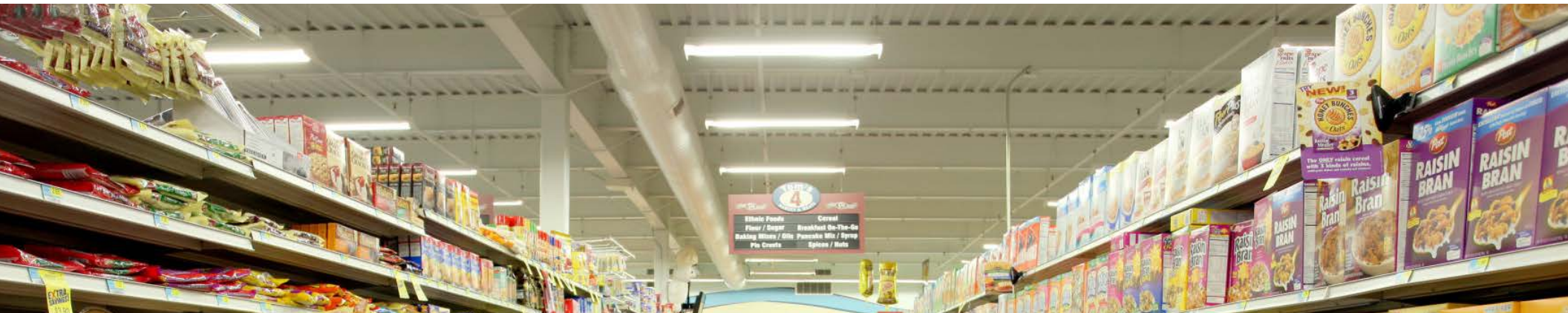


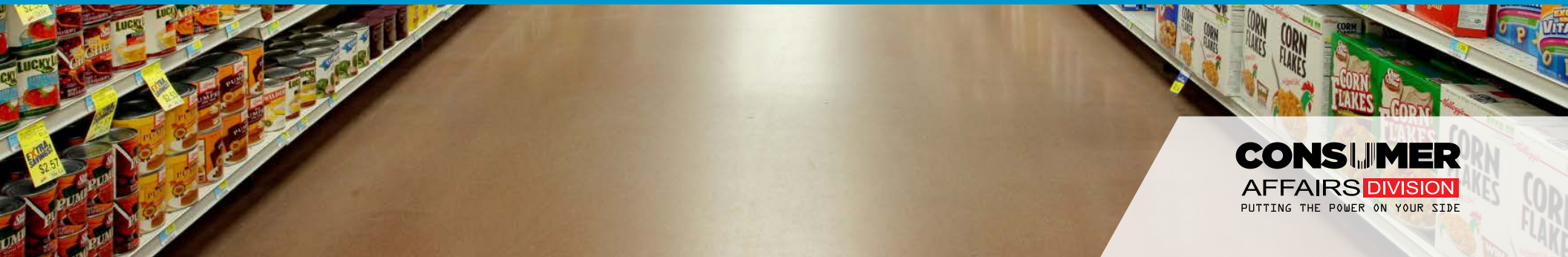


GOVERNMENT OF THE REPUBLIC OF TRINIDAD AND TOBAGO
MINISTRY OF TRADE AND INDUSTRY



SUPERMARKET PRICES OF ITEMS

JUNE 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 June 2017, the Consumer Affairs Division (CAD), Trinidad conducted a retail price survey of one hundred and eighteen (118) selected food items across thirty - eight (38) supermarkets in nineteen (19) areas in Trinidad. A similar exercise was conducted by the Consumer Affairs Unit (CAU) of the Tobago House

of Assembly (THA) at two (2) 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	-	-	-	-	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$13.95	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$19.95	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$34.95	\$35.00
PORK STEW	-	454g	\$25.99	\$17.95	-	\$22.22	-	-	-	-	-	-
BEEF STEW	-	454g	\$23.99	-	-	-	\$24.97	\$23.99	\$19.99	-	-	\$19.95
PIG TAIL	-	454g	\$18.49	-	-	\$17.86	-	\$25.99	-	\$17.28	-	-
CHICKEN FRANKS	Erin Farm	12pk	\$15.99	\$14.99	\$14.99	\$14.90	\$15.47	\$15.99	\$14.79	-	-	-
SALTED FISH (w/Bone)	-	454g	-	\$26.36	\$25.00	-	-	\$29.99	\$26.99	\$21.82	\$21.34	\$23.00
SALTED FISH (Boneless)	-	454g	-	-	-	-	-	-	-	-	-	-
SMOKED HERRING (w/Bone)	-	454g	-	\$20.00	\$13.63	\$16.54	\$19.47	\$21.99	\$13.97	\$15.46	\$15.44	\$16.00
FRESH BUTTER	Kerrygold	454g	\$39.99	\$44.00	\$41.75	\$43.95	\$38.47	\$39.99	\$43.99	-	-	-
CHEDDAR CHEESE	-	454g	\$20.00	\$20.45	\$22.27	\$25.54	\$22.97	\$20.45	\$21.99	\$20.91	\$21.00	\$26.00
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$10.69	\$10.99	\$10.60	\$10.47	\$10.99	\$10.49	\$10.90	\$8.95	\$10.95
COOKING MARGARINE	French Maid	227g	-	\$7.99	\$8.29	\$6.65	\$7.97	\$8.49	-	\$7.75	\$7.95	-
TABLE MARGARINE	Blue Band	227g	\$8.99	\$7.49	\$9.50	\$8.99	\$7.97	\$8.99	\$8.99	\$8.50	\$7.45	\$8.85
TABLE MARGARINE	Flora	445g	\$19.99	\$19.79	\$21.50	\$20.45	\$16.97	\$19.99	\$17.99	\$20.00	\$16.99	\$20.99
EGGS	Large	1 Doz	\$15.99	\$20.39	\$18.95	\$19.99	\$18.47	\$19.99	\$19.99	\$20.00	-	\$20.00
LIQUID MILK (Full Cream)	Nestle	1L	\$11.49	\$10.49	\$11.50	\$11.25	\$10.97	\$10.99	\$9.99	\$10.99	\$9.95	\$10.99

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
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$11.49	\$11.49	\$11.99	\$10.97	\$12.49	\$11.99	\$11.99	\$10.95	\$11.99
POWDERED MILK	Dairy Dairy	800g	\$42.99	\$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	\$14.97	\$14.99	\$14.47	\$14.49	\$14.50	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$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	\$29.47	\$28.99	\$28.97	-	\$28.95	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	-	-	-	-	-	\$9.49	\$9.99	-	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.49	\$5.49	\$5.50	\$4.99	\$4.97	\$5.49	\$5.49	\$5.25	\$4.95	\$5.49
CONDENSED MILK	Nestle	395g	\$9.99	\$9.99	\$9.99	\$9.99	\$8.97	\$9.99	\$9.99	\$9.99	\$9.95	\$11.99
CONDENSED MILK	Eve	395g	\$6.99	\$6.19	\$6.50	\$5.99	\$5.97	\$6.99	\$6.99	\$6.99	\$5.45	\$6.99
MACARONI	Swiss	400g	\$5.99	\$5.95	\$5.49	\$5.65	\$5.47	\$5.99	\$5.79	\$5.75	\$5.75	-
SPAGHETTI	Swiss	400g	\$6.49	\$6.00	\$5.49	\$5.85	\$5.97	\$6.49	\$5.99	\$5.90	\$5.95	-
BAKING POWDER	Lion	454g	\$9.99	\$9.79	\$8.99	\$9.99	\$9.47	\$9.99	\$9.49	-	\$9.45	\$9.99
FLOUR	Ibis	2kg	\$11.99	\$13.00	\$12.99	\$12.35	\$11.97	\$11.99	\$12.97	\$13.00	\$10.95	\$12.75
FLOUR	Ibis	10kg	\$56.99	\$61.60	-	-	\$56.47	\$56.99	\$64.97	\$60.00	\$54.95	-
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$16.99	\$21.79	-	-	\$17.97	\$16.99	\$19.99	\$20.95	\$20.95	\$19.99
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$23.99	\$21.40	\$21.99	\$21.15	-	-	\$20.99	-	-	\$21.99
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	-	\$11.10	\$10.99	\$10.65	-	-	-	-	-	\$10.99
OATS	Cook's Mate	226g	\$3.99	\$3.99	\$3.99	\$3.65	\$3.97	\$3.99	-	-	-	\$5.75
YEAST	Fermipan	4x11g	\$6.99	\$6.79	\$6.95	\$5.99	\$5.97	\$6.99	-	\$6.50	-	\$6.99
CORN MEAL	Regal	454g	\$6.99	\$6.74	\$6.59	\$6.19	\$5.97	\$6.99	-	-	\$6.50	-
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$12.99	\$13.00	-	\$12.98	\$12.97	\$12.99	\$12.99	\$13.00	\$12.95	\$13.00
SPLIT PEAS (Loose)	-	454g	-	-	-	-	\$3.47	-	\$3.97	\$3.75	\$2.99	\$4.50
RED BEANS (Loose)	-	454g	-	-	-	-	\$7.47	-	\$7.97	\$6.00	\$4.95	-

