



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

CONSUMER
AFFAIRS DIVISION
PUTTING THE POWER ON YOUR SIDE

V.A.T. REMOVAL EXERCISE OCTOBER - NOVEMBER, 2021

Through the Ministry of Finance of Trinidad and Tobago, a supplementary list of Basic Food Items became VAT-Free (Zero-Rated) from Monday November 01, 2021. This was published as The Value Added Tax (Amendment to Schedule 2) (No. 2) Order, 2021; Legal Notice No. 259, dated October 29th, 2021.

The Consumer Protection and Safety Act Chapter 82:34 of 1985 allows for the monitoring of all goods as it states that the Consumer Affairs Division (CAD) is responsible for keeping under review “the carrying on of commercial activities in Trinidad and Tobago which relate to goods supplied to consumers in Trinidad and Tobago or produced with a view to their being so supplied.” Through this legislative authority, the CAD undertook the collection of prices at thirty-two (32) supermarkets within sixteen (16) areas across Trinidad.

An initial monitoring exercise was conducted between October 30-31, 2021 and then on November 02, 2021. The purpose of this exercise was to determine whether or not supermarkets were in compliance with the aforementioned Legal Notice. During this period, most supermarkets were found to be in a transitional phase with regard to removing V.A.T. on relevant items. Officers of the CAD then revisited these supermarkets between November 06-07, 2021 to further gauge, through the collection and comparison of price data, whether the supermarkets were compliant with Legal Notice 259.

Further, it serves as a reminder to supermarket owners who are not yet fully compliant with Legal Notice 259. The Ministry of Trade and Industry (MTI) has noted that while many supermarkets have made the effort to remove V.A.T. from the relevant items, there are many which have still not done so for several items, and even some which have not started the process. The MTI, through the officers of the Consumer Affairs Division, will be continuing to make regular checks at various supermarkets throughout the country to ensure full compliance.

KEY

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|  Savings after V.A.T. Removal |  V.A.T. removed before Nov 01, 2021 |
|  Items with no savings |  Items on special |

Search Item			Diego Martin/Petit Valley					
			Westbees Supermarket			Massy Stores Ayce Glen		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$17.75	\$16.95	\$0.80	\$26.99	\$23.99	\$3.00
SOYABEAN OIL	Lotus	900ml	\$22.95	\$20.40	\$2.55			
OLIVE OIL	James Plagniol	1L	\$119.95	\$106.65	\$13.30		\$118.18	
COCONUT OIL	Nariel	900ml	\$39.95	\$35.50	\$4.45	\$40.50	\$36.00	\$4.50
CANOLA OIL	Wesson	48 oz	\$64.95	\$57.75	\$7.20	\$67.00	\$57.78	\$9.22
GHEE	Cow Brand	900g	\$122.95	\$114.65	\$8.30			
PEANUT BUTTER	Matouk's	500g	\$19.95	\$17.75	\$2.20	\$20.70	\$18.40	\$2.30
BLACK PEPPER	Chief	85g	\$9.99	\$8.90	\$1.09	\$9.79	\$8.70	\$1.09
GEERA (Ground)	Chief	85g	\$8.95	\$7.95	\$1.00	\$8.50	\$7.56	\$0.94
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$11.55	\$1.44	\$12.99	\$11.55	\$1.44
FROSTED FLAKES (Local)	Sunshine	284g	\$16.99	\$15.10	\$1.89	\$16.99	\$15.10	\$1.89
CONDENSED MILK	Nestle	395g	\$11.95	\$10.95	\$1.00	\$11.99	\$10.66	\$1.33
INSTANT COFFEE	Nescafe	100g	\$34.95	\$31.10	\$3.85	\$34.99	\$32.84	\$2.15
TEA BAGS (Black Tea)	Lipton	50 pk	\$28.95	\$25.75	\$3.20	\$31.99	\$28.44	\$3.55
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$24.95	\$22.20	\$2.75	\$25.95	\$22.67	\$3.28
ORANGE JUICE	T/Citrus	19 oz	\$9.95	\$9.95	\$0.00	\$11.99	\$10.66	\$1.33
WATER (Bottled Water)	Blue Waters	500 ml	\$1.99	\$1.80	\$0.19	\$1.55	\$1.38	\$0.17
VIENNA SAUSAGE	Santa Rosa	141g	\$5.75	\$5.15	\$0.60	\$6.15	\$5.47	\$0.68
CHICKEN FRANKS (Hot Dog)	Blue Ribbon	12pk	\$16.95	\$15.10	\$1.85	\$17.10	\$15.20	\$1.90
TUNA FLAKES IN WATER	Brunswick	142g	\$7.95	\$7.10	\$0.85	\$9.50	\$8.44	\$1.06
TUNA FLAKES IN OIL	Brunswick	142g	\$7.95	\$7.10	\$0.85	\$9.50	\$8.44	\$1.06
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g 15oz	\$15.95	\$14.20	\$1.75	\$18.99	\$16.88	\$2.11
RED BEANS	MP	1 Tin	\$6.95	\$6.20	\$0.75	\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$6.95	\$6.20	\$0.75	\$7.15	\$6.36	\$0.79
GREEN PIGEON PEAS	MP	1 Tin	\$7.95	\$7.10	\$0.85	\$10.75	\$9.56	\$1.19
PROCESSED PIGEON PEAS	MP	1 Tin	\$6.95	\$7.15	-\$0.20			
CANNED CORN	MP	1 Tin	\$9.95	\$8.85	\$1.10	\$10.50	\$9.33	\$1.17
CANNED MIXED VEGETABLES	MP	1 Tin	\$10.95	\$9.75	\$1.20			
MAYONNAISE	Swiss	375ml	\$14.95	\$13.30	\$1.65	\$15.50	\$13.78	\$1.72
KETCHUP (Bottled)	Matouk's	750ml	\$10.99	\$9.80	\$1.19	\$12.99	\$11.55	\$1.44
KETCHUP (Spouch)	Swiss	750ml	\$10.50	\$9.35	\$1.15	\$10.50	\$9.33	\$1.17
SOYA CHUNKS	Cooksmate	454g	\$20.50	\$18.95	\$1.55	\$20.24	\$17.99	\$2.25
SOYA MINCED	Cooksmate	454g	\$20.50	\$18.25	\$2.25			
TABLE BUTTER	Kerrygold	454g	\$59.95	\$53.30	\$6.65	\$62.99	\$55.99	\$7.00
PIG TAIL		454g	\$29.95	\$27.95	\$2.00	\$35.83	\$31.82	\$4.01
HAM SLICES	Erin Farm	pk	\$12.49	\$11.10	\$1.39	\$13.39	\$11.90	\$1.49
TURKEY SLICES	Mac Foods	pk	\$12.95	\$11.50	\$1.45	\$13.99	\$12.44	\$1.55
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$13.49	\$12.40	\$1.09	\$13.99	\$12.89	\$1.10
BOLOGNA (Chicken)	Erin Farm	pk	\$9.95	\$7.10	\$2.85	\$8.15	\$7.24	\$0.91
CRIX (Original)		9oz	\$12.99	\$11.55	\$1.44	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$5.65	\$5.25	\$0.40	\$5.40	\$4.89	\$0.51
TOP RAMEN SOUP		pk	\$3.50	\$3.15	\$0.35	\$4.40	\$3.91	\$0.49
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.25	\$0.75	\$7.00	\$6.22	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$8.90	\$1.10	\$10.00	\$8.89	\$1.11
CRACKERS	Dixie	9oz	\$14.00	\$13.35	\$0.65	\$15.00	\$13.33	\$1.67
CINNAMON (WHOLE SPICE)	Jan's	pk/20g	\$4.50	\$4.00	\$0.50			
CINNAMON (GROUND)	Chief	pk/15g	\$6.95	\$6.20	\$0.75	\$6.75		
CLOVES (WHOLE)	Chief	pk/10g	\$7.99	\$7.10	\$0.89	\$8.30	\$7.38	\$0.92
NUTMEG (WHOLE AND GROUND)	Chief	pk/40g	\$5.95	\$5.30	\$0.65			
GINGER (GROUND)	Chief	pk/40g	\$4.95	\$4.40	\$0.55			
GINGER (GROUND)	Chef Choice	pk/22g				\$4.80	\$4.26	\$0.54
SAFFRON	Chief	85g	\$8.95	\$7.95	\$1.00	\$8.20	\$7.29	\$0.91
ALMOND MILK	Silk	1L	\$29.95	\$26.65	\$3.30	\$30.99	\$27.55	\$3.44
SALAMI (BEEF)		pk	\$15.50	\$13.75	\$1.75	\$14.79	\$13.15	\$1.64
CORN OIL	Wesson	48oz				\$62.00	\$55.10	\$6.90

