.99 | \$10.49 | \$9.99 | \$9.99 | \$10.49 | \$10.50 | \$10.49 | - |

| 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 |
| GRAPEFRUIT JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$11.49 | \$11.99 | \$11.50 | \$11.99 | \$11.49 |
| PEANUT BUTTER | Matouk's | 500g | \$16.99 | \$19.99 | - | \$19.99 | \$15.99 | \$16.99 | \$16.49 | - | \$19.49 | \$19.99 |
| VEGETABLE OIL | Richport | 900ml | \$18.99 | - | \$18.99 | - | - | - | \$14.49 | - | - | - |
| SOYA OIL | Eve | 900ml | \$16.49 | \$15.99 | - | - | \$16.99 | - | \$16.49 | \$14.95 | - | \$17.99 |
| SOYA OIL | Happi | 3.8L | - | - | - | - | \$55.99 | - | \$56.99 | - | \$57.49 | \$56.99 |
| COCONUT OIL | Nariel | 900ml | \$37.99 | - | - | \$33.99 | \$34.99 | \$37.99 | \$33.99 | \$31.25 | \$35.49 | \$32.99 |
| OLIVE OIL (Extra Virgin) | James Plagniol | 1L | - | - | \$102.25 | - | \$89.99 | \$72.99 | \$89.95 | \$99.75 | - | - |
| CORN FLAKES (Local) | Sunshine | 200g | \$12.99 | \$12.99 | \$12.99 | \$12.99 | \$13.99 | \$12.99 | \$12.49 | \$12.99 | \$12.99 | - |
| CORN FLAKES (Local) | Sunshine | 18 oz | \$25.99 | \$25.99 | \$25.99 | - | \$20.99 | \$19.99 | \$27.99 | - | \$25.99 | - |
| FROSTED FLAKES | Sunshine | 284g | - | - | \$16.99 | \$16.99 | \$15.99 | \$16.99 | \$16.49 | \$16.99 | - | - |
| FROSTED FLAKES | Sunshine | 20 oz | \$29.99 | - | - | - | - | - | - | - | - | - |
| SOYA CHUNKS | Natural Delights | 454g | \$18.99 | \$20.99 | - | - | - | - | \$20.49 | - | - | - |
| SOYA CHUNKS | Chatak | 230g | - | \$10.99 | - | \$10.99 | \$11.99 | \$10.99 | \$9.49 | - | - | - |
| RED BEANS | MP | 440g | \$7.49 | - | - | \$7.49 | \$6.99 | \$6.99 | - | - | - | \$6.74 |
| BAKED BEANS | MP | 440g | - | - | - | \$6.49 | \$6.99 | \$5.99 | \$6.49 | - | \$6.49 | \$6.49 |
| GREEN PIGEON PEAS | MP | 440g | \$10.49 | - | - | - | \$9.99 | \$6.99 | \$10.49 | - | \$9.99 | \$10.68 |
| PROCESSED PIGEON PEAS | MP | 440g | - | - | - | - | - | - | - | - | - | - |
| PEAS AND CARROTS | MP | 440g | - | - | - | \$8.49 | \$7.99 | \$7.99 | \$7.49 | - | \$7.99 | \$7.99 |
| TOMATO KETCHUP (Bottled) | Matouk's | 750ml | \$10.49 | \$11.99 | - | \$11.49 | \$11.99 | \$10.99 | \$10.99 | \$10.99 | \$10.49 | \$10.99 |
| TOMATO KETCHUP (Spouch) | Swiss | 750ml | \$6.49 | \$8.59 | - | \$8.99 | \$8.99 | \$7.99 | \$7.99 | \$8.99 | \$8.99 | \$8.99 |
| MUSTARD | Matouk's | 240g | \$7.99 | - | - | \$7.99 | \$7.99 | \$7.99 | \$7.69 | \$7.50 | \$7.75 | \$8.20 |
| MAYONNAISE (Bottled) | Matouk's | 340ml | \$11.49 | \$13.99 | - | \$11.49 | \$11.99 | \$11.49 | \$11.29 | - | \$10.99 | \$11.25 |