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	-	\$7.49	\$7.25	\$7.95	-
CHANNA (Loose)	Large	454g	-	-	-	-	\$9.97	-	\$9.99	\$8.75	\$9.45	\$13.00
BLACK EYE PEAS (Loose)	-	454g	-	-	-	-	\$5.97	-	\$5.99	\$6.75	\$4.95	\$6.50
LENTIL (Loose)	-	454g	-	-	-	-	\$6.97	-	\$6.99	\$6.75	\$4.45	\$7.00
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$5.49	-	\$4.99	\$4.47	-	-	-	\$4.45	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$10.70	\$9.97	-	-	-	\$9.95	-
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$10.15	-	-	-	-	\$8.95	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	\$9.19	-	\$10.15	-	-	-	-	\$8.45	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	\$8.75	\$7.97	-	-	-	\$7.95	-
LENTILS (Pre Packaged)	Nature's Pride	400g	-	\$7.79	\$7.49	\$7.45	\$7.97	-	-	-	\$6.95	-
CURRY POWDER	Chief	85g	\$7.49	-	\$6.99	\$7.49	\$6.77	\$7.49	\$6.99	\$6.75	\$6.95	\$7.99
WHITE VINEGAR	Mabel	1L	\$6.99	\$6.99	\$6.49	\$6.95	\$6.47	\$6.99	\$6.47	\$6.75	-	\$6.65
POTATO	-	454g	\$2.49	\$3.18	-	\$3.61	\$2.97	-	\$2.97	\$3.00	\$2.50	\$3.50
ONION	-	454g	\$2.49	\$3.18	-	\$2.59	\$2.47	\$1.99	\$2.47	\$3.00	\$1.95	\$3.50
GARLIC	-	454g	\$19.99	-	-	-	\$19.97	\$19.99	\$19.99	\$20.00	\$18.95	-
GARLIC	-	250g	\$9.99	\$8.50	-	\$10.00	-	\$9.99	\$9.99	-	\$9.95	\$11.00
SUGAR (Loose)	Brown	454g	\$3.99	-	-	-	-	-	-	\$4.00	\$3.95	\$5.00
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$16.99	\$16.99	-	\$16.99	\$20.97	\$16.99	\$19.99	\$20.50	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$16.99	\$20.24	\$21.79	\$22.25	\$17.97	\$16.99	\$19.99	\$21.50	\$16.99	-
TABLE SALT (Pre Packaged)	Chief	500g	\$3.75	\$3.59	\$3.69	\$3.49	\$3.27	\$3.75	\$3.39	-	-	-
TABLE SALT (Pre Packaged)	Free Flow	800g	\$3.99	-	-	-	-	\$3.99	-	-	-	-
INFANT FORMULA	SMA	900g	\$182.00	-	\$179.99	-	\$178.47	-	\$177.99	-	-	-
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$109.00	\$106.00	\$100.99	\$105.99	\$105.97	\$109.00	\$105.99	-	-	\$102.75
INFANT FORMULA	Klim 1+	800g	\$59.99	\$59.00	\$59.99	\$58.99	\$58.97	\$59.99	\$58.97	\$55.50	\$56.45	\$58.75
INFANT CEREAL	Nestle – Rice	270g	\$21.99	\$19.99	\$18.99	\$19.99	\$18.97	\$21.99	\$19.79	\$21.00	\$19.95	\$19.99

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.99	\$21.99	\$21.99	\$21.99	\$22.97	\$22.99	\$21.79	\$23.50	\$21.95	\$21.99
TOILET PAPER	Soft N'Pretty	6pk	\$12.99	\$15.99	\$12.50	\$13.99	\$14.47	\$12.99	\$15.99	-	\$12.95	\$15.95
TOILET SOAP	Refresh	3pk	\$12.99	\$14.50	\$15.49	\$19.99	\$12.97	\$12.99	\$15.49	\$16.00	\$14.95	\$17.99
TOOTHPASTE	Colgate	170g	\$14.99	\$18.00	\$18.50	-	\$15.97	\$12.99	\$16.49	\$15.75	\$12.95	\$17.99
DISHWASHING LIQUID	Squeezy	725ml	\$12.99	-	\$14.49	\$13.49	\$12.97	\$12.99	\$13.99	-	-	-
SOAP POWDER	Breeze Multi Active	900g	\$31.99	\$31.00	\$31.50	\$30.95	\$29.97	\$31.99	\$27.99	\$32.50	\$27.95	\$30.99
SOAP POWDER	Radiante	875g	\$21.99	\$21.00	\$21.99	\$21.50	\$20.97	\$21.99	\$18.99	\$21.95	\$19.95	\$21.50
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$14.50	\$14.20	\$13.95	\$13.47	\$13.99	\$13.49	\$12.90	-	\$13.99
SOAP POWDER	Radiante	400g	\$11.99	\$12.00	\$11.90	\$11.50	\$10.27	\$11.99	\$10.99	\$11.95	-	\$11.50
SARDINES	Brunswick	106g	\$6.99	\$7.99	\$8.99	-	\$7.97	\$6.99	\$7.49	-	\$8.95	\$8.99
TUNA (FLAKES IN WATER)	Brunswick	142g	\$5.99	\$6.96	\$6.99	-	\$5.97	\$5.99	\$5.99	\$7.75	\$5.95	\$7.25
TUNA (FLAKES IN OIL)	Brunswick	142g	\$5.99	\$6.96	\$6.99	-	\$5.97	\$5.99	\$5.99	\$7.75	\$5.95	\$7.25
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.99	\$4.79	\$4.49	\$4.60	-	\$4.99	-	\$4.50	-	-
CORNED BEEF	Target	340g	\$13.99	\$14.79	\$14.95	-	\$13.77	\$13.99	\$12.99	\$15.50	\$12.95	\$18.99
MILO (Pack)	-	400g	\$33.99	\$34.50	\$34.99	\$29.95	\$30.47	\$33.99	\$31.79	\$34.95	\$29.95	\$33.95
INSTANT CHOCOLATE	Nesquik	500g	\$24.99	\$24.00	\$24.99	\$22.49	\$22.97	\$24.99	\$22.49	\$23.50	\$23.45	\$22.45
OVALTINE (Pack)	-	300g	\$34.99	\$34.25	\$32.99	\$28.65	\$27.97	\$34.99	\$33.99	-	\$31.95	\$26.50
TEA BAGS	Lipton	50 pk	\$19.99	\$20.99	\$23.95	\$22.95	\$18.97	\$19.99	\$22.49	\$23.95	\$18.95	\$22.99
TEA BAGS (GREEN)	Lipton	20 pk	\$24.99	\$21.99	-	\$22.95	\$20.97	\$22.99	\$22.99	-	\$22.95	\$22.99
TEA BAGS (GREEN)	Dilmah	20pk	\$29.99	\$24.74	-	-	\$22.27	\$29.99	\$22.49	-	\$22.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	\$33.99	\$31.50	\$34.99	\$31.49	\$32.97	\$33.99	\$31.49	\$33.75	\$29.95	\$31.45
COFFEE (INSTANT)	Colcafe	100g	\$26.99	\$25.79	\$26.99	\$23.60	\$23.97	\$26.99	-	\$24.50	\$23.99	\$27.75
MAUBY	Matouk's	750ml	\$13.99	\$13.49	\$13.49	\$13.22	\$12.97	\$13.99	\$12.99	\$13.00	\$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	\$3.50
ORANGE DRINK	Orchard	1L	\$9.99	\$11.24	\$12.49	\$11.24	\$11.97	\$9.99	\$11.29	\$11.99	\$11.45	\$11.50

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			XTRA FOODS	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	ONE PLUS ONE
GRAPEFRUIT DRINK	Orchard	1L	\$9.99	\$11.24	\$12.29	\$11.24	-	\$9.99	\$11.29	-	-	-
ORANGE JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.49	\$11.99	\$11.95	\$9.97	\$10.99	\$11.49	\$11.99	\$12.95	\$11.99
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$8.99	\$10.95	\$10.49	\$10.95	\$10.97	\$11.99	\$10.99	\$10.50	-	\$10.49
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.49	\$11.99	\$11.95	\$9.97	\$10.99	\$11.49	\$11.99	\$12.95	\$11.99
PEANUT BUTTER	Matouk's	500g	\$21.99	-	\$20.99	\$17.99	\$17.97	\$21.99	\$18.99	\$17.75	\$18.95	\$16.99
VEGETABLE OIL	Richport	900ml	\$15.99	-	\$14.95	\$17.70	\$16.97	\$15.99	\$14.99	-	-	-
SOYA OIL	Eve	900ml	\$17.99	\$18.00	\$17.99	\$16.99	\$17.47	\$17.99	\$17.99	\$17.75	\$17.99	\$16.50
SOYA OIL	Happi	3.8L	\$49.99	-	-	-	\$50.97	\$49.99	\$49.99	-	\$52.94	-
COCONUT OIL	Nariel	900ml	\$35.99	\$33.99	\$33.99	\$38.08	\$32.97	\$35.99	\$33.99	-	\$34.95	\$31.99
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$95.99	\$95.50	-	-	\$82.97	\$95.99	-	\$98.00	-	\$98.95
CORN FLAKES (Local)	Sunshine	200g	\$13.99	\$12.99	\$12.99	-	\$12.47	\$13.99	\$12.99	\$14.50	\$12.95	-
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$25.99	\$25.99	-	\$24.97	\$25.99	-	-	\$24.95	\$25.95
FROSTED FLAKES	Sunshine	284g	\$17.99	\$16.99	\$16.99	\$16.99	\$16.47	\$17.99	\$16.99	-	-	\$16.95
FROSTED FLAKES	Sunshine	20 oz	-	\$29.99	\$29.99	\$29.99	\$28.97	\$29.99	\$29.99	\$32.95	\$29.95	\$29.99
SOYA CHUNKS	Natural Delights	454g	\$21.99	-	-	-	-	\$21.99	-	-	-	-
SOYA CHUNKS	Chatak	230g	\$11.99	-	-	-	\$10.47	\$11.99	\$10.75	-	\$10.95	-
RED BEANS	MP	440g	\$7.99	\$7.50	\$6.29	\$7.30	\$5.77	\$7.99	\$6.99	-	\$6.99	\$6.99
BAKED BEANS	MP	440g	\$5.99	\$6.79	\$6.95	\$6.75	\$5.77	\$5.99	\$5.99	-	\$6.45	\$5.99
GREEN PIGEON PEAS	MP	440g	\$11.49	\$10.75	\$10.29	\$10.55	\$8.97	\$11.49	\$9.99	\$9.50	\$10.50	-
PROCESSED PIGEON PEAS	MP	440g	\$8.99	\$8.15	\$6.99	\$8.25	\$7.47	\$8.99	\$7.99	\$7.90	-	-
PEAS AND CARROTS	MP	440g	\$8.49	\$8.09	-	\$8.30	\$6.77	\$8.49	\$7.49	\$7.50	\$7.99	\$7.35
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$11.99	\$11.00	\$10.99	\$10.60	\$10.97	\$11.99	\$10.79	\$9.99	-	\$10.95
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.99	\$9.00	\$8.80	\$8.99	\$7.97	\$8.99	\$8.99	\$8.99	\$8.96	-
MUSTARD	Matouk's	240g	\$8.49	-	\$7.99	\$7.75	\$7.97	\$8.49	-	\$7.50	-	\$7.75
MAYONNAISE (Bottled)	Matouk's	340ml	\$12.49	\$11.89	\$11.49	\$11.24	\$10.97	\$12.49	\$11.49	\$11.50	\$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 (Valsayn)	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	-	-	\$20.99	-	-	-	-	\$18.75	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	\$18.79	-	-	\$21.99	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	\$12.79	-	-	\$16.99	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	\$20.49	-	-	\$21.99	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
PORK STEW	-	454g	-	\$25.45	\$18.00	\$15.00	-	\$17.95	\$9.99	\$11.99	\$16.80	\$20.85
BEEF STEW	-	454g	\$28.03	\$25.00	\$22.50	\$23.00	\$25.00	-	\$21.99	-	-	\$24.48
PIG TAIL	-	454g	\$18.18	-	-	\$18.99	\$21.81	\$18.18	\$16.99	\$17.99	\$16.89	\$17.73
CHICKEN FRANKS	Erin Farm	12pk	\$14.99	\$15.10	\$13.99	\$14.99	\$15.10	\$14.99	\$16.99	\$15.99	\$13.80	\$14.49
SALTED FISH (w/Bone)	-	454g	\$26.36	-	-	-	-	\$26.36	\$24.99	\$22.99	\$25.06	\$22.73
SALTED FISH (Boneless)	-	454g	-	-	\$29.75	-	-	\$29.99	\$34.99	-	\$23.85	-
SMOKED HERRING (w/Bone)	-	454g	\$20.00	-	\$17.12	\$16.00	-	\$20.00	\$13.99	\$17.99	\$19.74	\$15.00
FRESH BUTTER	Kerrygold	454g	\$44.00	\$44.00	\$42.99	\$42.99	\$44.00	\$44.00	\$43.99	\$40.99	\$44.00	\$43.99
CHEDDAR CHEESE	-	454g	-	\$20.30	\$24.48	\$23.00	\$20.30	\$20.45	\$21.99	\$22.00	\$20.44	\$20.91
COOKING MARGARINE	Golden Ray	227g	\$10.69	\$10.50	\$10.49	\$10.49	\$10.50	\$10.69	\$9.99	\$9.99	\$10.99	\$9.49
COOKING MARGARINE	French Maid	227g	\$7.99	\$7.99	\$7.99	-	\$7.99	\$7.99	-	\$8.99	\$7.95	\$7.99
TABLE MARGARINE	Blue Band	227g	\$7.49	\$9.00	\$8.99	\$8.99	\$9.00	\$7.49	\$8.99	\$7.99	\$8.50	\$7.99
TABLE MARGARINE	Flora	445g	\$19.79	\$20.00	\$19.49	\$19.49	\$20.00	\$19.79	\$19.99	\$18.99	\$19.99	\$17.99
EGGS	Large	1 Doz	\$20.39	\$20.50	\$20.99	\$21.99	\$20.99	\$20.39	\$21.99	\$21.99	\$22.95	\$19.50
LIQUID MILK (Full Cream)	Nestle	1L	\$10.99	\$11.25	\$10.99	\$11.49	\$11.25	\$10.99	\$11.99	\$10.99	\$10.50	\$9.99
LIQUID MILK (Skimmed)	Svelty	1L	\$11.49	\$11.50	\$11.49	\$11.49	\$11.49	\$11.49	\$11.99	\$11.99	\$11.50	\$12.50