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item	Barataria								
	Item	Brand	Size	Food Giant			Jumbo Foods		
				With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$24.75	\$22.00	\$2.75				
SOYABEAN OIL	Country House	900ml				\$22.95	\$19.95	\$3.00	
OLIVE OIL	James Plagniol	1L	\$127.75	\$113.56	\$14.19	\$125.95	\$112.95	\$13.00	
COCONUT OIL	Nariel	900ml	\$38.60	\$36.00	\$2.60	\$39.95	\$35.95	\$4.00	
CANOLA OIL	Wesson	48 oz	\$60.95	\$54.18	\$6.77	\$62.50	\$56.95	\$5.55	
GHEE	Cow Brand	900g	\$119.95	\$108.00	\$11.95				
PEANUT BUTTER	Matouk's	500g	\$20.90	\$17.60	\$3.30	\$16.95	\$14.95	\$2.00	
BLACK PEPPER	Cariherb	85g	\$9.50	\$9.50	\$0.00	\$9.50	\$9.50	\$0.00	
GEERA (Ground)	Chief	85g	\$8.50	\$8.51	-\$0.01	\$8.50	\$8.50	\$0.00	
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$13.50	-\$0.50				
FROSTED FLAKES (Local)	Sunshine	284g	\$17.00						
CONDENSED MILK	Nestle	395g	\$11.50	\$10.23	\$1.27	\$12.25	\$9.95	\$2.30	
INSTANT COFFEE	Nescafe	100g	\$34.65	\$34.65	\$0.00	\$35.95	\$30.95	\$5.00	
TEA BAGS (Black Tea)	Lipton	50 pk	\$30.95	\$30.95	\$0.00	\$33.95	\$30.95	\$3.00	
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$23.75	\$23.75	\$0.00	\$25.95	\$23.75	\$2.20	
ORANGE JUICE	T/Citrus	19 oz	\$12.15	\$10.80	\$1.35	\$11.95	\$12.15	-\$0.20	
WATER (Bottled Water)	Blue Waters	500 ml	\$1.50			\$2.00			
VIENNA SAUSAGE	Santa Rosa	141g	\$5.25	\$4.67	\$0.58	\$5.50	\$4.75	\$0.75	
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$18.45	\$15.95	\$2.50	\$16.95	\$18.45	-\$1.50	
TUNA FLAKES IN WATER	Brunswick	142g	\$8.65	\$7.95	\$0.70	\$8.95	\$8.65	\$0.30	
TUNA FLAKES IN OIL	Brunswick	142g	\$9.50	\$8.45	\$1.05	\$8.95	\$7.95	\$1.00	
CANNED MACKEREL (in Tomato Sauce)	Rainbow	425g 15oz	\$11.40	\$10.14	\$1.26	\$12.95	\$12.95	\$0.00	
RED BEANS	MP	1 Tin	\$8.20	\$7.29	\$0.91	\$7.95	\$7.95	\$0.00	
BAKED BEANS	MP	1 Tin	\$7.25	\$6.45	\$0.80	\$6.95	\$6.45	\$0.50	
GREEN PIGEON PEAS	Rainbow	1 Tin	\$9.95	\$9.34	\$0.61	\$10.95	\$9.95	\$1.00	
PROCESSED PIGEON PEAS	MP	1 Tin	\$8.20	\$7.29	\$0.91				
CANNED CORN	MP	1 Tin	\$10.35	\$9.20	\$1.15	\$10.50	\$9.20	\$1.30	
CANNED MIXED VEGETABLES	MP	1 Tin	\$10.95	\$9.73	\$1.22	\$10.95	\$9.73	\$1.22	
MAYONNAISE	Matouk's	375ml	\$14.40	\$12.80	\$1.60	\$13.95	\$12.50	\$1.45	
KETCHUP (Bottled)	Matouk's	750ml	\$11.95	\$10.62	\$1.33	\$12.95	\$9.95	\$3.00	
KETCHUP (Spouch)	Swiss	750ml	\$9.95	\$8.85	\$1.10	\$9.95	\$9.50	\$0.45	
SOYA CHUNKS	Cooksmate	454g	\$22.80	\$19.50	\$3.30	\$19.50	\$19.50	\$0.00	
SOYA MINCED	Cooksmate	454g	\$22.80						
TABLE BUTTER	Anchor	454g	\$53.95	\$53.96	-\$0.01	\$54.95	\$53.95	\$1.00	
PIG TAIL		454g	\$36.89	\$34.52		\$34.52	\$32.79		
HAM SLICES	Mac Foods	pk/150g	\$13.95	\$12.40	\$1.55	\$12.95	\$12.95	\$0.00	
TURKEY SLICES	Erin Farm	pk/150g				\$11.95	\$11.95	\$0.00	
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g							
BOLOGNA (Chicken)	Erin Farm	pk/150g	\$8.35	\$7.95	\$0.40	\$7.95	\$7.95	\$0.00	
CRIX (Original)		9oz	\$13.00	\$11.51	\$1.49	\$13.00	\$13.00	\$0.00	
MAGGI Chicken Noodle Soup Pack		60g	\$5.95	\$5.95	\$0.00	\$5.95	\$4.95	\$1.00	
TOP RAMEN SOUP		pk	\$3.95	\$3.50					
SWEET BISCUITS (BOURBON)	Devon	large	\$6.99	\$6.23	\$0.76	\$7.00	\$6.99	\$0.01	
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00			\$10.00	\$6.99	\$3.01	
CRACKERS	Dixie	9.7oz	\$15.00	\$14.22	\$0.78	\$15.00	\$15.00	\$0.00	
CINNAMON (WHOLE SPICE)	Chief	pk/25g	\$4.45			\$4.75	\$4.75	\$0.00	
CINNAMON (GROUND)	Chief	pk/15g	\$5.95			\$5.95	\$5.95	\$0.00	
CLOVES (WHOLE)	Chief	pk/10g	\$8.25	\$8.25	\$0.00	\$8.25	\$8.25	\$0.00	
NUTMEG (WHOLE AND GROUND)	S&S Spices	pk/40g	\$6.25	\$6.25	\$0.00				
GINGER (GROUND)	Chief	pk/40g	\$4.50	\$4.50	\$0.00	\$4.50	\$4.50	\$0.00	
GINGER (GROUND)	S&S Spices	pk	\$4.85	\$4.85	\$0.00				
SAFFRON	Chief	85g	\$8.50			\$8.50	\$8.50	\$0.00	
ALMOND MILK	Almond Breeze	32fl oz.	\$25.30	\$25.30	\$0.00	\$26.95			
SALAMI	Erin	pk/200g	\$16.45	\$14.62	\$1.83	\$14.95	\$16.45	-\$1.50	
CORN OIL	Wesson	48oz							