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 | COST CUTTERS | STOP & SHOP | ANAND LOW PRICE | TRU VALU LONG CIRCULAR | JOHN'S | CUMANA CO OP | COST CUTTERS | DISKOMART |
| CHICKEN BREAST (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | - |
| CHICKEN DRUMSTICK (Frozen) | Arawak | pack | \$17.99 | \$18.99 | - | - | - | - | - | - | - |
| CHICKEN THIGHS (Frozen) | Arawak | pack | - | \$11.99 | - | - | - | - | - | - | - |
| CHICKEN WINGS (Frozen) | Arawak | pack | - | \$18.99 | - | - | - | - | - | - | - |
| ECONOMY PACK (Frozen) | Arawak | pack | - | - | - | - | - | - | - | - | - |
| PORK STEW | - | 454g | - | \$13.63 | - | - | - | - | - | \$12.99 | - |
| BEEF STEW | - | 454g | - | \$22.22 | - | - | \$25.00 | \$24.95 | - | - | - |
| PIG TAIL | - | 454g | \$22.73 | \$16.36 | \$16.99 | \$14.99 | - | \$16.95 | \$16.00 | \$15.45 | - |
| CHICKEN FRANKS | Erin Farm | 12pk | \$14.99 | \$10.75 | - | - | \$13.49 | - | - | \$13.00 | \$15.40 |
| SALTED FISH (w/Bone) | - | 454g | \$27.27 | \$25.45 | - | \$23.99 | - | \$25.95 | \$25.00 | \$24.80 | \$26.35 |
| SALTED FISH (Boneless) | - | 454g | - | - | - | - | - | - | \$25.00 | \$30.90 | \$36.35 |
| SMOKED HERRING (w/Bone) | - | 454g | \$21.82 | \$15.91 | - | \$13.99 | - | \$16.50 | \$16.00 | \$13.63 | \$19.99 |
| FRESH BUTTER | Kerrygold | 454g | \$39.99 | \$39.99 | - | - | \$44.00 | \$38.50 | - | \$31.49 | \$41.79 |
| CHEDDAR CHEESE | - | 454g | \$21.82 | \$22.04 | \$24.99 | \$19.99 | \$20.30 | \$24.95 | - | \$18.17 | \$19.99 |
| COOKING MARGARINE | Golden Ray | 227g | \$8.99 | \$8.99 | \$9.75 | \$9.99 | \$9.49 | \$8.99 | \$10.95 | \$9.99 | \$10.49 |
| COOKING MARGARINE | French Maid | 227g | \$8.99 | - | \$7.99 | \$6.99 | \$7.99 | \$7.75 | - | - | \$8.29 |
| TABLE MARGARINE | Blue Band | 227g | \$8.99 | \$7.49 | \$6.99 | \$6.99 | \$8.49 | \$6.75 | \$8.99 | \$6.99 | \$8.29 |
| TABLE MARGARINE | Flora | 445g | \$19.50 | \$18.99 | \$20.75 | \$17.99 | \$18.89 | \$18.99 | \$19.95 | \$18.99 | \$18.99 |
| EGGS | Large | 1 Doz | \$22.00 | \$21.00 | \$18.99 | \$21.99 | \$21.49 | \$21.00 | \$25.00 | \$17.99 | \$22.49 |
| LIQUID MILK (Full Cream) | Nestle | 1L | \$10.99 | \$10.99 | \$10.99 | \$11.99 | \$10.49 | \$10.99 | \$11.99 | \$10.49 | \$10.49 |
| LIQUID MILK (Skimmed) | Svelty | 1L | \$11.99 | \$11.99 | - | \$11.99 | \$11.49 | \$11.99 | \$14.86 | \$11.49 | \$10.99 |

| ITEM | BRAND | SIZE | SANGRE GRANDE | | SIPARIA/FYZABAD | | ST. JAMES | | TOCO | TUNAPUNA | |
|----------------------------------|-----------------|-------|----------------------------|-----------------|-----------------|--------------------|---------------------------|---------|-----------------|-----------------|-----------|
| | | | MAHARAJ BUDGET PRICE | COST CUTTERS | STOP & SHOP | ANAND LOW PRICE | TRU VALU LONG CIRCULAR | JOHN'S | CUMANA CO OP | COST CUTTERS | DISKOMART |
| POWDERED MILK | Dairy Dairy | 800g | \$47.99 | \$47.99 | \$47.99 | \$46.99 | \$47.99 | \$47.99 | \$47.95 | \$47.99 | \$47.99 |
| POWDERED MILK | Dairy Dairy | 225g | \$14.49 | \$14.49 | \$14.49 | \$14.99 | \$14.49 | \$14.49 | - | \$14.49 | \$14.49 |
| POWDERED MILK (Skimmed) | Dairy Dairy | 800g | - | \$54.99 | \$54.99 | \$54.99 | \$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 |
| EVAPORATED MILK (Tin) | Carnation | 410g | \$10.99 | \$9.49 | \$10.75 | \$9.49 | \$9.49 | \$9.75 | \$9.50 | \$9.49 | \$9.49 |
| EVAPORATED MILK (Pack) | Green Butterfly | 250ml | \$5.99 | \$5.25 | \$5.99 | \$4.99 | \$5.49 | \$5.50 | \$5.50 | \$4.99 | \$5.49 |
| CONDENSED MILK | Nestle | 395g | \$8.99 | \$8.99 | \$11.50 | \$10.49 | \$9.99 | \$9.25 | \$11.99 | \$7.49 | \$9.99 |
| CONDENSED MILK | Eve | 395g | \$6.99 | \$6.99 | \$5.99 | \$5.99 | \$6.99 | \$5.75 | \$7.50 | \$5.75 | \$6.99 |
| MACARONI | Swiss | 400g | \$5.99 | \$4.99 | \$5.50 | \$5.79 | \$5.49 | \$5.15 | \$5.50 | \$4.99 | \$5.49 |
| SPAGHETTI | Swiss | 400g | \$5.99 | - | \$5.50 | \$4.99 | \$5.49 | \$5.25 | \$5.99 | \$4.99 | \$5.49 |
| BAKING POWDER | Lion | 454g | \$9.99 | \$8.99 | \$9.99 | \$8.99 | \$9.99 | \$9.40 | \$10.75 | \$9.49 | \$9.79 |
| FLOUR | Ibis | 2kg | \$14.50 | - | \$13.50 | \$12.99 | \$12.75 | \$12.50 | \$13.95 | \$12.99 | \$12.59 |
| FLOUR | Ibis | 10kg | \$65.00 | \$59.99 | | \$59.99 | \$62.99 | \$63.00 | \$65.00 | \$57.99 | \$60.99 |
| PRE PACKAGED RICE (Parboiled) | Happi | 1800g | \$16.99 | \$19.99 | \$21.50 | \$19.99 | - | - | - | - | - |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 2kg | \$21.99 | \$22.00 | - | - | \$21.99 | \$20.75 | \$25.00 | \$20.99 | \$21.99 |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 1kg | \$10.99 | \$10.99 | - | - | \$10.99 | \$10.50 | \$12.00 | \$10.99 | \$10.99 |
| OATS | Cook's Mate | 226g | \$3.99 | \$3.99 | \$3.99 | \$3.99 | - | \$3.65 | - | \$3.99 | \$3.99 |
| YEAST | Fermipan | 4x11g | \$6.50 | \$6.30 | - | - | \$6.49 | \$6.35 | \$7.50 | \$6.25 | \$6.79 |
| CORN MEAL | Regal | 454g | \$5.99 | \$6.75 | - | - | \$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 | \$4.99 | \$3.63 | - | \$3.99 | - | \$3.85 | \$3.50 | \$3.40 | - |
| RED BEANS (Loose) | - | 454g | \$7.99 | \$9.20 | - | \$8.99 | - | \$8.75 | \$10.00 | \$7.73 | - |
| D/PIGEON PEAS (Loose) | - | 454g | \$6.99 | \$10.22 | - | \$6.99 | - | \$8.95 | \$12.95 | \$6.59 | - |
| CHANNA (Loose) | Large | 454g | \$7.99 | \$10.45 | - | - | - | \$10.00 | \$8.00 | - | - |
| BLACK EYE PEAS (Loose) | - | 454g | \$6.99 | \$6.59 | - | \$5.99 | - | \$6.00 | \$8.95 | \$6.13 | - |
| LENTIL (Loose) | - | 454g | \$6.99 | \$7.72 | - | \$7.99 | - | \$8.50 | \$8.50 | \$6.89 | - |