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valsayn)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
POWDERED MILK	Dairy Dairy	800g	\$47.00	\$48.90	\$47.99	\$48.99	\$48.90	\$47.99	\$47.99	\$47.99	\$47.99	\$43.99
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	\$55.95	\$55.49	\$55.99	\$55.95	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$29.50	\$29.49	\$29.99	\$29.50	\$28.99	\$28.99	-	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	\$9.75	-	-	\$9.75	\$9.49	-	-	\$8.99	-
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.49	\$5.49	\$4.99	\$5.99	\$5.49	\$5.49	\$5.99	\$5.99	\$4.95	\$5.99
CONDENSED MILK	Nestle	395g	\$9.99	\$9.99	\$9.99	\$9.99	\$12.25	\$9.99	\$9.99	\$10.99	\$9.49	\$10.99
CONDENSED MILK	Eve	395g	\$6.19	\$6.99	\$6.99	\$6.49	\$6.99	\$6.19	\$5.99	\$6.99	\$6.95	\$5.99
MACARONI	Swiss	400g	\$4.80	\$5.80	\$5.75	\$5.99	\$5.80	\$5.95	\$5.99	\$6.49	\$5.80	\$5.49
SPAGHETTI	Swiss	400g	\$6.00	\$6.00	\$5.75	\$5.99	-	\$6.00	\$5.99	\$5.99	\$5.99	\$5.99
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	\$11.90	\$12.95	\$11.49	\$12.99	\$12.95	\$13.00	\$12.99	\$13.99	\$11.45	\$12.95
FLOUR	Ibis	10kg	\$61.60	\$62.99	\$55.99	\$58.00	-	\$61.60	\$59.99	\$58.99	\$56.95	\$65.99
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$21.79	\$19.99	-	\$19.99	-	\$21.79	\$19.99	-	\$21.25	\$21.49
PRE PACKAGED RICE (Parboiled)	Par Excellence	2kg	\$21.40	\$21.99	-	-	\$21.99	\$21.40	\$19.99	-	\$21.95	-
PRE PACKAGED RICE (Parboiled)	Par Excellence	1kg	-	\$10.99	-	-	\$10.99	\$11.10	-	-	\$11.10	-
OATS	Cook's Mate	226g	-	-	\$3.99	\$3.99	-	\$3.99	\$3.99	\$3.99	\$3.85	\$3.75
YEAST	Fermipan	4x11g	\$6.79	\$6.49	\$6.75	-	\$6.49	\$6.79	\$6.99	\$6.99	\$5.99	\$5.99
CORN MEAL	Regal	454g	\$6.74	\$6.51	\$6.50	\$6.99	\$6.51	-	\$6.99	\$6.99	\$6.50	\$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
SPLIT PEAS (Loose)	-	454g	-	-	-	\$3.00	-	-	\$3.99	\$3.49	\$4.95	\$3.99
RED BEANS (Loose)	-	454g	-	-	-	\$8.00	-	-	\$6.99	\$6.99	\$7.95	\$6.99
D/PIGEON PEAS (Loose)	-	454g	-	-	-	-	-	-	\$9.99	\$8.99	\$7.95	\$8.99
CHANNA (Loose)	Large	454g	-	-	-	\$10.00	-	-	\$9.99	-	\$8.95	\$9.99
BLACK EYE PEAS (Loose)	-	454g	-	-	-	\$6.00	-	-	\$6.99	\$5.49	\$6.95	\$8.99
LENTIL (Loose)	-	454g	-	-	-	\$6.00	-	-	\$6.99	\$5.49	\$6.95	\$6.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valsayn)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$5.49	-	-	-	\$5.49	\$5.49	-	-	\$5.25	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	\$9.99	\$10.99	\$8.49	-	-	\$9.99	-	-	\$10.50	\$9.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	\$9.99	-	\$7.99	\$9.99	-	\$9.99	-	-	-	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	\$9.19	-	-	-	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	\$9.99	-	-	-	-	\$9.99	-	-	\$8.15	-
LENTILS (Pre Packaged)	Nature's Pride	400g	\$7.79	\$9.25	-	\$6.99	\$9.25	\$7.79	-	-	\$7.50	-
CURRY POWDER	Chief	85g	\$7.99	\$7.49	\$6.25	\$7.99	\$7.49	\$7.99	\$7.99	\$6.99	\$6.99	\$6.99
WHITE VINEGAR	Mabel	1L	\$6.99	-	\$6.75	\$6.99	-	-	\$6.99	\$6.99	\$6.70	\$6.70
POTATO	-	454g	-	\$3.64	\$1.80	\$2.00	\$3.63	\$3.18	\$3.50	\$2.50	-	\$3.18
ONION	-	454g	\$3.18	\$3.09	\$1.50	\$2.50	\$3.09	\$3.18	\$3.50	\$1.99	\$3.50	\$2.73
GARLIC	-	454g	-	-	\$20.49	\$20.00	-	-	\$15.99	\$18.99	-	\$18.99
GARLIC	-	250g	\$8.50	\$11.45	-	-	-	\$8.50	\$9.99	\$9.99	\$9.95	\$9.99
SUGAR (Loose)	Brown	454g	\$3.70	-	-	-	-	-	-	-	-	\$3.99
SUGAR - BROWN (Pre Packaged)	Demerara	1800g	\$16.99	-	\$15.99	\$15.99	-	\$16.99	-	-	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$20.24	-	\$17.99	\$18.99	\$20.00	\$20.24	\$21.99	\$20.99	\$20.85	\$18.99
TABLE SALT (Pre Packaged)	Chief	500g	\$3.59	\$3.36	\$3.49	-	\$3.36	\$3.59	\$3.99	\$3.49	-	\$3.49
TABLE SALT (Pre Packaged)	Free Flow	800g	-	\$3.93	\$3.99	\$3.50	\$3.93	-	-	\$3.49	-	\$3.49
INFANT FORMULA	SMA	900g	\$178.15	\$176.49	-	\$164.99	\$176.49	\$178.15	\$169.99	\$172.99	-	\$169.99
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$110.00	\$110.00	\$105.99	\$104.99	\$107.25	\$106.00	\$99.99	\$105.99	\$99.95	\$105.00
INFANT FORMULA	Klim 1+	800g	\$59.00	\$60.95	\$58.99	\$57.99	\$59.65	\$59.00	\$56.99	\$58.99	\$58.95	\$54.99
INFANT CEREAL	Nestle - Rice	270g	\$19.99	\$20.25	\$19.99	\$21.99	\$20.25	\$19.99	\$19.99	\$18.99	\$19.99	\$22.99
INFANT CEREAL	Nestle - Wheat & Honey	270g	\$22.50	\$22.95	\$21.99	\$23.99	\$21.99	\$21.99	\$19.99	\$21.99	\$21.99	\$22.99
TOILET PAPER	Soft N'Pretty	6pk	\$15.99	\$15.49	\$14.49	\$14.99	-	\$15.99	-	\$10.99	-	-
TOILET SOAP	Refresh	3pk	\$16.50	\$14.75	\$15.75	\$16.49	\$14.75	\$14.50	\$13.99	\$14.99	\$13.95	\$14.99
TOOTHPASTE	Colgate	170g	\$16.30	\$15.99	\$16.75	\$17.99	\$15.99	\$16.50	\$19.99	\$17.99	\$15.95	\$15.49