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item	San Juan								
	Item	Brand	Size	Diskomart			Tru Valu		
				With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml				\$19.95	\$22.00	-\$2.05	
SOYABEAN OIL	Lotus	900ml	\$23.99	\$21.32	\$2.67				
OLIVE OIL	James Plagniol	500ml	\$73.25	\$64.50	\$8.75	\$72.50	\$64.50	\$8.00	
COCONUT OIL	Nariel	900ml	\$38.90	\$36.00	\$2.90	\$39.25	\$34.95	\$4.30	
CANOLA OIL	Crisco	32oz				\$48.00	\$42.75	\$5.25	
GHEE	Cow Brand	400g	\$64.99	\$57.77	\$7.22	\$59.25			
PEANUT BUTTER	Matouk's	500g	\$20.70	\$18.40	\$2.30	\$20.50	\$18.75	\$1.75	
BLACK PEPPER	Chief	85g		\$8.70		\$9.95	\$9.00	\$0.95	
GEERA (Ground)	Chief	85g	\$8.50			\$8.50	\$7.50	\$1.00	
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$11.55	\$1.44	\$12.99	\$11.95	\$1.04	
FROSTED FLAKES (Local)	Sunshine	20 oz	\$29.99	\$26.66	\$3.33	\$30.00	\$26.95	\$3.05	
CONDENSED MILK	Nestle	395g	\$11.99	\$10.66	\$1.33	\$11.00	\$11.75	-\$0.75	
INSTANT COFFEE	Nescafe	100g	\$34.99	\$35.33	-\$0.34		\$48.00		
TEA BAGS (Black Tea)	Lipton	50 pk	\$31.99	\$28.44	\$3.55	\$31.75	\$28.25	\$3.50	
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$25.50	\$23.07	\$2.43	\$25.00	\$22.00	\$3.00	
ORANGE JUICE	T/Citrus	19 oz					\$9.25		
WATER (Bottled Water)	Blue Waters	500 ml	\$1.55	\$1.38	\$0.17	\$1.35	\$1.25	\$0.10	
VIENNA SAUSAGE	Santa Rosa	141g	\$6.15	\$5.47	\$0.68	\$5.50	\$4.75	\$0.75	
CHICKEN FRANKS (Hot Dog)	Mac Foods	12pk	\$17.40	\$17.10	\$0.30	\$16.25	\$14.00	\$2.25	
TUNA FLAKES IN WATER	Brunswick	142g				\$9.00	\$7.75	\$1.25	
TUNA FLAKES IN OIL	Brunswick	142g		\$8.44		\$8.50	\$8.00	\$0.50	
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g 15oz	\$18.99			\$17.00	\$15.25	\$1.75	
RED BEANS (Tin)	MP	1 Tin	\$7.99	\$7.10	\$0.89	\$7.95	\$7.00	\$0.95	
BAKED BEANS	MP	1 Tin		\$6.36		\$6.75	\$6.00	\$0.75	
GREEN PIGEON PEAS	MP	1 Tin	\$10.75	\$9.56	\$1.19	\$11.00	\$10.00	\$1.00	
PROCESSED PIGEON PEAS	MP	1 Tin	\$8.50	\$7.56	\$0.94	\$8.25	\$7.25	\$1.00	
CANNED CORN	MP	1 Tin		\$9.33		\$10.00	\$9.00	\$1.00	
CANNED MIXED VEGETABLES	Matouk's	1 Tin	\$9.50	\$10.22	-\$0.72	\$10.95	\$10.00	\$0.95	
MAYONNAISE	MP	375ml	\$12.99	\$11.55	\$1.44	\$13.00	\$10.25	\$2.75	
KETCHUP (Bottled)	Matouk's	750ml	\$10.99	\$11.50	-\$0.51	\$12.25	\$11.00	\$1.25	
KETCHUP (Spouch)	Swiss	750ml	\$10.50	\$9.33	\$1.17	\$10.50	\$9.50	\$1.00	
SOYA CHUNKS	Cooksmate	454g	\$20.24	\$18.00	\$2.24	\$22.50	\$20.00	\$2.50	
SOYA MINCED	Cooksmate	454g	\$20.25	\$17.99	\$2.26				
TABLE BUTTER	Kerrygold	454g	\$62.99	\$55.99	\$7.00	\$55.00	\$53.25	\$1.75	
PIG TAIL		454g	\$35.90	\$31.91	\$3.99	\$36.34	\$31.82	\$4.52	
HAM SLICES	Erin Farm	pk	\$13.39	\$12.70	\$0.69	\$13.25	\$12.00	\$1.25	
TURKEY SLICES	Erin Farm	pk	\$14.29	\$12.70	\$1.59	\$13.50			
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g				\$13.95	\$12.25	\$1.70	
BOLOGNA (Chicken)	Erin Farm	pk	\$8.15	\$7.10	\$1.05	\$8.25	\$7.00	\$1.25	
CRIX (Original)		9oz	\$13.00	\$11.56	\$1.44	\$13.00	\$11.50	\$1.50	
MAGGI Chicken Noodle Soup Pack		60g	\$5.50	\$4.89	\$0.61	\$6.50	\$5.50	\$1.00	
TOP RAMEN SOUP		pk	\$4.60	\$4.09	\$0.51	\$4.15	\$4.00	\$0.15	
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.22	\$0.78		\$6.25		
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$8.89	\$1.11		\$9.00		
CRACKERS	Dixie	9oz				\$16.00	\$13.50	\$2.50	
CINNAMON (WHOLE SPICE)	Chef Choice	pk	\$8.99	\$7.81	\$1.18				
CINNAMON (GROUND)	Chef Choice	pk		\$4.67					
CLOVES (WHOLE)	Chef Choice	pk	\$6.18	\$6.00	\$0.18	\$6.00			
NUTMEG (WHOLE AND GROUND)		pk							
GINGER (GROUND)	Chef Choice	pk	\$4.49	\$4.80	-\$0.31				
GINGER (GROUND)	Chief			\$3.99		\$4.50	\$4.00	\$0.50	
SAFFRON	Chief	85g		\$7.29		\$8.50	\$7.50	\$1.00	
ALMOND MILK	Silk	1L	\$30.99	\$27.55	\$3.44				
SALAMI	Great Foods	pk	\$14.79			\$14.25			
CORN OIL	Wesson	48oz				\$66.00	\$61.50	\$4.50	