| ITEM | BRAND | SIZE | SANGRE GRANDE | | SIPARIA/FYZABAD | | ST. JAMES | | TOCO | TUNAPUNA | |
|-------------------------------|-----------------------------|-------|----------------------------|-----------------|-----------------|--------------------|---------------------------|----------|-----------------|-----------------|-----------|
| | | | MAHARAJ BUDGET PRICE | COST CUTTERS | STOP & SHOP | ANAND LOW PRICE | TRU VALU LONG CIRCULAR | JOHN'S | CUMANA CO OP | COST CUTTERS | DISKOMART |
| SPLIT PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$5.49 | \$5.75 | - | \$5.49 | \$5.49 |
| RED BEANS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$10.99 | - | - | \$9.25 | \$9.99 |
| PIGEON PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | - | - | - | - | \$9.49 |
| CHANNA (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | - | - | - | \$8.99 | - |
| BLACK EYE PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | - | - | - | - | \$9.99 |
| LENTILS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$9.25 | \$7.75 | - | - | - |
| CURRY POWDER | Chief | 85g | \$6.99 | \$6.69 | \$6.99 | \$8.99 | \$7.49 | \$6.99 | - | \$7.75 | \$6.99 |
| WHITE VINEGAR | Mabel | 1L | \$6.99 | \$6.69 | \$6.99 | - | \$6.49 | \$6.50 | - | - | \$6.99 |
| POTATO | - | 454g | \$3.96 | \$2.27 | \$3.25 | \$3.00 | \$4.09 | \$4.00 | \$3.00 | \$2.99 | \$3.17 |
| ONION | - | 454g | \$3.00 | \$2.95 | \$2.50 | \$1.99 | \$3.63 | \$4.00 | \$3.00 | \$3.00 | \$1.44 |
| GARLIC | - | 454g | \$16.00 | \$14.00 | \$19.99 | \$15.99 | - | \$21.00 | \$20.00 | \$12.99 | - |
| GARLIC | - | 250g | - | \$7.50 | - | - | \$10.99 | \$11.00 | - | - | \$8.50 |
| SUGAR (Loose) | Brown | 454g | \$4.00 | \$3.85 | - | \$3.99 | - | \$3.50 | \$3.60 | - | - |
| SUGAR – BROWN (Pre Packaged) | Demerara | 1800g | - | \$18.75 | \$15.75 | \$15.99 | \$15.99 | \$21.00 | - | - | \$19.45 |
| SUGAR (Granulated) | Sweet Cane | 1800g | \$21.50 | \$19.99 | \$22.50 | \$21.99 | \$19.99 | \$19.95 | - | - | \$20.24 |
| TABLE SALT (Pre Packaged) | Chief | 500g | - | \$3.49 | \$3.50 | \$3.99 | \$3.36 | - | \$3.38 | \$3.49 | \$3.69 |
| TABLE SALT (Pre Packaged) | Free Flow | 800g | - | - | \$3.75 | \$3.99 | \$3.93 | - | - | - | - |
| INFANT FORMULA | SMA | 900g | \$183.99 | \$181.99 | - | - | \$176.49 | \$174.95 | \$180.00 | \$178.00 | |
| INFANT FORMULA | Lactogen 1 (0 to 6 mths) | 900g | \$102.99 | \$102.99 | - | \$102.99 | \$107.25 | \$103.95 | \$102.99 | \$99.00 | - |
| INFANT FORMULA | Klim 1+ | 800g | \$58.99 | \$58.99 | \$57.25 | \$61.99 | \$59.65 | \$58.99 | \$58.99 | \$58.99 | \$58.99 |
| INFANT CEREAL | Nestle – Rice | 270g | \$19.99 | \$19.99 | \$20.99 | \$18.99 | \$20.25 | \$19.99 | - | \$19.99 | \$19.99 |
| INFANT CEREAL | Nestle – Wheat & Honey | 270g | \$19.99 | \$21.99 | \$22.99 | \$21.99 | \$21.99 | \$22.99 | \$21.99 | \$19.99 | \$21.99 |
| TOILET PAPER | Soft N'Pretty | 6pk | \$14.99 | \$16.50 | \$15.75 | - | \$15.49 | \$14.99 | - | \$15.49 | \$14.99 |
| TOILET SOAP | Refresh | 3pk | \$15.50 | \$15.50 | \$15.99 | \$14.99 | \$14.75 | \$14.95 | \$15.50 | \$14.49 | \$15.49 |
| TOOTHPASTE | Colgate | 113g | \$14.99 | \$15.79 | \$11.25 | \$11.99 | \$15.99 | \$14.95 | \$16.00 | \$14.49 | \$16.49 |