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valsayn)	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING	PEIPING	PERSAD'S
DISHWASHING LIQUID	Squeezy	725ml	\$13.49	\$15.05	\$13.49	\$13.99	-	-	\$14.00	-	\$13.99	\$14.99
SOAP POWDER	Breeze Multi Active	900g	\$31.00	\$31.25	\$28.99	\$30.99	\$31.25	\$31.00	\$29.99	\$31.99	\$30.99	\$28.49
SOAP POWDER	Radiante	875g	\$21.00	\$21.50	\$19.99	\$21.49	\$21.50	\$21.00	\$18.99	\$21.99	\$21.50	\$21.49
SOAP POWDER	Breeze Multi Active	375g	\$14.50	-	-	\$13.99	-	\$14.50	\$12.99	\$13.99	\$13.99	\$13.99
SOAP POWDER	Radiante	400g	\$12.60	-	-	-	-	\$12.00	\$11.99	-	\$11.50	\$11.99
SARDINES	Brunswick	106g	\$7.99	\$8.49	\$7.99	\$7.99	\$8.49	\$7.99	\$6.99	\$8.99	\$8.50	\$8.49
TUNA (FLAKES IN WATER)	Brunswick	142g	\$6.96	\$6.99	\$6.99	\$6.99	\$6.99	\$6.96	\$7.99	\$6.49	\$7.85	\$5.99
TUNA (FLAKES IN OIL)	Brunswick	142g	\$6.96	\$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	\$4.99	\$4.55	\$4.99
CORNER BEEF	Target	340g	\$14.79	\$15.99	\$14.99	-	\$15.99	\$14.79	\$15.99	\$14.99	\$16.65	\$14.49
MILO (Pack)	-	400g	\$34.50	\$34.75	\$33.75	\$34.99	\$34.75	\$34.50	\$31.99	\$29.99	\$33.75	\$33.99
INSTANT CHOCOLATE	Nesquik	500g	\$24.00	\$23.50	\$24.49	\$23.99	\$23.50	\$24.00	\$21.99	\$23.99	\$23.75	\$24.99
OVALTINE (Pack)	-	300g	\$34.25	\$32.00	\$34.25	\$32.99	\$32.00	\$34.25	\$29.99	\$31.99	-	\$34.95
TEA BAGS	Lipton	50 pk	\$20.99	\$23.00	\$23.25	\$22.99	\$23.00	\$20.99	\$21.99	\$21.99	\$22.99	\$21.49
TEA BAGS (GREEN)	Lipton	20 pk	\$21.99	\$23.00	\$22.99	\$23.99	\$23.00	\$21.99	\$22.99	\$21.99	\$22.99	\$22.99
TEA BAGS (GREEN)	Dilmah	20pk	-	-	\$28.75	\$28.99	-	\$24.74	\$22.99	\$23.99	\$22.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	-	\$33.00	\$31.49	\$33.99	\$33.00	\$31.50	-	\$32.99	\$31.50	\$29.99
COFFEE (INSTANT)	Colcafe	100g	\$25.79	\$25.65	\$24.99	\$24.99	\$25.65	\$25.79	\$25.99	\$28.99	\$24.99	\$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	\$3.99	\$3.35	\$4.00
ORANGE DRINK	Orchard	1L	\$11.24	\$12.00	\$9.99	\$11.99	\$12.00	\$11.24	\$11.99	\$9.99	\$11.25	\$9.99
GRAPEFRUIT DRINK	Orchard	1L	\$11.24	\$12.00	\$9.99	\$11.99	\$12.00	\$11.24	\$11.99	\$12.99	\$11.25	\$12.49
ORANGE JUICE	Trinidad Citrus	19 oz	-	-	\$11.99	\$11.99	\$8.00	\$11.49	\$11.99	\$11.99	\$11.95	\$11.99
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$10.95	\$10.49	\$10.99	\$10.99	\$10.49	\$10.95	-	\$9.99	\$10.99	\$11.00
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.49	-	\$11.99	\$11.99	\$11.00	\$11.49	\$11.99	\$11.99	\$11.95	\$11.99
PEANUT BUTTER	Matouk's	500g	-	-	\$17.99	\$17.99	\$19.99	-	\$19.99	\$18.99	\$17.95	\$18.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO		POINT FORTIN	
			MASSY STORES (St. Augustine)	TRU VALU (Valsayn)	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	\$18.00	-	\$17.99	-	\$17.99	\$18.00	-	-	\$17.99	\$17.99
SOYA OIL	Happi	3.8L	-	-	\$48.49	\$48.99	-	-	\$55.99	-	\$61.95	\$56.25
COCONUT OIL	Nariel	900ml	\$33.99	-	\$33.99	\$30.99	\$34.00	\$33.99	\$34.99	-	\$33.99	\$33.99
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$95.50	\$89.95	\$89.99	\$85.99	-	\$95.50	\$89.99	\$75.99	\$79.10	\$73.25
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	\$23.99	\$25.99	\$25.95	\$25.99
FROSTED FLAKES	Sunshine	284g	\$16.99	\$16.99	\$16.99	\$15.99	-	\$16.99	\$16.99	\$16.99	\$16.95	\$16.99
FROSTED FLAKES	Sunshine	20 oz	\$29.99	\$29.99	\$29.99	\$29.99	\$29.99	\$29.99	-	-	\$29.95	\$29.99
SOYA CHUNKS	Natural Delights	454g	-	-	\$20.50	-	\$23.61	-	-	-	-	-
SOYA CHUNKS	Chatak	230g	\$11.50	-	-	\$11.99	-	-	-	\$10.99	\$10.95	\$10.99
RED BEANS	MP	440g	\$7.50	-	\$6.99	\$6.99	\$6.74	\$7.50	\$6.99	\$7.49	-	\$7.49
BAKED BEANS	MP	440g	\$6.79	-	\$6.49	\$5.99	-	\$6.79	\$5.99	\$6.99	\$6.75	\$6.99
GREEN PIGEON PEAS	MP	440g	\$10.75	-	-	\$9.99	\$10.68	\$10.75	\$9.99	-	\$10.70	\$10.99
PROCESSED PIGEON PEAS	MP	440g	\$8.15	-	-	\$7.99	\$8.15	-	\$7.99	-	-	-
PEAS AND CARROTS	MP	440g	\$8.09	\$7.99	\$7.99	-	\$7.99	\$8.09	\$7.99	\$7.99	\$8.20	\$7.99
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$11.00	\$10.99	\$10.99	\$10.99	\$10.99	\$11.00	\$11.99	\$8.99	\$10.99	\$10.99
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$9.00	-	\$8.75	\$8.99	\$8.99	\$9.00	\$8.99	\$8.99	-	\$8.99
MUSTARD	Matouk's	240g	-	\$8.20	-	\$7.99	\$8.20	-	\$7.99	\$7.99	\$7.75	\$7.99
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.89	\$11.25	-	-	\$11.25	-	\$11.99	\$11.99	\$11.50	\$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	FOOD BASKET	LEN HAP	RAMISH & 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	-	\$15.99	\$9.99	\$11.99	-	\$21.94	\$22.50	-
BEEF STEW	-	454g	\$25.00	\$23.18	-	\$22.99	\$21.99	\$23.99	\$19.95	\$22.62	-	\$24.48
PIG TAIL	-	454g	-	\$18.63	\$20.46	\$20.45	\$16.99	\$18.99	-	\$18.62	\$21.49	-
CHICKEN FRANKS	Erin Farm	12pk	-	-	-	\$14.99	\$16.99	\$15.99	\$14.35	\$13.75	-	\$15.10
SALTED FISH (w/Bone)	-	454g	-	\$25.90	-	-	\$29.99	\$27.00	\$19.95	-	\$24.55	-
SALTED FISH (Boneless)	-	454g	-	-	\$33.18	-	\$34.99	-	\$29.95	-	-	\$29.15
SMOKED HERRING (w/Bone)	-	454g	-	\$16.81	\$17.27	\$19.54	\$13.99	\$16.00	\$12.95	\$17.73	-	-
FRESH BUTTER	Kerrygold	454g	\$40.99	-	\$43.99	\$43.99	\$43.99	\$43.99	\$39.99	\$42.25	-	\$42.00
CHEDDAR CHEESE	-	454g	\$22.72	\$23.18	\$22.73	\$23.07	\$21.99	\$25.00	\$18.95	\$24.21	-	\$20.30
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$10.99	\$10.99	\$10.49	\$9.99	\$10.99	-	\$10.50	\$9.99	\$10.49
COOKING MARGARINE	French Maid	227g	-	\$8.99	-	\$7.99	-	\$7.99	\$7.99	\$7.99	-	-
TABLE MARGARINE	Blue Band	227g	\$8.49	\$7.99	\$9.50	\$7.49	\$8.99	\$8.49	\$8.99	\$8.75	\$8.99	\$9.00
TABLE MARGARINE	Flora	445g	\$19.49	\$19.99	-	\$17.99	\$19.99	\$19.99	\$19.99	\$19.75	\$19.99	\$20.00
EGGS	Large	1 Doz	\$18.99	\$22.99	\$22.99	\$20.99	\$21.99	\$20.99	\$18.95	\$20.00	\$21.99	\$20.99
LIQUID MILK (Full Cream)	Nestle	1L	\$11.99	\$12.00	\$12.50	-	\$11.99	\$10.49	\$11.79	\$10.95	\$10.99	\$11.25
LIQUID MILK (Skimmed)	Svelty	1L	\$12.49	\$13.00	\$12.99	\$11.49	\$11.99	\$12.49	\$11.99	\$11.49	\$11.49	\$11.99

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$43.99	\$47.99	-	\$47.99	\$47.99	\$47.99	\$48.90
POWDERED MILK	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.99	\$14.49	\$14.49	\$14.99	\$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	\$55.95
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$29.50
EVAPORATED MILK (Tin)	Carnation	410g	\$9.99	\$9.99	-	\$9.99	-	-	-	-	-	\$9.75
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.50	\$5.49	\$5.95	\$4.99	\$5.99	\$5.49	\$5.99	\$5.49	\$5.75	\$5.49
CONDENSED MILK	Nestle	395g	\$10.50	\$10.99	\$11.99	\$8.99	\$9.99	\$8.99	\$8.99	\$10.49	\$10.49	\$12.25
CONDENSED MILK	Eve	395g	-	-	-	\$5.99	\$5.99	\$6.49	\$5.99	\$5.50	-	\$6.99
MACARONI	Swiss	400g	\$5.99	\$5.49	\$6.00	\$4.99	\$5.99	-	\$5.79	\$5.75	\$5.49	\$5.80
SPAGHETTI	Swiss	400g	\$5.99	\$5.49	-	-	\$5.99	\$5.99	\$5.99	\$5.95	\$5.49	\$6.00
BAKING POWDER	Lion	454g	\$9.99	\$9.99	\$10.00	\$9.99	\$9.99	\$9.99	\$9.79	\$9.75	\$9.99	\$9.99
FLOUR	Ibis	2kg	-	\$13.00	\$13.99	\$10.99	\$12.99	\$13.49	\$12.95	\$12.49	\$12.49	\$12.95
FLOUR	Ibis	10kg	\$61.99	\$62.99	-	\$53.99	\$59.99	\$53.49	\$57.99	\$62.50	\$61.49	-
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-	-	-	\$19.99	-	\$20.49	-	-	\$19.99
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$21.49	-	-	-	\$19.99	\$19.99	-	-	\$19.99	\$21.99
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	\$10.99	\$9.99	-	-	-	-	-	-	\$9.99	\$10.99
OATS	Cook's Mate	226g	\$3.99	\$4.00	-	\$3.99	\$3.99	\$3.99	\$3.99	-	\$3.99	-
YEAST	Fermipan	4x11g	-	\$6.60	-	\$6.49	\$6.99	\$6.99	\$6.49	\$6.50	\$5.99	\$6.49
CORN MEAL	Regal	454g	\$7.99	-	-	-	\$6.99	\$4.49	-	\$6.25	\$6.75	\$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	-	-	\$3.99	\$3.99	\$3.50	-	-
RED BEANS (Loose)	-	454g	-	\$6.99	\$7.99	-	-	\$6.99	\$6.99	\$7.75	-	-
D/PIGEON PEAS (Loose)	-	454g	-	\$8.50	-	-	-	\$8.99	\$5.99	\$8.99	-	-
CHANNA (Loose)	Large	454g	-	\$6.50	-	-	-	\$9.99	\$8.95	\$11.50	-	-
BLACK EYE PEAS (Loose)	-	454g	-	\$6.99	\$5.99	-	-	\$5.49	\$5.99	\$6.75	-	-
LENTIL (Loose)	-	454g	-	\$6.99	-	-	-	\$5.99	\$6.99	\$6.95	-	-