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Curepe					
			Massy Stores St. Augustine			Tru Valu Valpark		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$24.99	\$23.99	\$1.00	\$19.95	\$17.75	\$2.20
SOYABEAN OIL	Eve	900ml						
OLIVE OIL	James Plagniol	1L	\$132.95	\$118.18	\$14.77	\$131.50	\$116.95	\$14.55
COCONUT OIL	Nariel	900ml	\$40.50	\$36.00	\$4.50	\$39.25	\$34.95	\$4.30
CANOLA OIL	Crisco	48 oz	\$70.99					
	Wesson	48 oz	\$67.00	\$57.78	\$9.22	\$66.00	\$58.00	\$8.00
GHEE	Cow Brand	400g				\$64.50		
		900g						
PEANUT BUTTER	Matouk's	500g	\$20.70	\$18.40	\$2.30	\$20.50	\$18.00	\$2.50
BLACK PEPPER	Chief	85g	\$9.75	\$8.70	\$1.05	\$9.75	\$9.00	\$0.75
	Cariherb	85g				\$9.50	\$8.00	\$1.50
GEERA (Ground)		85g	\$8.50	\$7.56	\$0.94	\$8.50	\$7.00	\$1.50
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$11.55	\$1.44	\$13.00	\$11.95	\$1.05
FROSTED FLAKES (Local)	Sunshine	284g	\$16.99	\$15.10	\$1.89	\$17.00	\$15.00	\$2.00
CONDENSED MILK	Nestle	395g	\$11.99	\$10.66	\$1.33	\$12.50	\$11.75	\$0.75
INSTANT COFFEE	Nescafe	100g	\$34.00	\$35.33	-\$1.33	\$37.00	\$32.00	\$5.00
TEA BAGS (Black Tea)	Lipton	50 pk				\$31.75	\$28.25	\$3.50
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$25.50	\$22.67	\$2.83	\$25.00	\$22.00	\$3.00
ORANGE JUICE	T/Citrus	19 oz	\$11.99	\$10.66	\$1.33	\$12.00	\$10.75	\$1.25
WATER (Bottled Water)	Blue Waters	500 ml	\$1.55	\$1.38	\$0.17	\$1.98	\$1.25	\$0.73
VIENNA SAUSAGE	Santa Rosa	141g				\$5.50	\$4.75	\$0.75
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$18.15	\$16.13	\$2.02	\$17.50	\$15.00	\$2.50
TUNA FLAKES IN WATER	Brunswick	142g	\$9.50	\$8.44	\$1.06	\$9.00	\$8.00	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$9.50	\$8.44	\$1.06			
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$18.99	\$16.88	\$2.11	\$17.00	\$15.25	\$1.75
RED BEANS	MP	1 Tin	\$7.99	\$7.10	\$0.89	\$7.95	\$7.00	\$0.95
BAKED BEANS	MP	1 Tin				\$6.75	\$6.00	\$0.75
GREEN PIGEON PEAS	MP	1 Tin					\$9.75	
PROCESSED PIGEON PEAS	MP	1 Tin	\$8.50	\$7.56	\$0.94	\$11.00	\$9.77	\$1.23
CANNED CORN	MP	1 Tin	\$10.50	\$9.33	\$1.17	\$10.00	\$8.75	\$1.25
CANNED MIXED VEGETABLES	MP	1 Tin				\$10.95	\$9.50	\$1.45
MAYONNAISE	Swiss	375ml	\$15.50	\$13.78	\$1.72	\$14.95	\$12.25	\$2.70
KETCHUP (Bottled)	Matouk's	750ml	\$12.99	\$10.99	\$2.00	\$12.25	\$11.00	\$1.25
KETCHUP (Spouch)	Swiss	750ml	\$10.50	\$9.33	\$1.17	\$8.00	\$9.50	-\$1.50
SOYA CHUNKS	Cooksmate	230g	\$10.45	\$9.25	\$1.20	\$9.50	\$8.44	\$1.06
SOYA MINCED	Cooksmate	454g	\$20.75	\$18.00	\$2.75	\$29.25	\$26.00	\$3.25
TABLE BUTTER	Kerrygold	454g	\$62.99	\$55.99	\$7.00	\$55.00	\$49.00	\$6.00
PIG TAIL		454g	\$35.90	\$29.32	\$6.58	\$32.00	\$28.00	\$4.00
HAM SLICES	Erin Farm	pk	\$13.39	\$11.90	\$1.49	\$13.25	\$12.00	\$1.25
TURKEY SLICES	Erin Farm	pk	\$14.29	\$12.70	\$1.59	\$13.95	\$12.00	\$1.95
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$14.50	\$12.89	\$1.61	\$13.50	\$12.25	\$1.25
BOLOGNA (Chicken)	Erin Farm	pk	\$8.15	\$7.24	\$0.91	\$8.25	\$7.00	\$1.25
CRIX (Original)		9oz	\$13.00	\$11.56	\$1.44	\$13.00	\$11.50	\$1.50
MAGGI Chicken Noodle Soup Pack		60g	\$5.50	\$4.89	\$0.61	\$6.50	\$5.50	\$1.00
TOP RAMEN SOUP		pk	\$4.60	\$4.09	\$0.51	\$4.75	\$4.00	\$0.75
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.22	\$0.78	\$7.00	\$6.25	\$0.75
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$8.89	\$1.11		\$6.25	
CRACKERS	Dixie	9oz	\$15.00	\$13.33	\$1.67	\$15.00	\$11.00	\$4.00
CINNAMON (WHOLE SPICE)		35g	\$8.79	\$7.81	\$0.98	\$4.75	\$4.25	\$0.50
CINNAMON (GROUND)		35g	\$5.25	\$4.67	\$0.58	\$6.95		
CLOVES (WHOLE)	Joan's	10g	\$6.75	\$6.00	\$0.75	\$5.00	\$4.40	\$0.60
	Mr Chef					\$7.00	\$6.25	\$0.75
NUTMEG (WHOLE AND GROUND)	Chief 40g	pk	\$6.50	\$5.78	\$0.72	\$9.00	\$8.00	\$1.00
GINGER (GROUND)	Mr Chef	21g	\$4.80	\$4.26	\$0.54	\$4.75	\$4.25	\$0.50
	Chief	35g	\$6.75	\$6.00	\$0.75	\$4.50	\$4.00	\$0.50
SAFFRON	Chief	85g	\$8.20	\$7.29	\$0.91	\$8.50	\$7.50	\$1.00
ALMOND MILK	Silk	1L	\$30.99	\$27.55	\$3.44			
SALAMI		200g	\$14.79	\$13.15	\$1.64	\$14.50	\$14.25	\$0.25
CORN OIL	Wesson	48oz	\$62.00	\$55.11	\$6.89	\$63.00	\$61.50	\$1.50

■ Savings after V.A.T. Removal
 ■ V.A.T. removed before Nov 01, 2021

■ Items with no savings
 ■ Items on special

Search Item	Brand	Size	Tunapuna					
			Cost Cutters			Diskomart		
			With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$25.00	\$22.25	\$2.75	\$26.99	\$23.99	\$3.00
SOYABEAN OIL	Eve	900ml				\$25.50	\$22.67	\$2.83
OLIVE OIL	James Plagniol	1L	\$86.50	\$76.95	\$9.55		\$118.18	
COCONUT OIL	Nariel	900ml				\$40.50	\$36.00	\$4.50
CANOLA OIL	Crisco	48 oz	\$62.50	\$55.50	\$7.00			
	Wesson	48 oz	\$59.95	\$53.25	\$6.70	\$65.00	\$57.78	\$7.22
GHEE	Cow Brand	400g	\$59.95	\$51.50	\$8.45			
		900g				\$127.99	\$114.66	\$13.33
PEANUT BUTTER	Matouk's	500g	\$19.50	\$17.35	\$2.15	\$20.70	\$18.40	\$2.30
BLACK PEPPER	Chief	85g						
		40g				\$7.86	\$4.99	\$2.87
GEERA (Ground)		85g	\$7.50	\$7.50	\$0.00	\$8.50	\$7.56	\$0.94
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$11.50	\$1.50	\$12.99	\$11.55	\$1.44
FROSTED FLAKES (Local)	Sunshine	284g	\$16.95	\$15.00	\$1.95	\$16.99	\$15.10	\$1.89
CONDENSED MILK	Nestle	395g	\$10.95	\$9.55	\$1.40	\$11.99	\$10.66	\$1.33
INSTANT COFFEE	Nescafe	100g	\$33.95	\$30.15	\$3.80	\$34.99	\$35.33	-\$0.34
TEA BAGS (Black Tea)	Lipton	50 pk	\$27.95	\$27.95	\$0.00	\$31.99	\$28.44	\$3.55
TEA BAGS (Pure Green Tea)	Lipton	20 pk				\$25.95	\$22.67	\$3.28
ORANGE JUICE	T/Citrus	19 oz	\$10.00	\$10.00	\$0.00	\$11.95	\$10.66	\$1.29
WATER (Bottled Water)	Blue Waters	500 ml	\$1.50	\$1.50	\$0.00			
VIENNA SAUSAGE	Santa Rosa	141g	\$5.00	\$4.44	\$0.56	\$6.15	\$5.47	\$0.68
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$14.50	\$14.50	\$0.00	\$18.15	\$16.13	\$2.02
TUNA FLAKES IN WATER	Brunswick	142g	\$8.25	\$7.35	\$0.90	\$9.50	\$8.44	\$1.06
TUNA FLAKES IN OIL	Brunswick	142g	\$8.25	\$7.35	\$0.90	\$9.50	\$8.44	\$1.06
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$14.95	\$13.25		\$18.99	\$16.88	\$2.11
RED BEANS	MP	1 Tin				\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$6.50			\$7.99	\$6.36	\$1.63
GREEN PIGEON PEAS	MP	1 Tin				\$10.75	\$9.56	\$1.19
PROCESSED PIGEON PEAS	MP	1 Tin					\$7.56	
CANNED CORN	MP	1 Tin				\$10.50	\$9.33	\$1.17
CANNED MIXED VEGETABLES	MP	1 Tin	\$10.50					
MAYONNAISE	Swiss	375ml	\$13.95	\$12.45		\$15.50	\$13.78	\$1.72
KETCHUP (Bottled)	Matouk's	750ml	\$10.95	\$9.75	\$1.20	\$10.99	\$11.55	-\$0.56
KETCHUP (Spouch)	Swiss	750ml		\$8.45		\$10.50	\$9.33	\$1.17
SOYA CHUNKS	Chatak	230g	\$11.95	\$11.95	\$0.00			
SOYA MINCED	Cooksmate	454g	\$18.50			\$20.25	\$17.99	\$2.26
TABLE BUTTER	Kerrygold	454g	\$57.95					
PIG TAIL		454g	\$26.36	\$23.41	\$2.95			
HAM SLICES	Erin Farm	pk	\$11.95	\$10.65	\$1.30	\$13.99	\$13.39	\$0.60
TURKEY SLICES	Erin Farm	pk	\$12.95			\$14.29	\$12.70	\$1.59
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$12.95	\$11.50	\$1.45		\$11.50	
BOLOGNA (Chicken)	Erin Farm	150g	\$7.95	\$7.00	\$0.95	\$8.15	\$8.13	\$0.02
CRIX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$4.95	\$4.95		\$5.50	\$4.89	\$0.61
TOP RAMEN SOUP		pk				\$4.60	\$4.09	\$0.51
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00			\$7.00	\$6.22	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$9.00	\$1.00	\$10.00	\$8.89	\$1.11
CRACKERS	Dixie	9oz	\$15.25	\$13.50		\$15.00	\$13.33	\$1.67
CINNAMON (WHOLE SPICE)	Jan's	20g				\$4.83	\$4.29	\$0.54
CINNAMON (GROUND)	Jan's	pk				\$6.18	\$4.29	\$1.89
CLOVES (WHOLE)	Chatak	pk	\$5.95					
NUTMEG (WHOLE AND GROUND)	Chief	20g	\$4.50					
GINGER (GROUND)	Chatak	7g	\$1.95					
SAFFRON	Chief	85g	\$7.75			\$8.20	\$7.29	\$0.91
ALMOND MILK	Silk	1L				\$36.50	\$27.55	\$8.95
SALAMI	Blue Ribbon	200g				\$15.99	\$14.21	\$1.78
CORN OIL	Wesson	48oz						