| ITEM | BRAND | SIZE | SANGRE GRANDE | | SIPARIA/FYZABAD | | ST. JAMES | | TOCO | TUNAPUNA | |
|-------------------------|---------------------|-------|----------------------|--------------|-----------------|-----------------|------------------------|---------|--------------|--------------|-----------|
| | | | MAHARAJ BUDGET PRICE | COST CUTTERS | STOP & SHOP | ANAND LOW PRICE | TRU VALU LONG CIRCULAR | JOHN'S | CUMANA CO OP | COST CUTTERS | DISKOMART |
| DISHWASHING LIQUID | Squeezy | 725ml | \$11.99 | \$12.69 | \$14.75 | \$13.99 | \$13.99 | \$13.50 | \$14.95 | \$10.99 | - |
| SOAP POWDER | Breeze Multi Active | 900g | \$28.99 | \$28.99 | \$28.50 | \$19.99 | \$28.49 | \$26.99 | \$29.95 | \$26.99 | \$27.99 |
| SOAP POWDER | Radiante | 875g | \$15.99 | \$19.99 | \$20.99 | \$15.99 | \$19.49 | \$18.99 | \$21.75 | \$19.99 | \$18.99 |
| SOAP POWDER | Breeze Multi Active | 375g | \$12.49 | \$12.99 | \$13.75 | \$11.99 | - | \$12.75 | \$13.70 | \$11.99 | \$12.99 |
| SOAP POWDER | Radiante | 400g | \$10.99 | \$10.99 | \$11.25 | \$10.99 | - | \$10.45 | - | - | \$10.79 |
| SARDINES | Brunswick | 106g | \$7.99 | \$8.49 | \$8.50 | \$8.99 | \$8.49 | \$8.25 | \$8.99 | \$5.99 | \$7.99 |
| TUNA (FLAKES IN WATER) | Brunswick | 142g | \$7.99 | \$5.99 | \$7.99 | \$7.99 | \$5.99 | \$6.75 | \$7.75 | \$6.75 | \$6.96 |
| TUNA (FLAKES IN OIL) | Brunswick | 142g | \$7.99 | \$5.99 | \$7.99 | \$7.99 | \$5.99 | \$6.75 | \$7.75 | \$6.75 | \$6.96 |
| CHICKEN VIENNA SAUSAGES | Santa Rosa | 141g | \$4.50 | \$4.49 | - | \$3.99 | \$4.99 | \$4.45 | - | \$3.99 | \$4.79 |
| CORNED BEEF | Target | 340g | \$15.99 | \$14.99 | \$17.25 | \$14.99 | \$15.99 | \$12.99 | \$16.00 | \$16.75 | \$14.99 |
| MILO (Pack) | - | 400g | \$31.99 | \$34.50 | \$36.99 | \$35.99 | \$33.74 | \$32.95 | \$33.75 | \$33.75 | \$35.99 |
| INSTANT CHOCOLATE | Nesquik | 500g | \$23.99 | \$22.99 | \$23.25 | \$24.99 | \$22.49 | \$20.95 | \$22.49 | \$22.49 | \$23.99 |
| OVALTINE (Pack) | - | 300g | \$32.99 | \$29.99 | \$32.50 | \$31.99 | \$31.99 | \$31.95 | \$32.95 | \$29.25 | \$32.49 |
| TEA BAGS | Lipton | 50 pk | \$21.99 | \$21.99 | \$23.25 | \$21.99 | \$18.49 | \$20.99 | \$22.95 | \$20.49 | \$20.49 |
| TEA BAGS (GREEN) | Lipton | 20 pk | \$21.49 | \$21.49 | \$22.50 | \$21.99 | \$20.99 | \$20.95 | \$22.00 | \$19.99 | \$21.99 |
| TEA BAGS (GREEN) | Dilmah | 20pk | \$22.99 | \$19.99 | \$21.00 | \$22.99 | \$23.61 | \$21.99 | \$22.97 | \$20.99 | \$24.74 |
| COFFEE (INSTANT) | Nestle | 100g | \$31.99 | \$32.85 | \$35.50 | \$34.99 | \$32.05 | \$31.75 | \$31.50 | \$31.49 | \$33.99 |
| COFFEE (INSTANT) | Colcafe | 100g | \$27.99 | \$24.99 | \$25.99 | \$24.99 | \$25.65 | \$23.99 | - | \$22.99 | \$25.79 |
| MAUBY | Matouk's | 750ml | \$13.50 | \$13.49 | - | - | \$13.49 | \$12.75 | - | \$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 | \$11.99 | \$9.99 | - | \$12.99 | \$11.24 | \$11.50 | \$11.25 | \$11.25 | \$11.24 |
| GRAPEFRUIT DRINK | Orchard | 1L | \$11.99 | \$11.99 | - | \$12.99 | \$11.24 | \$11.50 | - | \$11.25 | \$11.24 |
| ORANGE JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$10.99 | \$11.25 | \$12.95 | \$10.25 | \$11.49 |
| ORANGE PINEAPPLE JUICE | Dole | 18 oz | \$9.99 | \$10.49 | \$10.50 | \$10.99 | \$10.49 | \$10.25 | \$10.49 | - | - |
| GRAPEFRUIT JUICE | Trinidad Citrus | 19 oz | \$11.99 | \$11.99 | \$11.99 | \$11.99 | \$10.99 | \$11.25 | \$12.95 | \$10.25 | \$11.49 |
| PEANUT BUTTER | Matouk's | 500g | \$19.99 | \$16.99 | \$19.50 | - | \$19.99 | \$18.95 | - | \$18.99 | \$19.49 |