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	\$4.99	\$4.75	-	-	-	-	-	-	\$4.99	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	\$9.99	-	-	-	-	-	-	\$9.99	\$10.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	-	\$8.99	-
CHANNA (Pre Packaged)	Nature's Pride	400g	-	\$8.99	-	-	-	-	-	-	-	-
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	\$7.50	-	-	-	-	-	-	\$7.99	-
LENTILS (Pre Packaged)	Nature's Pride	400g	\$7.49	\$6.99	-	-	-	-	-	-	\$7.49	-
CURRY POWDER	Chief	85g	-	\$6.99	\$7.00	\$6.99	\$7.99	\$7.99	\$6.99	\$6.99	\$6.99	\$7.49
WHITE VINEGAR	Mabel	1L	-	\$7.29	\$6.99	-	\$6.99	\$7.99	\$6.99	\$6.75	\$5.99	\$6.49
POTATO	-	454g	\$3.00	\$3.18	\$2.95	\$1.99	\$3.50	\$1.99	\$2.50	\$2.48	\$2.99	-
ONION	-	454g	\$2.50	\$3.18	\$2.72	\$1.99	\$3.50	\$1.99	\$2.99	\$1.99	\$2.50	\$3.09
GARLIC	-	454g	-	-	\$21.95	\$18.49	\$15.99	\$16.99	\$14.95	\$18.41	-	-
GARLIC	-	250g	\$9.00	\$11.00	\$11.95	\$9.49	\$9.99	\$8.99	\$7.99	-	\$8.99	-
SUGAR (Loose)	Brown	454g	-	-	-	-	-	-	-	-	-	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	\$18.99	\$18.00	\$19.95	-	-	\$15.99	\$15.49	\$15.50	-	\$15.99
SUGAR (Granulated)	Sweet Cane	1800g	\$23.99	\$22.99	-	\$21.49	\$21.99	\$20.99	\$20.95	\$21.95	\$21.99	\$20.00
TABLE SALT (Pre Packaged)	Chief	500g	-	-	-	\$1.99	\$3.99	\$3.49	\$3.49	\$3.50	\$3.49	\$3.36
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-	-	\$3.50	-	\$3.50	-	-	-	\$3.93
INFANT FORMULA	SMA	900g	-	-	\$171.99	\$164.99	\$169.99	\$158.99	\$185.99	-	-	\$176.49
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$106.00	\$107.99	\$104.99	\$105.00	\$99.99	\$101.99	-	\$105.99	\$99.99	\$107.25
INFANT FORMULA	KLIM 1+	800g	\$58.99	\$59.00	\$59.99	\$55.99	\$56.99	\$58.99	\$58.99	\$58.99	\$54.99	\$59.65
INFANT CEREAL	Nestle – Rice	270g	\$21.99	\$20.99	\$22.99	\$20.99	\$19.99	\$19.99	\$20.99	\$19.99	\$21.49	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$22.99	\$23.00	\$23.99	\$22.99	\$19.99	\$21.99	\$22.95	\$21.99	-	\$21.99
TOILET PAPER	Soft N'Pretty	6pk	\$15.99	-	-	\$10.99	-	\$10.99	\$16.49	-	-	\$15.49
TOILET SOAP	Refresh	3pk	\$15.50	-	\$16.95	\$15.99	\$13.99	\$14.99	\$13.49	\$16.25	\$14.99	\$14.75
TOOTHPASTE	Colgate	170g	-	-	\$18.00	-	\$19.99	\$19.99	\$15.49	\$15.50	\$14.49	\$15.99
DISHWASHING LIQUID	Squeezy	725ml	-	\$15.00	-	\$14.99	\$14.00	-	\$13.49	\$13.50	-	\$15.05

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
SOAP POWDER	Breeze Multi Active	900g	\$30.99	\$32.95	-	\$31.49	\$29.99	\$28.99	\$28.75	\$29.50	\$30.99	\$31.25
SOAP POWDER	Radiante	875g	\$21.49	\$23.95	-	\$19.99	\$18.99	\$16.49	\$19.79	\$21.50	\$21.49	\$21.50
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$14.75	-	\$13.99	\$12.99	\$12.49	\$12.79	\$13.50	\$13.99	-
SOAP POWDER	Radiante	400g	\$11.49	-	-	-	\$11.99	\$11.99	-	-	\$11.49	-
SARDINES	Brunswick	106g	\$8.49	\$8.50	\$7.99	\$6.99	\$6.99	\$7.49	\$7.99	\$7.99	\$8.49	\$8.49
TUNA (FLAKES IN WATER)	Brunswick	142g	\$7.99	-	-	\$6.49	\$7.99	\$7.99	\$7.99	\$6.50	-	\$6.99
TUNA (FLAKES IN OIL)	Brunswick	142g	\$7.99	\$8.00	-	\$7.99	\$7.99	\$7.99	\$7.99	\$6.50	\$6.75	\$6.99
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	-	-	-	-	\$5.99	\$4.99	\$4.29	\$4.75	\$4.49	\$4.99
CORNED BEEF	Target	340g	\$15.49	-	-	\$14.49	\$15.99	\$14.49	\$15.49	\$16.75	\$15.49	\$15.99
MILO (Pack)	-	400g	-	\$36.00	-	\$29.99	\$31.99	\$29.99	\$35.49	\$33.75	\$29.99	\$34.75
INSTANT CHOCOLATE	Nesquik	500g	\$23.99	\$24.95	\$23.99	\$23.99	\$21.99	\$23.99	\$23.79	\$22.50	-	\$23.50
OVALTINE (Pack)	-	300g	\$32.99	-	-	\$34.99	\$29.99	\$32.99	\$31.99	\$31.99	\$32.99	\$32.00
TEA BAGS	Lipton	50 pk	\$22.99	\$24.95	-	\$20.99	\$21.99	\$21.99	\$20.99	\$22.50	\$19.99	\$23.00
TEA BAGS (GREEN)	Lipton	20 pk	\$24.99	\$24.50	-	\$22.99	\$22.99	\$20.99	\$20.99	\$24.25	\$23.49	\$23.00
TEA BAGS (GREEN)	Dilmah	20pk	-	\$22.95	-	\$22.99	\$22.99	\$22.99	\$21.99	\$22.99	\$23.75	-
COFFEE (INSTANT)	Nestle	100g	-	\$34.99	\$32.99	\$29.99	-	-	\$32.99	\$31.50	\$31.49	\$33.00
COFFEE (INSTANT)	Colcafe	100g	-	\$25.00	-	\$24.99	\$25.99	\$24.99	\$24.99	\$22.99	\$24.99	\$25.65
MAUBY	Matouk's	750ml	\$13.99	\$14.00	\$13.95	\$13.49	\$12.99	\$13.49	\$13.49	\$13.25	\$13.49	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.75	\$3.75	\$4.00	\$3.99	\$3.99	\$3.49	\$3.69	\$3.50	\$3.49	\$3.70
ORANGE DRINK	Orchard	1L	\$11.99	\$12.00	\$12.99	\$9.99	\$11.99	\$9.99	\$12.49	\$11.25	\$11.49	\$12.00
GRAPEFRUIT DRINK	Orchard	1L	\$11.99	\$12.00	-	\$12.49	\$11.99	\$12.49	\$12.49	\$11.25	\$11.99	\$12.00
ORANGE JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.99	\$11.95	\$11.99	\$11.99	\$11.49	\$11.99	\$11.50	\$11.90	\$10.99
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$10.49	\$11.00	-	\$10.99	-	\$10.99	\$10.99	\$10.50	-	-

ITEM	BRAND	SIZE	PORT OF SPAIN		PRINCES TOWN		RIO CLARO		SAN FERNANDO		SAN JUAN	
			BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING	S & S PERSAD	PERSAD D' FOOD KING	FOOD BASKET	LEN HAP	RAMISH & LEELA	TRU VALU
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$10.99	\$11.99	\$11.99	\$11.99	\$11.99	\$11.49	\$11.99	\$10.25	\$11.99	\$10.99
PEANUT BUTTER	Matouk's	500g	-	-	-	\$18.99	\$19.99	-	\$16.99	\$17.95	\$19.49	-
VEGETABLE OIL	Richport	900ml	\$15.99	-	\$19.95	-	-	-	\$14.49	-	-	-
SOYA OIL	Eve	900ml	\$17.49	-	\$14.95	-	-	-	\$16.49	\$16.50	-	\$17.99
SOYA OIL	Happi	3.8L	-	-	-	-	\$55.99	\$56.99	\$56.99	-	\$59.99	-
COCONUT OIL	Nariel	900ml	\$37.99	-	-	\$33.99	\$34.99	\$33.99	\$33.99	\$31.25	-	\$34.00
OLIVE OIL (Extra Virgin)	James Plagniol	1L	-	-	\$99.99	\$73.99	\$89.99	\$72.99	\$89.95	\$89.75	\$89.99	-
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$13.00	\$12.99	\$12.99	\$13.99	\$12.99	\$12.99	\$12.99	\$12.99	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	\$26.00	\$25.99	-	\$23.99	\$25.99	-	\$25.99	\$25.99	\$25.99
FROSTED FLAKES	Sunshine	284g	\$16.99	\$17.00	\$16.95	\$16.99	\$16.99	-	\$16.99	\$16.99	-	-
FROSTED FLAKES	Sunshine	20 oz	\$29.99	\$29.95	-	-	-	\$29.99	\$29.99	-	\$29.99	\$29.99
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	\$20.49	-	\$22.99	-
SOYA CHUNKS	Chatak	230g	-	-	-	\$10.99	-	-	\$10.95	-	-	-
RED BEANS	MP	440g	\$7.49	-	-	\$7.49	\$6.99	\$7.99	\$7.49	-	-	\$6.74
BAKED BEANS	MP	440g	-	-	-	\$6.99	\$5.99	\$7.99	\$6.99	-	\$5.99	\$6.49
GREEN PIGEON PEAS	MP	440g	\$10.49	-	-	-	\$9.99	-	\$10.69	-	\$9.99	-
PROCESSED PIGEON PEAS	MP	440g	\$7.99	-	-	-	\$7.99	-	-	-	-	-
PEAS AND CARROTS	MP	440g	-	-	-	\$8.49	\$7.99	\$7.99	\$7.49	-	\$6.99	-
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.49	\$11.99	-	\$10.49	\$11.99	\$10.49	\$10.29	\$10.50	-	\$10.99
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.99	\$9.00	-	-	\$8.99	\$10.99	\$8.99	-	\$8.99	\$8.99
MUSTARD	Matouk's	240g	-	-	-	\$7.99	\$7.99	\$7.99	\$7.69	\$7.50	-	\$8.20
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.49	-	-	\$11.49	\$11.99	-	\$11.29	-	\$11.50	\$11.25