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Arima					
			Xtra Foods			Massy Stores		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$22.99	\$20.44	\$2.55	\$26.99	\$23.99	\$3.00
SOYABEAN OIL	Eve	900ml						
OLIVE OIL	James Plagniol	1L	\$135.00	\$120.00	\$15.00			
COCONUT OIL	Nariel	900ml	\$41.99	\$37.32	\$4.67	\$40.50	\$36.00	\$4.50
CANOLA OIL	Crisco	48 oz	\$74.99	\$66.66	\$8.33			
	Wesson	48 oz	\$64.99	\$60.44	\$4.55	\$65.00	\$57.78	\$7.22
GHEE	Cow Brand	400g	\$61.99	\$55.10	\$6.89			
		900g	\$123.00	\$109.33	\$13.67			
PEANUT BUTTER	Matouk's	500g	\$21.99	\$19.55	\$2.44	\$20.70	\$18.40	\$2.30
BLACK PEPPER	Chief	85g	\$9.49	\$8.44	\$1.05	\$9.79	\$8.70	\$1.09
	Cariherb	85g	\$9.49	\$8.44	\$1.05			
GEERA (Ground)	Chief	85g	\$8.49	\$7.55	\$0.94	\$8.50	\$7.56	\$0.94
CORN FLAKES (Local)	Sunshine	200g	\$12.99	\$11.55	\$1.44	\$12.99	\$11.55	\$1.44
FROSTED FLAKES (Local)	Sunshine	284g	\$16.99	\$15.10	\$1.89	\$16.99	\$15.10	\$1.89
CONDENSED MILK	Nestle	395g	\$12.99	\$9.77	\$3.22	\$11.99	\$10.66	\$1.33
INSTANT COFFEE	Nescafe	100g	\$33.99	\$30.21	\$3.78	\$34.99	\$32.84	\$2.15
TEA BAGS (Black Tea)	Lipton	50 pk	\$33.99	\$30.21	\$3.78	\$31.99	\$28.44	\$3.55
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$25.99	\$23.10	\$2.89	\$25.95	\$22.67	\$3.28
ORANGE JUICE	T/Citrus	19 oz	\$11.99	\$10.66	\$1.33	\$11.99	\$10.66	\$1.33
WATER (Bottled Water)	Blue Waters	500 ml	\$1.49	\$1.32	\$0.17	\$1.55	\$1.38	\$0.17
VIENNA SAUSAGE	Santa Rosa	141g	\$5.99	\$5.32	\$0.67	\$6.15	\$5.47	\$0.68
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$19.49	\$17.32	\$2.17	\$18.15	\$16.13	\$2.02
TUNA FLAKES IN WATER	Brunswick	142g	\$8.99	\$7.99	\$1.00	\$9.50	\$8.44	\$1.06
TUNA FLAKES IN OIL	Brunswick	142g	\$8.99	\$7.99	\$1.00	\$9.50	\$8.44	\$1.06
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$17.99	\$15.99	\$2.00	\$18.99	\$16.88	\$2.11
RED BEANS	MP	1 Tin	\$7.99	\$5.92	\$2.07	\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$7.49	\$6.66	\$0.83	\$7.15	\$6.36	\$0.79
GREEN PIGEON PEAS	MP	1 Tin	\$10.99	\$9.77	\$1.22	\$10.75	\$9.56	\$1.19
PROCESSED PIGEON PEAS	MP	1 Tin	\$7.99	\$7.10	\$0.89	\$8.50	\$7.56	\$0.94
CANNED CORN	MP	1 Tin	\$10.99	\$9.77	\$1.22	\$9.99	\$9.33	\$0.66
CANNED MIXED VEGETABLES	MP	1 Tin	\$11.49	\$10.21	\$1.28			
MAYONNAISE	Swiss	375ml	\$15.99	\$14.21	\$1.78	\$15.50	\$13.78	\$1.72
KETCHUP (Bottled)	Matouk's	750ml	\$10.99	\$9.77	\$1.22	\$12.99	\$11.55	\$1.44
KETCHUP (Spouch)	Swiss	750ml	\$10.99	\$9.77	\$1.22	\$10.50	\$9.33	\$1.17
SOYA CHUNKS	Chatak	230g	\$13.99	\$12.44	\$1.55	\$12.95	\$12.44	\$0.51
SOYA MINCED	Cooksmate	454g	\$22.99	\$20.44	\$2.55			
TABLE BUTTER	Kerrygold	454g	\$63.99	\$56.88	\$7.11	\$62.99	\$55.99	\$7.00
PIG TAIL		454g	\$29.99	\$26.66	\$3.33	\$35.83	\$31.85	\$3.98
HAM SLICES	Mac Foods	pk	\$14.99	\$13.32	\$1.67	\$13.99	\$11.90	\$2.09
TURKEY SLICES	Mac Foods	pk	\$14.99	\$13.32	\$1.67			
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$14.99	\$13.32	\$1.67	\$14.50	\$12.89	\$1.61
BOLOGNA (Chicken)	Great Foods	pk	\$10.99	\$9.77	\$1.22	\$10.39	\$9.24	\$1.15
CRIX (Original)		9oz	\$12.99	\$11.55	\$1.44	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$5.99	\$5.32	\$0.67	\$5.40	\$4.89	\$0.51
TOP RAMEN SOUP	Roland	pk	\$4.49	\$3.99	\$0.50	\$4.40	\$3.91	\$0.49
SWEET BISCUITS (BOURBON)	Devon	large	\$6.99	\$6.21	\$0.78	\$7.00	\$6.22	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$8.89	\$1.11	\$10.00	\$8.89	\$1.11
CRACKERS	Dixie	9oz	\$14.99	\$13.32	\$1.67	\$15.00	\$13.33	\$1.67
CINNAMON (WHOLE SPICE)	Mr. Chef	20g pk	\$4.99	\$4.44	\$0.55			
CINNAMON (GROUND)	Chief	15g pk	\$6.49	\$5.77	\$0.72	\$5.95		
CLOVES (WHOLE)	Chief	10g pk	\$8.99	\$7.99	\$1.00	\$8.30	\$7.38	\$0.92
	Chef Coice	10g pk	\$5.99					
NUTMEG (WHOLE AND GROUND)	Chef Choice	25g pk	\$7.49		\$7.49	\$6.50	\$5.78	\$0.72
GINGER (GROUND)	Chef Choice	22g pk	\$4.99	\$4.44	\$0.55	\$4.80	\$4.26	\$0.54
	Mr. Chef		\$4.99	\$4.44	\$0.55			
SAFFRON	Chief	85g	\$8.49	\$7.54	\$0.95	\$8.20	\$7.29	\$0.91
ALMOND MILK	Silk	1L				\$30.99	\$27.55	\$3.44
SALAMI	Blue Ribbon	pk	\$16.99	\$15.10	\$1.89	\$16.00	\$14.21	\$1.79
CORN OIL	Wesson	48oz	\$64.99	\$57.77	\$7.22	\$62.00	\$55.10	\$6.90