| ITEM | BRAND | SIZE | SANGRE GRANDE | | SIPARIA/FYZABAD | | ST. JAMES | | TOCO | TUNAPUNA | |
|--------------------------|---------------------|-------|----------------------------|-----------------|-----------------|--------------------|---------------------------|---------|-----------------|-----------------|-----------|
| | | | MAHARAJ BUDGET PRICE | COST CUTTERS | STOP & SHOP | ANAND LOW PRICE | TRU VALU LONG CIRCULAR | JOHN'S | CUMANA CO OP | COST CUTTERS | DISKOMART |
| VEGETABLE OIL | Richport | 900ml | \$14.60 | \$13.99 | \$16.50 | - | - | - | - | \$12.99 | - |
| SOYA OIL | Eve | 900ml | - | \$17.99 | - | - | \$17.99 | - | \$18.95 | - | \$18.49 |
| SOYA OIL | Happi | 3.8L | \$59.99 | \$56.99 | - | - | \$57.99 | - | - | \$49.99 | - |
| COCONUT OIL | Nariel | 900ml | \$33.99 | \$33.99 | \$35.25 | \$35.99 | \$32.99 | \$32.50 | \$35.95 | \$32.49 | - |
| OLIVE OIL (Extra Virgin) | James Plagniol | 1L | \$105.99 | \$78.75 | - | \$82.99 | \$89.95 | \$87.95 | - | \$78.75 | \$88.86 |
| CORN FLAKES (Local) | Sunshine | 200g | \$12.99 | \$12.99 | \$12.99 | \$12.99 | \$12.99 | \$12.50 | \$12.99 | \$12.99 | \$12.99 |
| CORN FLAKES (Local) | Sunshine | 18 oz | \$25.99 | - | \$25.99 | - | \$25.99 | \$24.99 | - | \$25.99 | \$25.99 |
| FROSTED FLAKES | Sunshine | 284g | \$16.99 | \$16.99 | \$16.99 | \$16.99 | \$16.99 | \$16.35 | - | \$16.99 | \$16.99 |
| FROSTED FLAKES | Sunshine | 20 oz | \$25.99 | \$29.99 | \$35.99 | \$35.99 | - | - | - | \$29.25 | \$29.99 |
| SOYA CHUNKS | Natural Delights | 454g | \$22.99 | - | - | - | - | - | - | - | - |
| SOYA CHUNKS | Chatak | 230g | \$10.49 | - | - | \$10.99 | - | - | - | - | - |
| RED BEANS | MP | 440g | - | - | \$7.50 | \$5.99 | \$6.74 | \$6.99 | - | \$7.25 | \$7.19 |
| BAKED BEANS | MP | 440g | - | \$6.25 | \$6.99 | \$6.99 | \$6.49 | \$6.35 | \$6.75 | \$6.49 | \$6.79 |
| GREEN PIGEON PEAS | MP | 440g | \$9.50 | - | \$10.50 | \$9.99 | \$10.68 | \$9.75 | \$10.25 | \$8.25 | \$10.79 |
| PROCESSED PIGEON PEAS | MP | 440g | \$8.50 | - | - | - | - | - | - | - | - |
| PEAS AND CARROTS | MP | 440g | \$7.99 | \$7.35 | \$8.50 | \$7.99 | \$7.99 | \$7.85 | - | \$7.75 | \$7.99 |
| TOMATO KETCHUP (Bottled) | Matouk's | 750ml | \$8.99 | - | \$9.99 | \$10.99 | \$10.99 | \$9.99 | \$11.50 | \$10.75 | \$10.99 |
| TOMATO KETCHUP (Spouch) | Swiss | 750ml | - | - | \$8.99 | - | \$8.99 | \$8.75 | \$8.99 | \$7.99 | \$8.99 |
| MUSTARD | Matouk's | 240g | \$7.99 | - | \$7.75 | \$7.99 | - | - | - | \$7.49 | - |
| MAYONNAISE (Bottled) | Matouk's | 340ml | \$11.99 | \$10.75 | - | - | \$11.25 | - | - | \$11.25 | \$11.80 |