Section 4- Trinidad

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

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	COST CUTTERS	DISKOMART
CHICKEN BREAST (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-	-	-	-	-	-	-
PORK STEW	-	454g	-	\$15.46	-	\$22.99	\$25.45	-	\$11.99	-
BEEF STEW	-	454g	-	\$22.28	-	-	-	-	\$18.86	-
PIG TAIL	-	454g	\$22.73	\$18.46	\$16.99	\$14.99	-	\$16.95	\$15.45	\$18.18
CHICKEN FRANKS	Erin Farm	12pk	\$14.99	-	\$13.50	\$13.99	\$15.10	\$13.99	\$13.75	\$14.99
SALTED FISH (w/Bone)	-	454g	\$27.28	\$25.46	\$27.95	\$23.99	-	\$25.95	\$24.00	\$26.36
SALTED FISH (Boneless)	-	454g	-	-	-	-	-	-	\$30.90	\$38.63
SMOKED HERRING (w/Bone)	-	454g	\$21.82	\$15.91	-	\$13.99	-	\$16.50	-	\$20.00
FRESH BUTTER	Kerrygold	454g	-	-	-	\$37.99	\$44.00	\$38.50	\$31.49	\$46.49
CHEDDAR CHEESE	-	454g	\$22.73	\$26.82	\$24.99	\$19.99	\$20.30	\$24.95	\$18.18	\$20.45
COOKING MARGARINE	Golden Ray	227g	\$10.99	\$10.99	\$9.75	\$9.95	\$10.50	\$8.99	\$10.99	\$10.69
COOKING MARGARINE	French Maid	227g	\$8.99	\$7.99	\$7.99	\$7.95	\$7.99	\$7.75	\$7.99	\$7.99
TABLE MARGARINE	Blue Band	227g	\$8.99	\$7.99	\$9.75	\$8.95	\$9.00	\$7.95	\$8.99	\$8.29
TABLE MARGARINE	Flora	445g	\$19.99	\$19.99	\$21.25	\$17.95	\$20.00	\$18.99	\$19.99	\$19.79
EGGS	Large	1 Doz	\$22.00	\$21.00	\$18.99	\$19.99	\$17.99	\$21.00	\$17.99	\$20.39
LIQUID MILK (Full Cream)	Nestle	1L	\$11.99	\$11.50	\$10.99	\$10.95	\$11.25	\$10.99	\$10.49	\$10.99
LIQUID MILK (Skimmed)	Svelty	1L	\$11.99	\$12.00	\$11.99	\$11.95	\$11.50	\$11.99	\$11.49	\$11.49

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	COST CUTTERS	DISKOMART
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$47.99	\$47.99	\$48.95	\$48.90	\$47.99	\$47.99	\$47.99
POWDERED MILK	Dairy Dairy	225g	\$14.49	\$14.49	\$14.49	\$15.00	-	\$14.49	\$14.49	\$14.49
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.95	\$55.95	\$54.99	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99	\$28.99	\$29.95	\$29.50	\$28.99	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	-	\$10.75	-	\$9.75	\$9.75	-	\$9.49
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.99	\$5.69	\$5.49	\$5.50	\$5.49	\$5.50	\$5.50	\$5.49
CONDENSED MILK	Nestle	395g	\$9.99	\$9.49	\$10.50	\$10.50	\$9.99	\$9.25	\$9.49	\$9.99
CONDENSED MILK	Eve	395g	\$6.99	-	-	\$5.50	\$6.99	\$6.25	\$6.99	\$6.19
MACARONI	Swiss	400g	\$5.99	\$5.79	\$6.00	\$5.95	\$5.80	\$5.45	\$5.50	\$5.95
SPAGHETTI	Swiss	400g	\$5.99	\$5.99	\$6.25	\$5.95	\$6.00	\$5.56	\$5.75	\$6.00
BAKING POWDER	Lion	454g	\$9.99	\$8.99	\$9.99	\$9.95	\$9.99	\$9.40	\$9.49	\$9.79
FLOUR	Ibis	2kg	\$13.99	\$12.99	\$13.50	\$12.95	\$12.95	\$12.50	\$12.99	\$13.00
FLOUR	Ibis	10kg	\$65.00	\$59.99	-	\$59.99	\$62.99	\$62.00	\$63.99	\$61.60
PRE PACKAGED RICE (Parboiled)	Happi	1800g	\$19.99	\$19.99	\$21.50	-	\$19.99	-	-	\$21.79
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	\$21.99	\$22.00	-	-	\$21.99	\$20.75	\$20.99	\$21.40
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	\$10.99	\$10.99	-	-	\$10.99	\$10.50	\$10.99	\$11.10
OATS	Cook's Mate	226g	\$3.99	\$3.99	\$4.00	\$3.95	-	\$3.65	\$4.00	\$3.99
YEAST	Fermipan	4x11g	\$6.50	\$6.65	\$6.99	-	\$6.49	\$6.35	\$6.25	-
CORN MEAL	Regal	454g	\$6.99	\$6.99	\$6.50	-	\$6.51	-	\$6.25	\$6.74
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$13.00	\$13.00	\$12.99	\$13.00	\$13.00	\$12.50	\$13.00	\$13.00
SPLIT PEAS (Loose)	-	454g	\$5.99	\$4.21	-	\$3.99	-	\$3.85	\$3.40	-
RED BEANS (Loose)	-	454g	\$7.99	\$9.21	-	\$8.99	-	\$8.75	\$7.73	-
D/PIGEON PEAS (Loose)	-	454g	\$7.99	\$10.23	-	\$6.99	-	\$8.95	\$7.73	-
CHANNA (Loose)	Large	454g	\$9.99	\$10.45	-	\$9.99	-	\$10.00	\$6.36	-
BLACK EYE PEAS (Loose)	-	454g	\$7.99	\$6.59	-	\$5.99	-	\$6.00	\$6.13	-
LENTIL (Loose)	-	454g	\$7.99	\$7.73	-	\$7.99	-	\$8.50	\$7.27	-

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	COST CUTTERS	DISKOMART
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	\$5.00	-	-	\$5.49	\$5.75	\$5.49	\$5.49
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	\$10.99	-	-	\$9.99
PIGEON PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	\$9.99
CHANNA (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	\$9.19
BLACK EYE PEAS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	-	-	-	\$9.99
LENTILS (Pre Packaged)	Nature's Pride	400g	-	-	-	-	\$9.25	\$7.75	-	\$7.79
CURRY POWDER	Chief	85g	\$6.99	\$6.99	\$7.25	\$7.95	\$7.49	\$6.99	\$6.99	\$6.99
WHITE VINEGAR	Mabel	1L	\$6.99	\$6.80	\$7.00	\$6.95	\$6.49	\$6.50	\$5.99	\$6.99
POTATO	-	454g	\$3.87	\$2.27	\$3.75	\$3.00	\$3.61	-	\$2.99	\$3.18
ONION	-	454g	\$3.87	\$2.96	\$2.50	\$1.99	\$3.09	\$4.00	\$3.00	\$3.17
GARLIC	-	454g	-	\$18.19	-	\$20.95	-	-	-	-
GARLIC	-	250g	-	\$9.00	-	-	\$11.45	\$11.00	\$6.99	\$8.50
SUGAR (Loose)	Brown	454g	\$4.00	\$3.86	-	\$3.99	-	\$3.50	\$3.50	-
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	-	\$18.75	-	-	\$15.99	-	\$16.00	-
SUGAR (Granulated)	Sweet Cane	1800g	\$21.50	\$19.99	\$22.50	\$21.95	\$20.00	\$19.95	\$21.75	\$20.24
TABLE SALT (Pre Packaged)	Chief	500g	-	\$3.49	\$3.50	\$3.95	\$3.36	-	\$3.49	\$3.49
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-	\$3.75	-	\$3.93	-	\$3.49	-
INFANT FORMULA	SMA	900g	\$183.99	-	-	\$141.00	\$176.49	\$173.95	\$178.00	-
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	\$110.00	\$113.00	\$110.50	\$102.95	\$107.25	\$103.95	\$99.99	\$106.00
INFANT FORMULA	Klim 1+	800g	\$59.99	-	-	\$58.95	\$59.65	\$58.99	\$58.99	\$59.00
INFANT CEREAL	Nestle – Rice	270g	\$19.99	\$20.00	\$20.99	\$20.95	\$20.25	\$19.99	\$19.99	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$22.50	\$22.99	\$22.95	\$21.99	\$22.99	\$19.99	\$21.99
TOILET PAPER	Soft N'Pretty	6pk	\$14.99	\$14.50	\$15.75	\$15.95	\$15.49	\$14.99	\$15.49	\$15.99
TOILET SOAP	Refresh	3pk	\$16.99	\$16.50	\$15.99	\$14.95	\$14.75	\$15.75	\$14.49	\$14.50
TOOTHPASTE	Colgate	170g	\$16.99	\$16.95	\$16.75	\$15.95	\$15.99	\$14.95	-	\$18.00