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Sangre Grande						
			Maharaj Budget Price			Coss Cutters			
			Item	Brand	Size	With VAT	Without VAT	Savings	With VAT
VEGETABLE OIL	Richport	900ml	\$20.00	\$17.95	\$2.05		\$22.50		
SOYABEAN OIL	Eve	900ml				\$17.95			
OLIVE OIL	James Plagniol	1L				\$117.00	\$104.00	\$13.00	
COCONUT OIL	Nariel	900ml	\$36.00	\$32.00	\$4.00	\$39.25	\$34.95	\$4.30	
CANOLA OIL	Crisco	48 oz	\$64.00	\$60.50	\$3.50	\$69.95	\$58.75	\$11.20	
	Wesson	48 oz	\$65.00	\$58.00	\$7.00		\$57.95		
GHEE	Cow Brand	400g	\$60.00	\$53.60	\$6.40	\$60.00	\$58.00	\$2.00	
		900g	\$120.00	\$120.00	\$0.00	\$125.00	\$112.00	\$13.00	
PEANUT BUTTER	Matouk's	500g	\$22.00	\$19.50	\$2.50	\$20.50	\$18.25	\$2.25	
BLACK PEPPER	Chief	85g							
	Top Chef	85g	\$13.00	\$13.00	\$0.00	\$13.95	\$12.40	\$1.55	
GEERA (Ground)	Chief	85g	\$8.50	\$8.50	\$0.00	\$8.50	\$7.60	\$0.90	
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$13.00	\$0.00				
FROSTED FLAKES (Local)	Sunshine	284g	\$15.50	\$17.00	-\$1.50				
CONDENSED MILK	Nestle	395g	\$12.50	\$11.00	\$1.50	\$10.90	\$10.90	\$0.00	
INSTANT COFFEE	Nescafe	100g				\$35.00	\$31.15	\$3.85	
TEA BAGS (Black Tea)	Lipton	50 pk	\$29.95	\$29.95	\$0.00				
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$26.00	\$26.00	\$0.00	\$25.00	\$22.25	\$2.75	
ORANGE JUICE	T/Citrus	19 oz	\$13.00	\$13.00	\$0.00	\$10.00	\$10.75	-\$0.75	
WATER (Bottled Water)	Blue Waters	500 ml	\$4.00	\$2.50	\$1.50	\$4.00	\$2.50	\$1.50	
VIENNA SAUSAGE	Santa Rosa	141g	\$6.00	\$6.00	\$0.00	\$5.25	\$4.70	\$0.55	
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$18.00	\$18.00	\$0.00	\$16.00	\$15.50	\$0.50	
TUNA FLAKES IN WATER	Brunswick	142g	\$9.00	\$9.00	\$0.00	\$9.00	\$8.00	\$1.00	
TUNA FLAKES IN OIL	Brunswick	142g	\$9.00	\$9.00	\$0.00	\$9.00	\$8.00	\$1.00	
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$16.50	\$16.50	\$0.00	\$15.50	\$13.00	\$2.50	
RED BEANS (Tin)	MP	1 Tin		\$7.00		\$7.00	\$6.25	\$0.75	
BAKED BEANS (Tin)	MP	1 Tin	\$8.00	\$6.25	\$1.75	\$6.75	\$6.25	\$0.50	
GREEN PIGEON PEAS (Tin)	MP	1 Tin	\$11.00	\$11.00	\$0.00	\$10.25	\$9.25	\$1.00	
PROCESSED PIGEON PEAS	MP	1 Tin	\$7.00			\$7.50			
CANNED CORN	MP	1 Tin	\$9.00	\$8.00	\$1.00	\$10.75	\$8.95	\$1.80	
CANNED MIXED VEGETABLES	MP	1 Tin	\$8.00	\$7.00	\$1.00	\$10.75	\$9.60	\$1.15	
MAYONNAISE	Swiss	375ml	\$14.00	\$12.50	\$1.50	\$14.95	\$13.30	\$1.65	
KETCHUP (Bottled)	Matouk's	750ml	\$10.00	\$9.75	\$0.25	\$10.00	\$9.45	\$0.55	
KETCHUP (Spouch)	Swiss	750ml	\$7.95	\$9.50	-\$1.55	\$7.95	\$7.60	\$0.35	
SOYA CHUNKS	Chatak	230g	\$11.00	\$11.00	\$0.00				
SOYA MINCED	Cooksmate	454g	\$21.00	\$21.00	\$0.00				
TABLE BUTTER	Kerrygold	454g				\$57.95	\$51.50	\$6.45	
PIG TAIL		454g				\$29.09	\$31.82	-\$2.73	
HAM SLICES	Mac Foods	pk	\$14.00	\$14.00	\$0.00	\$13.25	\$11.80	\$1.45	
TURKEY SLICES	Erin Farm	pk							
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g							
BOLOGNA (Chicken)	Erin Farm	pk					\$7.25		
CRUX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$13.00	\$11.50	\$1.50	
MAGGI Chicken Noodle Soup Pack		60g	\$6.00	\$6.00	\$0.00	\$5.65	\$5.00	\$0.65	
TOP RAMEN SOUP		pk							
SWEET BISCUITS (BOURBON)	Devon 140g	large	\$7.00	\$7.00	\$0.00	\$7.00	\$6.25	\$0.75	
SWEET BISCUITS (VANILLA)	Bermudez	large							
CRACKERS	Dixie	9oz	\$16.00	\$16.00	\$0.00	\$15.00	\$13.50	\$1.50	
CINNAMON (WHOLE SPICE)	Top Chef	pk	\$7.50	\$7.50	\$0.00				
CINNAMON (GROUND)		pk							
CLOVES (WHOLE)	Top Chef	pk	\$7.00	\$7.00	\$0.00	\$8.25	\$7.40	\$0.85	
	JGM					\$7.00	\$6.25	\$0.75	
NUTMEG (WHOLE AND GROUND)		pk							
GINGER (GROUND)		pk	\$4.00	\$4.00	\$0.00				
SAFFRON	Chief	85g				\$8.50	\$7.60	\$0.90	
ALMOND MILK	Silk	1L	\$28.00	\$28.00	\$0.00	\$28.00	\$23.25	\$4.75	
SALAMI	Blue Ribbon	pk				\$15.00	\$13.50	\$1.50	
CORN OIL	Wesson	48oz				\$62.00	\$57.95	\$4.05	