Section 5 - Tobago

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

| TOBAGO | | | | | | | | | | |
|----------------------------|-------------|-------|----------|--------------|--------------|----------|----------------|-----------------------------------|----------|---------|
| ITEM | BRAND | SIZE | VIEWPORT | PENNY SAVERS | COST CUTTERS | BEST BUY | HIGHLANDS ROAD | JESUS CHRIST MAKES THE DIFFERENCE | BAY VIEW | PABLO |
| CHICKEN BREAST (Frozen) | Arawak | pack | - | \$16.95 | - | - | - | - | - | - |
| 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 | \$12.95 | - | - | - | - | - |
| BEEF STEW | - | 454g | - | \$22.48 | - | \$25.99 | \$24.95 | - | - | - |
| PIG TAIL | - | 454g | \$17.55 | - | \$17.72 | \$18.07 | - | - | \$19.00 | \$17.00 |
| CHICKEN FRANKS | Erin Farm | 12pk | - | \$15.30 | - | - | - | - | - | - |
| SALTED FISH (w/Bone) | - | 454g | \$21.59 | \$20.84 | \$23.91 | - | \$24.00 | \$24.95 | - | \$26.00 |
| SALTED FISH (Boneless) | - | 454g | \$31.20 | - | \$31.82 | - | - | - | - | - |
| SMOKED HERRING (w/Bone) | - | 454g | \$15.28 | - | \$15.00 | - | \$17.50 | \$14.95 | - | \$18.00 |
| FRESH BUTTER | Kerrygold | 454g | - | \$36.20 | - | - | - | - | - | \$40.95 |
| CHEDDAR CHEESE | - | 454g | \$22.73 | \$18.27 | \$22.72 | \$28.63 | \$25.00 | \$17.95 | \$23.00 | \$22.95 |
| COOKING MARGARINE | Golden Ray | 227g | \$11.53 | \$10.40 | \$8.75 | \$10.99 | \$10.99 | \$10.55 | \$10.30 | \$10.75 |
| COOKING MARGARINE | French Maid | 227g | \$9.12 | \$8.75 | - | \$9.99 | \$10.99 | \$8.55 | - | \$11.25 |
| TABLE MARGARINE | Blue Band | 227g | \$8.77 | \$8.40 | \$7.99 | \$8.99 | \$8.99 | \$8.55 | \$9.50 | \$9.75 |
| TABLE MARGARINE | Flora | 445g | \$19.27 | \$18.50 | \$18.45 | \$20.99 | \$20.50 | \$18.55 | - | \$20.75 |
| EGGS | Large | 1 Doz | \$24.00 | \$24.00 | \$22.00 | \$24.99 | \$24.00 | \$20.95 | \$24.00 | \$25.00 |
| LIQUID MILK (Full Cream) | Nestle | 1L | \$10.85 | \$10.15 | \$10.00 | \$10.99 | \$10.99 | \$11.45 | - | \$10.50 |
| LIQUID MILK (Skimmed) | Svelty | 1L | - | \$11.10 | \$12.95 | \$11.99 | - | \$12.95 | - | \$12.99 |
| POWDERED MILK | Dairy Dairy | 800g | \$47.99 | \$47.99 | \$47.99 | \$47.99 | \$48.99 | \$47.99 | - | \$47.99 |

TOBAGO

| ITEM | BRAND | SIZE | VIEWPORT | PENNY SAVERS | COST CUTTERS | BEST BUY | HIGHLANDS ROAD | JESUS CHRIST MAKES THE DIFFERENCE | BAY VIEW | PABLO |
|-------------------------------|-----------------|-------|----------|--------------|--------------|----------|----------------|-----------------------------------|----------|---------|
| POWDERED MILK | Dairy Dairy | 225g | - | \$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 |
| POWDERED MILK (Skimmed) | Dairy Dairy | 400g | \$28.99 | \$28.99 | \$28.99 | \$28.99 | - | \$28.99 | - | \$28.99 |
| EVAPORATED MILK (Tin) | Carnation | 410g | \$9.50 | \$9.20 | \$9.49 | \$7.49 | - | \$9.65 | - | - |
| EVAPORATED MILK (Pack) | Green Butterfly | 250ml | \$5.67 | \$5.30 | \$5.49 | \$5.49 | \$5.99 | \$5.75 | - | \$6.25 |
| CONDENSED MILK | Nestle | 395g | \$12.21 | \$11.60 | \$8.99 | \$11.80 | - | - | - | \$11.75 |
| CONDENSED MILK | Eve | 395g | - | \$6.25 | - | \$6.99 | - | - | - | - |
| MACARONI | Swiss | 400g | \$5.48 | \$5.00 | \$4.95 | - | \$6.75 | - | \$7.00 | - |
| SPAGHETTI | Swiss | 400g | - | \$5.05 | - | \$5.99 | \$6.75 | - | \$7.00 | - |
| BAKING POWDER | Lion | 454g | \$10.36 | \$9.90 | \$8.99 | \$10.99 | - | \$9.75 | - | \$11.50 |
| FLOUR | Ibis | 2kg | - | \$13.40 | \$12.99 | - | - | \$12.95 | - | \$13.99 |
| FLOUR | Ibis | 10kg | \$70.92 | \$66.20 | \$69.99 | \$67.99 | - | \$63.95 | - | \$70.75 |
| PRE PACKAGED RICE (Parboiled) | Happi | 1800g | - | - | - | - | - | - | - | - |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 2kg | - | - | - | - | \$22.99 | - | - | \$26.99 |
| PRE PACKAGED RICE (Parboiled) | Par Excel | 1kg | - | - | - | - | - | - | - | - |
| OATS | Cook's Mate | 226g | \$5.50 | - | - | \$3.99 | \$5.95 | \$4.95 | - | - |
| YEAST | Fermipan | 4x11g | \$7.20 | \$6.90 | \$6.49 | \$7.99 | \$7.50 | \$7.95 | - | \$7.50 |
| CORN MEAL | Regal | 454g | \$6.18 | \$5.70 | - | \$6.49 | - | - | \$6.50 | - |
| BISCUITS (Unsweetened) | Crix - Original | 9 oz | \$13.00 | \$12.90 | - | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 |
| SPLIT PEAS (Loose) | - | 454g | \$3.90 | - | \$4.00 | - | \$4.75 | \$3.55 | \$2.50 | \$4.99 |
| RED BEANS (Loose) | - | 454g | \$7.50 | - | \$7.00 | - | - | \$5.95 | - | \$7.55 |
| D/PIGEON PEAS (Loose) | - | 454g | \$7.49 | - | \$9.00 | - | - | - | - | - |
| CHANNA (Loose) | Large | 454g | \$4.74 | - | \$7.00 | - | - | \$8.75 | - | - |
| BLACK EYE PEAS (Loose) | - | 454g | \$5.50 | - | \$6.00 | - | - | \$6.25 | - | \$7.50 |
| LENTIL (Loose) | - | 454g | \$6.87 | - | \$7.00 | - | \$6.95 | \$6.95 | \$7.00 | \$6.50 |
| SPLIT PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$5.50 | - | - | - |
| RED BEANS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$9.50 | - | - | - |