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	COST CUTTERS	DISKOMART
DISHWASHING LIQUID	Squeezy	725ml	\$11.99	\$13.99	\$15.75	\$14.95	\$15.05	\$13.50	\$15.00	-
SOAP POWDER	Breeze Multi Active	900g	\$30.99	\$30.99	\$33.50	\$30.95	\$31.25	\$30.95	\$31.00	\$31.00
SOAP POWDER	Radiante	875g	\$21.99	\$21.49	\$23.00	\$21.49	\$21.50	\$20.95	\$21.25	\$21.00
SOAP POWDER	Breeze Multi Active	375g	\$13.99	\$13.99	\$15.00	\$13.95	-	\$13.75	\$11.99	\$14.50
SOAP POWDER	Radiante	400g	\$11.99	\$11.49	\$12.50	\$11.49	-	\$11.50	\$9.99	-
SARDINES	Brunswick	106g	\$7.99	\$8.49	\$9.50	\$8.95	\$8.49	\$8.25	\$9.00	\$7.99
TUNA (FLAKES IN WATER)	Brunswick	142g	\$7.99	\$5.99	\$8.25	\$6.95	\$6.99	\$6.75	-	\$6.96
TUNA (FLAKES IN OIL)	Brunswick	142g	\$7.99	\$6.00	\$8.25	\$6.95	\$6.99	\$6.75	-	\$6.96
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.99	\$4.49	\$4.50	\$3.95	\$4.99	\$4.45	\$4.75	\$4.79
CORNED BEEF	Target	340g	\$15.99	\$14.99	\$17.25	\$16.95	\$15.99	\$12.99	\$14.99	\$14.79
MILO (Pack)	-	400g	\$31.99	\$34.00	\$36.99	\$35.99	\$34.75	\$32.95	\$33.75	\$34.50
INSTANT CHOCOLATE	Nesquik	500g	\$23.99	\$22.99	\$23.25	\$23.95	\$23.50	\$20.95	\$22.49	\$24.00
OVALTINE (Pack)	-	300g	\$32.99	-	\$32.50	\$32.95	\$29.50	\$29.95	\$29.25	\$34.25
TEA BAGS	Lipton	50 pk	\$25.99	\$21.00	\$23.25	\$22.95	\$23.00	\$20.99	\$20.49	\$20.99
TEA BAGS (GREEN)	Lipton	20 pk	\$22.99	\$22.99	\$22.50	\$23.95	\$23.00	\$20.95	\$19.99	\$21.99
TEA BAGS (GREEN)	Dilmah	20pk	\$22.99	\$29.25	\$21.00	\$20.95	-	\$21.99	\$28.75	-
COFFEE (INSTANT)	Nestle	100g	\$31.99	\$32.85	\$35.50	\$34.95	\$30.00	\$31.95	\$31.49	-
COFFEE (INSTANT)	Colcafe	100g	\$24.99	-	\$23.99	\$27.95	\$25.65	\$23.99	\$25.00	\$25.79
MAUBY	Matouk's	750ml	\$13.50	\$13.25	\$14.00	\$13.95	\$13.49	\$12.75	\$12.49	\$13.49
ORANGE DRINK	Orchard	250ml	\$3.50	\$3.50	\$3.75	\$3.50	\$3.70	\$3.65	\$3.49	\$3.36
ORANGE DRINK	Orchard	1L	\$11.99	\$11.50	\$12.25	\$11.95	\$12.00	\$11.50	\$11.25	\$11.24
GRAPEFRUIT DRINK	Orchard	1L	\$11.99	\$11.50	\$12.25	\$11.95	\$12.00	\$11.99	\$11.25	\$11.24
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.99	\$12.00	\$11.99	\$11.00	\$11.25	\$10.25	\$11.49
ORANGE PINEAPPLE JUICE	Dole	18 oz	\$10.99	\$10.99	\$11.00	\$10.95	\$10.49	\$10.75	\$7.99	-
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.99	\$11.99	\$12.00	\$11.99	\$11.50	\$11.25	\$10.25	\$11.49
PEANUT BUTTER	Matouk's	500g	\$19.99	\$18.95	\$20.00	\$18.95	-	\$18.95	\$18.99	-

ITEM	BRAND	SIZE	SANGRE GRANDE		SIPARIA/FYZABAD		ST. JAMES		TUNAPUNA	
			MAHARAJ BUDGET PRICE	COSS CUTTERS	STOP & SHOP	ANAND LOW PRICE	TRU VALU LONG CIRCULAR	JOHN'S	COST CUTTERS	DISKOMART
VEGETABLE OIL	Richport	900ml	\$14.60	\$13.99	-	-	-	-	\$12.99	-
SOYA OIL	Eve	900ml	-	\$17.99	\$18.75	\$18.95	\$17.99	-	\$17.25	\$18.00
SOYA OIL	Happi	3.8L	-	-	\$67.00	\$49.95	-	-	-	-
COCONUT OIL	Nariel	900ml	\$33.99	-	\$35.25	\$35.95	\$34.00	\$32.50	\$32.49	\$38.24
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$105.99	\$85.00	-	\$82.95	\$89.95	\$79.95	\$79.75	-
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$13.00	\$13.00	\$12.95	\$12.99	\$12.50	-	\$12.99
CORN FLAKES (Local)	Sunshine	18 oz	\$25.99	-	\$26.00	\$25.95	\$25.99	\$24.99	-	\$25.99
FROSTED FLAKES	Sunshine	284g	\$16.99	\$17.00	-	\$16.95	\$16.99	\$14.99	-	\$16.99
FROSTED FLAKES	Sunshine	20 oz	\$25.99	\$30.00	\$30.00	\$29.95	\$29.95	-	-	\$29.99
SOYA CHUNKS	Natural Delights	454g	-	-	-	-	-	-	-	-
SOYA CHUNKS	Chatak	230g	\$10.99	-	-	\$10.95	-	-	-	-
RED BEANS	MP	440g	\$6.99	-	\$7.50	\$7.95	\$6.74	\$6.50	\$7.25	\$7.50
BAKED BEANS	MP	440g	\$5.99	\$6.25	\$6.50	\$6.95	\$6.25	\$6.35	\$6.49	\$6.79
GREEN PIGEON PEAS	MP	440g	\$9.50	\$10.95	\$11.00	\$9.95	-	\$10.25	\$10.25	\$10.75
PROCESSED PIGEON PEAS	MP	440g	\$7.99	\$8.00	-	\$7.95	\$8.15	\$7.75	\$7.75	\$8.15
PEAS AND CARROTS	MP	440g	\$7.99	\$7.85	\$8.50	\$8.95	\$7.99	\$7.85	\$7.75	\$8.09
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$8.99	\$10.99	\$11.75	\$11.95	\$10.99	\$8.99	\$10.99	\$11.00
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.99	\$8.99	\$9.50	\$8.95	\$8.99	\$8.75	\$8.75	\$9.00
MUSTARD	Matouk's	240g	\$7.99	-	\$7.75	\$7.95	\$8.20	-	-	-
MAYONNAISE (Bottled)	Matouk's	340ml	\$11.99	-	-	\$11.95	\$11.25	-	\$11.25	-

Section 5 - Tobago

TOBAGO				
ITEM	BRAND	SIZE	PENNY SAVERS	BEST BUY
CHICKEN BREAST (Frozen)	Arawak	pack	-	-
CHICKEN DRUMSTICK (Frozen)	Arawak	pack	-	-
CHICKEN THIGHS (Frozen)	Arawak	pack	-	-
CHICKEN WINGS (Frozen)	Arawak	pack	-	-
ECONOMY PACK (Frozen)	Arawak	pack	-	-
PORK STEW	-	454g	\$20.23	-
BEEF STEW	-	454g	\$22.48	-
PIG TAIL	-	454g	\$14.14	-
CHICKEN FRANKS	Erin Farm	12pk	-	-
SALTED FISH (w/Bone)	-	454g	\$19.32	-
SALTED FISH (Boneless)	-	454g	-	-
SMOKED HERRING (w/Bone)	-	454g	\$17.05	-
FRESH BUTTER	Kerrygold	454g	-	-
CHEDDAR CHEESE	-	454g	\$19.84	\$28.63
COOKING MARGARINE	Golden Ray	227g	\$10.45	\$10.99
COOKING MARGARINE	French Maid	227g	\$8.75	-
TABLE MARGARINE	Blue Band	227g	\$8.95	\$9.40
TABLE MARGARINE	Flora	445g	\$19.05	-
EGGS	Large	1 Doz	\$24.00	\$25.00
LIQUID MILK (Full Cream)	Nestle	1L	\$10.15	\$11.00
LIQUID MILK (Skimmed)	Svelty	1L	\$11.25	\$12.00
POWDERED MILK	Dairy Dairy	800g	\$47.99	\$48.00

TOBAGO				
ITEM	BRAND	SIZE	PENNY SAVERS	BEST BUY
POWDERED MILK	Dairy Dairy	225g	\$14.49	\$14.50
POWDERED MILK (Skimmed)	Dairy Dairy	800g	\$54.99	\$54.99
POWDERED MILK (Skimmed)	Dairy Dairy	400g	\$28.99	\$28.99
EVAPORATED MILK (Tin)	Carnation	410g	-	\$9.50
EVAPORATED MILK (Pack)	Green Butterfly	250ml	\$5.30	\$5.50
CONDENSED MILK	Nestle	395g	\$9.99	\$11.80
CONDENSED MILK	Eve	395g	\$5.99	\$7.00
MACARONI	Swiss	400g	\$5.35	\$6.50
SPAGHETTI	Swiss	400g	-	-
BAKING POWDER	Lion	454g	\$9.90	-
FLOUR	Ibis	2kg	\$13.60	-
FLOUR	Ibis	10kg	\$66.20	-
PRE PACKAGED RICE (Parboiled)	Happi	1800g	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	2kg	-	-
PRE PACKAGED RICE (Parboiled)	Par Excel	1kg	-	-
OATS	Cook's Mate	226g	-	-
YEAST	Fermipan	4x11g	\$7.30	\$8.00
CORN MEAL	Regal	454g	\$5.70	-
BISCUITS (Unsweetened)	Crix - Original	9 oz	\$12.90	-
SPLIT PEAS (Loose)	-	454g	-	-
RED BEANS (Loose)	-	454g	-	-
D/PIGEON PEAS (Loose)	-	454g	-	-
CHANNA (Loose)	Large	454g	-	-
BLACK EYE PEAS (Loose)	-	454g	-	-
LENTIL (Loose)	-	454g	-	-
SPLIT PEAS (Pre Packaged)	Nature's Pride	400g	-	-
RED BEANS (Pre Packaged)	Nature's Pride	400g	-	-