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Cunupia/Montrose					
			Low Cost Supermarket S.M.R.			\$ Value		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$17.95					
SOYABEAN OIL	Maribel	900ml	\$15.95	\$15.95	\$0.00	\$20.95	\$20.40	\$0.55
OLIVE OIL	James Plagniol	1L	\$105.00	\$105.00	\$0.00	\$125.95	\$111.95	\$14.00
COCONUT OIL	Nariel	900ml	\$35.95	\$35.95	\$0.00	\$38.95	\$34.95	\$4.00
	Simply Natural	900ml	\$31.95	\$31.95	\$0.00	\$35.95	\$32.95	\$3.00
CANOLA OIL	Wesson	48 oz	\$55.95	\$55.95	\$0.00			
	Wesson	3.8L	\$129.95	\$129.95	\$0.00			
GHEE	Cow Brand	900g	\$109.95	\$109.95	\$0.00	\$135.95	\$120.85	\$15.10
PEANUT BUTTER	Matouk's	500g	\$18.95	\$18.95	\$0.00	\$20.95	\$20.95	\$0.00
BLACK PEPPER	Mr Chef	41g				\$6.95	\$6.00	\$0.95
GEERA (Ground)	Chief	85g		\$6.95				
CORN FLAKES (Local)	Sunshine	200g	\$12.95	\$12.95	\$0.00	\$13.00	\$11.95	\$1.05
	Universal	200g	\$9.95	\$9.95	\$0.00	\$10.95	\$9.95	\$1.00
FROSTED FLAKES (Local)	Sunshine	284g	\$15.95	\$15.95	\$0.00	\$17.00	\$15.00	\$2.00
	Universal	284g	\$12.95			\$13.95	\$12.95	\$1.00
CONDENSED MILK	Nestle	395g	\$9.95	\$9.95	\$0.00	\$10.95	\$10.60	\$0.35
INSTANT COFFEE	Nescafe	100g	\$31.95	\$31.95	\$0.00	\$33.95	\$30.20	\$3.75
	Colcafe Classic (Red Powder)	85g	\$20.95	\$20.95	\$0.00	\$22.95	\$20.50	\$2.45
TEA BAGS (Black Tea)	Lipton	50 pk	\$29.95	\$29.95	\$0.00	\$31.95	\$31.95	\$0.00
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$24.95	\$24.95	\$0.00		\$25.50	
ORANGE JUICE	T/Citrus	19 oz	\$10.95	\$10.95	\$0.00	\$11.95	\$10.00	\$1.95
WATER (Bottled Water)	Blue Waters	1.5L	\$4.95	\$4.95	\$0.00	\$5.50	\$4.90	\$0.60
VIENNA SAUSAGE	Santa Rosa	141g				\$5.25	\$4.95	\$0.30
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk				\$16.95	\$15.05	\$1.90
TUNA FLAKES IN WATER	Brunswick	142g	\$7.95	\$7.95	\$0.00	\$8.95	\$7.95	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$7.95	\$7.95	\$0.00	\$8.95	\$7.95	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$14.95	\$14.95	\$0.00	\$17.95	\$15.95	\$2.00
RED BEANS	MP	1 Tin	\$6.45	\$6.95	-\$0.50	\$7.75	\$7.75	\$0.00
	Mabel	1 Tin	\$6.95	\$6.95	\$0.00	\$6.75	\$6.75	\$0.00
BAKED BEANS	Mabel	1 Tin	\$6.45	\$6.95	-\$0.50	\$6.75	\$6.25	\$0.50
GREEN PIGEON PEAS	MP	1 Tin	\$9.45	\$9.45	\$0.00	\$10.75	\$9.95	\$0.80
PROCESSED PIGEON PEAS	Matouk's	1 Tin	\$7.95	\$7.45	\$0.50			
CANNED CORN	Mabel	1 Tin	\$8.95	\$8.95	\$0.00	\$8.95	\$8.95	\$0.00
CANNED MIXED VEGETABLES	MP	1 Tin	\$9.95	\$9.95	\$0.00	\$10.95	\$9.95	\$1.00
MAYONNAISE	Swiss	375ml	\$13.95	\$13.95	\$0.00	\$14.95	\$13.30	\$1.65
KETCHUP (Bottled)	Mabel	750ml	\$7.95	\$7.95	\$0.00	\$8.55	\$8.95	-\$0.40
KETCHUP (Spouch)	Mabel	750ml	\$6.50			\$7.95	\$7.95	\$0.00
SOYA CHUNKS	Chatak	230g	\$9.45	\$9.45	\$0.00	\$13.50	\$12.00	\$1.50
SOYA MINCED								
TABLE BUTTER	Anchor	454g	\$49.95	\$49.95	\$0.00	\$55.95	\$49.75	\$6.20
PIG TAIL		454g					\$28.35	
HAM SLICES	Mac Foods	pk				\$13.50	\$11.95	\$1.55
TURKEY SLICES	Erin Farm	pk				\$13.25	\$11.75	\$1.50
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g		\$12.95				
BOLOGNA (Chicken)	Erin Farm	pk				\$7.50	\$6.65	\$0.85
CRIX (Original)		9oz	\$11.50	\$11.50	\$0.00	\$13.00	\$11.50	\$1.50
MAGGI Chicken Noodle Soup Pack		60g	\$5.45	\$5.45	\$0.00	\$5.75	\$5.25	\$0.50
TOP RAMEN SOUP		pk	\$3.95	\$3.95	\$0.00		\$4.00	
SWEET BISCUITS (BOURBON)	Devon	large	\$6.45	\$6.45	\$0.00	\$7.00		
SWEET BISCUITS (VANILLA)	Bermudez	large	\$8.95	\$8.95	\$0.00	\$10.00		
CRACKERS	Dixie	9.7oz	\$13.45	\$13.45	\$0.00	\$15.00		
CINNAMON (WHOLE SPICE)		10g	\$5.45	\$5.95	-\$0.50			
CINNAMON (GROUND)	JGM	10g	\$5.95					
CLOVES (WHOLE)	3R'S	10g	\$5.95	\$7.45	-\$1.50			
NUTMEG (WHOLE AND GROUND)	3Rs's (whole)	285g	\$7.45					
GINGER (GROUND)	Mr. Chef	21g				\$4.50		
SAFFRON	Chief	85g		\$7.95		\$7.80		
ALMOND MILK	Silk	1L	\$24.95	\$28.95	-\$4.00			
SALAMI (Beef)	Great Foods	pk	\$12.95					
CORN OIL	Wesson	48oz						

■ Savings after V.A.T. Removal
■ V.A.T. removed before Nov 01, 2021
■ Items with no savings
■ Items on special