TOBAGO

| ITEM | BRAND | SIZE | VIEWPORT | PENNY SAVERS | COST CUTTERS | BEST BUY | HIGHLANDS ROAD | JESUS CHRIST MAKES THE DIFFERENCE | BAY VIEW | PABLO |
|-------------------------------|-----------------------------|-------|----------|--------------|--------------|----------|----------------|-----------------------------------|----------|----------|
| PIGEON PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$9.50 | - | - | - |
| CHANNA (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | - | - | - | - |
| BLACK EYE PEAS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$7.99 | - | - | - |
| LENTILS (Pre Packaged) | Nature's Pride | 400g | - | - | - | - | \$8.25 | - | - | - |
| CURRY POWDER | Chief | 85g | \$6.60 | - | \$6.95 | - | - | \$6.95 | - | - |
| WHITE VINEGAR | Mabel | 1L | \$6.75 | \$6.50 | \$7.95 | - | - | - | - | - |
| POTATO | - | 454g | \$3.61 | \$2.25 | \$2.84 | \$5.00 | \$3.00 | - | \$3.50 | \$4.50 |
| ONION | - | 454g | \$2.75 | \$3.00 | \$3.18 | \$5.00 | \$3.50 | \$3.50 | \$3.50 | \$3.75 |
| GARLIC | - | 454g | \$16.25 | - | - | - | - | - | - | \$16.50 |
| GARLIC | - | 250g | - | - | - | - | - | - | - | - |
| SUGAR (Loose) | Brown | 454g | \$3.52 | \$2.81 | \$4.00 | \$3.63 | \$4.00 | - | \$4.50 | \$4.45 |
| SUGAR – BROWN (Pre Packaged) | Demerara | 1800g | - | - | - | - | - | - | - | - |
| SUGAR (Granulated) | Sweet Cane | 1800g | - | \$20.50 | - | \$23.99 | - | \$18.95 | - | - |
| TABLE SALT (Pre Packaged) | Chief | 500g | - | \$3.30 | - | \$3.39 | - | - | - | - |
| TABLE SALT (Pre Packaged) | Free Flow | 800g | - | - | - | - | - | - | - | - |
| INFANT FORMULA | SMA | 900g | \$169.05 | \$164.70 | \$165.95 | \$178.29 | - | - | - | \$175.25 |
| INFANT FORMULA | Lactogen 1 (0 to 6 mths) | 900g | - | \$103.20 | \$99.99 | \$105.99 | - | \$105.99 | - | \$104.25 |
| INFANT FORMULA | Klim 1+ | 800g | \$58.99 | \$58.00 | \$58.99 | \$58.99 | - | \$58.99 | - | \$58.98 |
| INFANT CEREAL | Nestle – Rice | 270g | \$19.99 | \$19.99 | \$18.99 | \$19.99 | - | \$20.99 | - | \$22.75 |
| INFANT CEREAL | Nestle – Wheat & Honey | 270g | \$21.99 | \$21.99 | \$18.99 | - | \$24.99 | \$20.99 | - | \$23.75 |
| TOILET PAPER | Soft N’Pretty | 6pk | - | \$14.00 | \$13.99 | \$15.79 | - | \$15.95 | - | - |
| TOILET SOAP | Refresh | 3pk | - | \$12.90 | \$13.75 | \$15.99 | \$14.99 | \$14.95 | - | - |
| TOOTHPASTE | Colgate | 113g | - | - | - | - | \$13.95 | - | - | - |
| DISHWASHING LIQUID | Squeezy | 725ml | \$12.50 | \$12.99 | - | \$14.99 | - | - | - | - |
| SOAP POWDER | Breeze Multi Active | 900g | \$30.25 | \$28.25 | \$26.95 | \$30.99 | - | \$25.25 | - | \$26.50 |
| SOAP POWDER | Radiante | 875g | - | \$18.90 | \$17.75 | - | - | \$17.25 | - | \$21.99 |