TOBAGO				
ITEM	BRAND	SIZE	PENNY SAVERS	BEST BUY
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	-	-
WHITE VINEGAR	Mabel	1L	\$6.50	-
POTATO	-	454g	\$2.41	-
ONION	-	454g	\$3.00	\$5.00
GARLIC	-	454g	-	\$27.27
GARLIC	-	250g	-	-
SUGAR (Loose)	Brown	454g	-	\$3.63
SUGAR – BROWN (Pre Packaged)	Demerara	1800g	-	-
SUGAR (Granulated)	Sweet Cane	1800g	\$20.15	-
TABLE SALT (Pre Packaged)	Chief	500g	\$3.25	\$4.50
TABLE SALT (Pre Packaged)	Free Flow	800g	-	-
INFANT FORMULA	SMA	900g	\$176.50	\$178.29
INFANT FORMULA	Lactogen 1 (0 to 6 mths)	900g	-	\$105.99
INFANT FORMULA	Klim 1+	800g	\$57.95	\$59.00
INFANT CEREAL	Nestle – Rice	270g	\$19.99	\$19.99
INFANT CEREAL	Nestle – Wheat & Honey	270g	\$21.99	\$22.00
TOILET PAPER	Soft N’Pretty	6pk	\$14.00	\$15.80
TOILET SOAP	Refresh	3pk	\$14.40	\$15.99
TOOTHPASTE	Colgate	170g	\$13.60	-
DISHWASHING LIQUID	Squeezy	725ml	\$12.99	-
SOAP POWDER	Breeze Multi Active	900g	\$31.15	\$33.00
SOAP POWDER	Radiante	875g	\$20.99	\$23.00

TOBAGO				
ITEM	BRAND	SIZE	PENNY SAVERS	BEST BUY
SOAP POWDER	Breeze Multi Active	375g	\$13.65	\$14.50
SOAP POWDER	Radiante	400g	\$11.35	\$12.00
SARDINES	Brunswick	106g	\$7.99	\$8.99
TUNA (FLAKES IN WATER)	Brunswick	142g	\$7.25	\$8.00
TUNA (FLAKES IN OIL)	Brunswick	142g	\$7.25	\$7.99
CHICKEN VIENNA SAUSAGES	Santa Rosa	141g	\$4.50	\$4.70
CORNED BEEF	Target	340g	\$15.30	-
MILO (Pack)	-	400g	\$34.30	\$33.74
INSTANT CHOCOLATE	Nesquik	500g	\$22.80	\$23.00
OVALTINE (Pack)	-	300g	\$26.90	\$32.99
TEA BAGS	Lipton	50 pk	\$23.20	\$25.99
TEA BAGS (GREEN)	Lipton	20 pk	\$22.75	-
TEA BAGS (GREEN)	Dilmah	20pk	\$20.95	\$22.99
COFFEE (INSTANT)	Nestle	100g	\$31.20	\$32.00
COFFEE (INSTANT)	Colcafe	100g	\$25.55	-
MAUBY	Matouk's	750ml	\$12.50	-
ORANGE DRINK	Orchard	250ml	\$3.40	\$3.40
ORANGE DRINK	Orchard	1L	\$11.50	-
GRAPEFRUIT DRINK	Orchard	1L	\$11.50	\$11.80
ORANGE JUICE	Trinidad Citrus	19 oz	\$11.30	\$12.50
ORANGE PINEAPPLE JUICE	Dole	18 oz	-	\$12.00
GRAPEFRUIT JUICE	Trinidad Citrus	19 oz	\$11.30	\$12.50
PEANUT BUTTER	Matouk's	500g	\$18.20	-
VEGETABLE OIL	Richport	900ml	-	-
SOYA OIL	Eve	900ml	\$15.99	\$18.00
SOYA OIL	Happi	3.8L	-	-
COCONUT OIL	Nariel	900ml	-	-

TOBAGO				
ITEM	BRAND	SIZE	PENNY SAVERS	BEST BUY
OLIVE OIL (Extra Virgin)	James Plagniol	1L	\$92.45	-
CORN FLAKES (Local)	Sunshine	200g	\$11.95	\$13.00
CORN FLAKES (Local)	Sunshine	18 oz	\$23.80	\$26.00
FROSTED FLAKES	Sunshine	284g	\$15.65	-
FROSTED FLAKES	Sunshine	20 oz	\$27.60	-
SOYA CHUNKS	Natural Delights	454g	\$22.65	-
SOYA CHUNKS	Chatak	230g	-	-
RED BEANS	MP	440g	-	-
BAKED BEANS	MP	440g	\$6.20	-
GREEN PIGEON PEAS	MP	440g	-	-
PROCESSED PIGEON PEAS	MP	440g	\$7.40	-
PEAS AND CARROTS	MP	440g	\$7.55	-
TOMATO KETCHUP (Bottled)	Matouk's	750ml	\$10.75	-
TOMATO KETCHUP (Spouch)	Swiss	750ml	\$8.30	-
MUSTARD	Matouk's	240g	\$7.30	-
MAYONNAISE (Bottled)	Matouk's	340ml	\$10.75	-

Section 6- Poultry Prices

As part of its mandate to ensure fair pricing in the market place, the Consumer Affairs Division (CAD) collected live poultry prices from a sample of poultry depots throughout Trinidad. The prices listed below reflect prices collected over the period June 17th – 18th, 2017.

POULTRY DEPOT/PLUCK SHOP	LOCATION	LIVE WEIGHT PRICE (\$ PER LB)	PLUCK & GUT FEE (\$)
National Poultry Depot	St. James	8.00 ▲	10.00
John's Poultry Depot	Old St. Joseph Road, Laventille	6.40	10.00
Alim's Poultry Depot	Tunapuna	6.70	15.00 ▲
Fred's Poultry and Meat Shop	Tunapuna	6.80	10.00
Ishmael's Poultry Depot	L.P A55 Monroe Road, Cunupia	5.70 ▼	7.00 ▼
Imtiaz	California	6.50	12.00
Fyaz Hosein Poutry Depot	Couva	6.70	13.00
Nell's Poultry Depot	California	7.00	12.00
Joyce Poultry Depot	Endeavour	7.50	10.00
V & R Ramparas Poultry Depot	LP #117 Balmain Road, Couva	6.80	12.00
S. R. Poultry Depot	Balmain	6.80	12.00
Mohammed's Poultry & Meats	Claxton Bay	6.50	13.00
Chico's Farm Poultry Depot	Chaguanas	7.20	10.00
V Mac Poultry Depot	149 Malgretoute Village, Princes Town	7.00	12.00
Poui Road	St. Mary's, Moruga	6.70	15.00 ▲
T Ragoonanan	St. Mary's, Moruga	6.75	12.00
V & M Poultry Depot	263, Manahambre Rd, St. Charles Village, Princes Town	6.75	15.00 ▲
Ravi's Poultry Depot	La Romaine	6.50	15.00 ▲
Penal Poultry Depot	Penal Junction, Penal	7.00	12.00

It must be noted that the average price per pound (lb) is the 'live weight' price, which is the price before the chicken has been plucked and gutted. An additional fee is charged for plucking and gutting. Some poultry depots do not offer a separate live weight price and pluck and gut fee, but instead offer a single 'dressed weight' price which is the price per pound after the chicken has been processed.

POULTRY DEPOT/PLUCK SHOP	LOCATION	LIVE WEIGHT PRICE (\$ PER LB)	PLUCK & GUT FEE (\$)
Indar's Meat & Poultry Depot	High Street, Siparia	6.50	14.00
Avocat Poultry Depot	Fyzabad	7.00	12.00
Low Price Poultry Depot	Fyzabad	6.70	12.00
Ramphalie	Agostini Village, Rio Claro	6.75	15.00 ▲
D Poultry Depot	Rio Claro	6.75	14.00
Selley's Poultry Depot	Liet Street, Mayaro	7.00	10.00
AVERAGE PRICE		6.80	12.16
MODAL PRICE		7.00	12.00

PLUCK SHOP	LOCATION	DRESSED WEIGHT PRICE PER LB
Ali's Poultry Depot	Diego Martin	12.00 ▼
Mayaro Poultry and Meats	Next to Mayaro Market, Mayaro	12.50
Reeyad's Poultry Depot	San Juan	12.00 ▼
J Poultry Depot (formerly A & J)	Sangre Grande	14.75 ▲
Pro Processors	Arima	12.25
D'Abadie Meat Mart	D'Abadie	12.25
Frankie's Poultry Depot	#1 Wickham St, Point Fortin	13.00
Ali's	Cunupia	14.00
AVERAGE DRESSED WEIGHT PRICE		12.84

KEY

▲ Highest Weight Price per lb

▲ Highest Pluck and Gut Fee

▲ Highest Dressed Weight Price

▼ Lowest Weight Price per lb

▼ Lowest Pluck and Gut Fee

▼ Lowest Dressed Weight Price

Consumers are advised that although two (2) pricing methods exist, there is no general rule of thumb that one method is better than the other. The best method will always be the one that offers the most savings to consumers at the time of purchase. To illustrate this, assume a consumer wishes to purchase a 5lb chicken at a poultry depot that uses the live weight pricing method. Using the average price per lb of \$6.80 and an average pluck and gut fee of \$12.16, a 5lb bird will cost the consumer \$46.16 ((5lb x \$6.80) + 12.16). However, it is estimated that, on average, 20% of the live weight of the bird is lost in the pluck and gut process. Therefore, when purchasing a 5lb bird for \$46.16, the consumer will actually get a bird with a weight of around 4lbs after processing. Therefore, this translates to a final price of around \$11.54 (\$46.16 ÷ 4lb) per lb for the actual bird. Estimated final prices for other similar weights are shown below:

LIVE WEIGHT	AVERAGE PRICE PER LB \$	PRICE PER BIRD INCLUSIVE OF PLUCK AND GUT* \$	DRESSED WEIGHT (20% LOSS)	FINAL PRICE PER LB TO CONSUMER \$
6 lbs	6.80	52.96	4.8 lbs	11.03
5 lbs	6.80	46.16	4.0 lbs	11.54
4 lbs	6.80	39.36	3.2 lbs	12.30

*12.16 pluck and gut

Prices of processed frozen chicken parts were collected at supermarkets in Trinidad during the conduct of the Division's Retail Food Price Survey (June 09 to 20, 2017). Averages are tabled below:

AVERAGE PRICES OF PROCESSED FROZEN CHICKEN PARTS IN SUPERMARKETS

CHICKEN PARTS	AVERAGE PRICE PER PACK \$
Breasts	18.23
Drumsticks	18.23
Thighs	12.37
Wings	18.72

The Consumer Affairs Division is interested in safeguarding the economic well-being of all consumers across the country. Accordingly, consumers are advised to always:

1. Compare prices across poultry depots
2. Ensure that the premises of poultry depots are maintained in a sanitary condition and that there is running water
3. Ensure that handling is conducted safely and sanitarily.
4. When purchasing chicken that has already been processed, ensure that the chicken is free of all entrails and is not discoloured.

The information is published in accordance with Section 44(1) of the Consumer Protection and Safety Act 1985 and does not constitute an attempt to advertise for any business establishment.

- **Director of Consumer Guidance**



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