TOBAGO

| ITEM | BRAND | SIZE | VIEWPORT | PENNY SAVERS | COST CUTTERS | BEST BUY | HIGHLANDS ROAD | JESUS CHRIST MAKES THE DIFFERENCE | BAY VIEW | PABLO |
|-------------------------|---------------------|-------|----------|--------------|--------------|----------|----------------|-----------------------------------|----------|---------|
| SOAP POWDER | Breeze Multi Active | 375g | \$13.28 | \$12.40 | \$11.95 | \$13.39 | - | \$10.95 | - | \$13.50 |
| SOAP POWDER | Radiante | 400g | - | \$10.45 | \$9.99 | - | - | \$8.95 | - | \$12.25 |
| SARDINES | Brunswick | 106g | - | \$7.99 | \$7.45 | \$8.50 | - | \$6.95 | \$9.50 | \$9.50 |
| TUNA (FLAKES IN WATER) | Brunswick | 142g | - | \$7.25 | \$6.85 | \$7.99 | - | \$6.75 | \$9.50 | \$8.50 |
| TUNA (FLAKES IN OIL) | Brunswick | 142g | - | \$7.25 | \$6.85 | \$7.99 | - | - | - | \$8.50 |
| CHICKEN VIENNA SAUSAGES | Santa Rosa | 141g | \$4.25 | \$4.50 | \$4.25 | \$4.69 | - | - | \$5.25 | - |
| CORNERED BEEF | Target | 340g | \$14.15 | \$15.30 | \$14.45 | \$16.69 | - | - | - | \$17.50 |
| MILO (Pack) | | 400g | \$33.74 | \$34.30 | \$33.75 | \$33.74 | - | \$34.35 | - | \$37.50 |
| INSTANT CHOCOLATE | Nesquik | 500g | \$22.79 | \$22.80 | \$22.49 | \$22.49 | - | \$22.95 | - | \$24.75 |
| OVALTINE (Pack) | | 300g | \$27.85 | \$26.90 | - | - | \$31.75 | \$26.95 | - | \$33.75 |
| TEA BAGS | Lipton | 50 pk | \$22.33 | \$21.20 | \$18.95 | \$23.99 | - | - | - | - |
| TEA BAGS (GREEN) | Lipton | 20 pk | \$21.75 | \$20.50 | \$10.25 | \$22.99 | - | \$17.35 | - | - |
| TEA BAGS (GREEN) | Dilmah | 20pk | \$20.25 | \$20.75 | \$11.25 | \$22.99 | - | \$20.95 | - | - |
| COFFEE (INSTANT) | Nestle | 100g | \$31.49 | \$31.20 | \$31.49 | \$31.99 | - | \$32.95 | - | \$31.50 |
| COFFEE (INSTANT) | Colcafe | 100g | \$23.98 | \$22.80 | \$22.95 | - | - | - | - | - |
| MAUBY | Matouk's | 750ml | \$13.04 | \$12.50 | \$11.60 | - | \$13.95 | \$12.75 | \$15.00 | \$16.99 |
| ORANGE DRINK | Orchard | 250ml | \$3.49 | \$3.40 | \$3.95 | \$3.39 | \$4.00 | \$3.95 | \$5.00 | \$3.50 |
| ORANGE DRINK | Orchard | 1L | \$11.24 | \$11.50 | \$11.25 | | \$12.00 | \$11.45 | \$12.50 | \$12.99 |
| GRAPEFRUIT DRINK | Orchard | 1L | \$11.24 | \$11.50 | \$11.25 | \$11.79 | - | \$11.65 | - | \$11.25 |
| ORANGE JUICE | Trinidad Citrus | 19 oz | \$11.81 | \$11.30 | \$10.25 | - | \$12.95 | \$11.95 | - | \$12.99 |
| ORANGE PINEAPPLE JUICE | Dole | 18 oz | - | - | \$9.95 | \$10.99 | - | - | - | - |
| GRAPEFRUIT JUICE | Trinidad Citrus | 19 oz | \$11.81 | \$11.30 | \$10.25 | \$11.99 | \$12.95 | \$11.95 | - | \$12.95 |
| PEANUT BUTTER | Matouk's | 500g | \$16.70 | \$15.99 | \$17.45 | - | - | \$16.95 | - | \$21.99 |
| VEGETABLE OIL | Richport | 900ml | - | - | \$15.75 | - | - | \$12.95 | - | \$19.50 |
| SOYA OIL | Eve | 900ml | \$16.30 | \$16.70 | - | \$17.99 | - | - | - | - |
| SOYA OIL | Happi | 3.8L | - | - | - | - | - | - | - | - |
| COCONUT OIL | Nariel | 900ml | - | - | - | - | - | - | - | - |

TOBAGO

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|--------------------------|------------------|-------|----------|--------------|--------------|----------|----------------|-----------------------------------|----------|---------|
| OLIVE OIL (Extra Virgin) | James Plagniol | 1L | \$95.62 | \$92.45 | \$108.00 | \$99.99 | \$75.50 | - | - | - |
| CORN FLAKES (Local) | Sunshine | 200g | \$12.46 | \$11.95 | \$12.49 | \$12.99 | \$13.00 | \$13.00 | \$13.00 | \$12.50 |
| CORN FLAKES (Local) | Sunshine | 18 oz | \$24.94 | \$23.80 | \$24.99 | \$25.99 | - | \$25.99 | - | - |
| FROSTED FLAKES | Sunshine | 284g | \$16.30 | \$15.65 | \$16.49 | \$16.99 | - | - | - | - |
| FROSTED FLAKES | Sunshine | 20 oz | \$29.99 | \$27.60 | \$28.99 | - | \$30.00 | \$29.99 | \$30.00 | \$29.99 |
| SOYA CHUNKS | Natural Delights | 454g | - | - | - | - | - | - | - | - |
| SOYA CHUNKS | Chatak | 230g | - | - | - | - | - | - | - | - |
| RED BEANS | MP | 440g | - | \$6.50 | - | - | - | - | - | - |
| BAKED BEANS | MP | 440g | - | \$6.25 | - | - | \$7.79 | - | - | - |
| GREEN PIGEON PEAS | MP | 440g | - | \$9.25 | - | - | \$9.95 | - | - | - |
| PROCESSED PIGEON PEAS | MP | 440g | \$7.90 | - | - | - | - | - | - | - |
| PEAS AND CARROTS | MP | 440g | - | - | \$6.70 | - | - | - | - | - |
| TOMATO KETCHUP (Bottled) | Matouk's | 750ml | \$10.29 | \$9.99 | \$10.25 | \$14.49 | - | \$9.95 | - | - |
| TOMATO KETCHUP (Spouch) | Swiss | 750ml | - | \$8.30 | - | \$10.99 | - | - | \$10.50 | \$9.99 |
| MUSTARD | Matouk's | 240g | \$7.42 | \$7.30 | \$6.25 | \$9.99 | - | - | - | - |
| MAYONNAISE (Bottled) | Matouk's | 340ml | \$10.80 | \$10.75 | \$9.75 | - | - | \$10.95 | - | - |



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