Search Item			Chaguanas					
			Price Club			Xtra Foods		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$23.95	\$21.45	\$2.50	\$22.95	\$20.44	\$2.51
SOYABEAN OIL	Happi	900 ml	\$27.95	\$24.95	\$3.00	\$29.99	\$26.66	\$3.33
OLIVE OIL	James Plagniol	1L	\$117.95	\$104.95	\$13.00	\$135.00	\$120.00	\$15.00
COCONUT OIL	Nariel	900ml	\$39.45	\$34.95	\$4.50	\$41.99	\$37.32	\$4.67
	Simply Natural	900ml	\$36.95	\$32.95	\$4.00			
CANOLA OIL	Wesson	48 oz	\$65.45	\$58.25	\$7.20	\$67.99	\$60.44	\$7.55
	Wesson	3.8L	\$156.95	\$139.75	\$17.20			
GHEE	Cow Brand	900g	\$114.45	\$114.45	\$0.00			
PEANUT BUTTER	Matouk's	500g	\$19.95	\$17.75	\$2.20	\$21.99	\$19.55	\$2.44
BLACK PEPPER	Chief	85g	\$9.45	\$8.45	\$1.00	\$9.49	\$8.44	\$1.05
GEERA (Ground)	Chief	85g	\$7.95	\$7.25	\$0.70	\$8.49	\$7.55	\$0.94
CORN FLAKES (Local)	Sunshine	18 oz	\$26.95	\$24.00	\$2.95	\$26.99	\$23.99	\$3.00
	Universal	18 oz	\$24.95	\$22.00	\$2.95	\$24.99	\$22.21	\$2.78
FROSTED FLAKES (Local)	Sunshine	284g	\$16.95	\$15.00	\$1.95	\$16.99	\$15.10	\$1.89
	Universal	284g	\$13.95	\$12.95	\$1.00	\$13.99	\$12.44	\$1.55
CONDENSED MILK	Nestle	395g	\$12.45	\$10.45	\$2.00	\$12.99	\$8.88	\$4.11
INSTANT COFFEE	Nescafe	100g	\$35.45	\$31.75	\$3.70	\$33.99	\$30.21	\$3.78
	Colcafe Classic (Red Powder)	85g	\$27.95	\$24.95	\$3.00	\$24.99	\$26.66	-\$1.67
TEA BAGS (Black Tea)	Lipton	50 pk	\$32.95	\$29.45	\$3.50	\$33.99	\$30.21	\$3.78
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$24.95	\$22.25	\$2.70	\$25.99	\$23.10	\$2.89
ORANGE JUICE	T/Citrus	19 oz	\$9.95	\$8.95	\$1.00	\$11.99	\$10.66	\$1.33
WATER (Bottled Water)	Blue Waters	500 ml	\$1.50	\$1.25	\$0.25	\$1.49	\$1.32	\$0.17
VIENNA SAUSAGE	Eve	141g	\$6.95	\$6.25	\$0.70	\$7.49	\$6.66	\$0.83
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$17.95	\$15.95	\$2.00	\$19.49	\$17.32	\$2.17
TUNA FLAKES IN WATER	Brunswick	142g	\$7.95	\$7.25	\$0.70	\$8.99	\$7.99	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$7.95	\$7.25	\$0.70	\$8.99	\$7.99	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$14.95	\$13.45	\$1.50	\$17.99	\$15.99	\$2.00
RED BEANS	MP	1 Tin	\$6.95	\$6.95	\$0.00	\$7.99	\$5.92	\$2.07
	Mabel	1 Tin	\$6.95	\$6.45	\$0.50	\$8.49	\$6.21	\$2.28
BAKED BEANS	Mabel	1 Tin	\$6.95	\$6.45	\$0.50	\$7.49	\$6.21	\$1.28
GREEN PIGEON PEAS	MP	1 Tin	\$8.95	\$8.95	\$0.00	\$10.99	\$9.77	\$1.22
PROCESSED PIGEON PEAS	Mabel	1 Tin	\$7.95	\$7.23	\$0.72	\$8.49		
CANNED CORN	MP	1 Tin	\$7.95	\$7.95	\$0.00	\$10.99	\$9.77	\$1.22
CANNED MIXED VEGETABLES	MP	1 Tin	\$10.95	\$9.95	\$1.00	\$11.49	\$10.21	\$1.28
MAYONNAISE	Swiss	375ml	\$14.95	\$13.45	\$1.50	\$15.99	\$14.21	\$1.78
KETCHUP (Bottled)	Matouk's	750ml	\$9.45	\$9.45	\$0.00	\$10.99	\$9.77	\$1.22
KETCHUP (Spouch)	Swiss	750ml	\$10.95	\$9.75	\$1.20	\$10.99	\$9.77	\$1.22
SOYA CHUNKS	Chatak	230g	\$12.95	\$11.75	\$1.20	\$13.99	\$12.44	\$1.55
SOYA MINCED	Cooksmate	454g	\$21.45	\$19.25	\$2.20	\$22.99	\$20.44	\$2.55
TABLE BUTTER	Kerrygold	454g	\$62.95	\$55.95	\$7.00	\$63.99	\$55.99	\$8.00
PIG TAIL		454g				\$29.99	\$26.66	\$3.33
HAM SLICES	Mac Foods	pk				\$14.99	\$13.32	\$1.67
TURKEY SLICES	Erin Farm	pk	\$13.95			\$14.99		
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g				\$14.99	\$13.32	\$1.67
BOLOGNA (Chicken)	Erin Farm	pk	\$7.95	\$7.25	\$0.70	\$8.99	\$7.99	\$1.00
CRIX (Original)		9oz	\$12.95	\$11.50	\$1.45	\$12.99	\$11.55	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$5.95	\$5.45	\$0.50	\$5.99	\$5.32	\$0.67
TOP RAMEN SOUP		pk						
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.25	\$0.75	\$6.99	\$6.21	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	large	\$9.95	\$9.00	\$0.95	\$10.00	\$8.89	\$1.11
CRACKERS	Dixie	9.7oz	\$14.95	\$13.50	\$1.45	\$14.99	\$14.21	\$0.78
CINNAMON (WHOLE SPICE)		pk	\$4.45	\$3.95	\$0.50	\$4.99	\$4.44	\$0.55
CINNAMON (GROUND)		pk				\$6.49	\$5.77	\$0.72
CLOVES (WHOLE)		pk	\$7.95	\$7.25	\$0.70	\$8.99	\$7.99	\$1.00
NUTMEG (WHOLE AND GROUND)	Chief-ground	20g	\$6.45	\$5.75	\$0.70	\$6.99	\$7.10	-\$0.11
GINGER (GROUND)	Chief	20g	\$4.45	\$3.95	\$0.50		\$4.44	
SAFFRON	Chief	85g	\$7.95	\$7.25	\$0.70	\$8.49	\$7.54	\$0.95
ALMOND MILK	Silk	1L	\$26.45	\$23.75	\$2.70	\$31.99	\$28.44	\$3.55
SALAMI (Beef)	Great Foods	200g pk	\$14.45	\$12.95	\$1.50			
CORN OIL	Wesson	48oz	\$68.45	\$59.89	\$8.56			

■ Savings after V.A.T. Removal
■ V.A.T. removed before Nov 01, 2021
■ Items with no savings
■ Items on special

Search Item			Gasparillo					
			Naturally Fresh Foods			Fyzoool's		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml				\$27.50	\$24.25	\$3.25
SOYABEAN OIL	Madresol		\$20.95	\$18.75	\$2.20			
OLIVE OIL	James Plagniol	1L	\$127.95	\$113.75	\$14.20	\$127.75	\$112.50	\$15.25
COCONUT OIL	Nariel	900ml	\$34.95			\$37.95	\$33.50	\$4.45
CANOLA OIL	Wesson	48 oz				\$60.95	\$53.65	\$7.30
GHEE	Cow Brand	400g	\$56.95	\$54.95	\$2.00	\$57.75		
		900g	\$112.95			\$114.50		
PEANUT BUTTER	Matouk's	500g		\$17.75		\$17.95	\$15.85	\$2.10
BLACK PEPPER	Chief	85g	\$8.95	\$7.95	\$1.00			
GEERA (Ground)		85g	\$7.95	\$7.00	\$0.95	\$7.75		
CORN FLAKES (Local)	Sunshine	200g	\$12.95	\$11.50	\$1.45	\$13.50	\$11.95	\$1.55
FROSTED FLAKES (Local)	Sunshine	284g	\$17.00	\$15.25	\$1.75	\$16.95	\$15.00	\$1.95
CONDENSED MILK	Nestle	395g	\$12.95	\$11.50	\$1.45	\$12.65	\$11.25	\$1.40
INSTANT COFFEE	Nescafe	100g	\$35.95	\$31.95	\$4.00	\$35.25	\$31.00	\$4.25
TEA BAGS (Black Tea)	Lipton	50 pk	\$33.65	\$33.65	\$0.00	\$24.65	\$21.70	\$2.95
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$25.95	\$24.50	\$1.45			
ORANGE JUICE	T/Citrus	19 oz	\$11.95	\$10.75	\$1.20	\$13.00		
WATER (Bottled Water)	Blue Waters	500 ml	\$28.95	\$25.75	\$3.20			
VIENNA SAUSAGE	Santa Rosa	141g	\$6.00	\$5.50	\$0.50	\$5.50	\$4.85	\$0.65
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$16.95	\$15.25	\$1.70	\$16.75	\$14.75	\$2.00
TUNA FLAKES IN WATER	Brunswick	142g	\$9.95	\$8.95	\$1.00	\$8.95	\$7.95	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$9.95	\$8.95	\$1.00	\$8.95	\$7.95	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$15.95	\$14.25	\$1.70	\$16.00	\$14.75	\$1.25
RED BEANS	MP	1 Tin	\$7.95	\$7.25	\$0.70	\$6.85	\$6.00	\$0.85
BAKED BEANS	MP	1 Tin	\$6.95	\$6.75	\$0.20	\$6.95	\$6.25	\$0.70
GREEN PIGEON PEAS	MP	1 Tin	\$10.95	\$9.75	\$1.20			
PROCESSED PIGEON PEAS	MP	1 Tin		\$7.25				
CANNED CORN	MP	1 Tin	\$10.95	\$9.75	\$1.20	\$9.95	\$8.75	\$1.20
CANNED MIXED VEGETABLES	MP	1 Tin	\$10.95	\$9.75	\$1.20			
MAYONNAISE	Matouk's	375ml	\$13.95	\$12.50	\$1.45	\$13.50	\$11.95	\$1.55
KETCHUP (Bottled)	Matouk's	750ml		\$11.50		\$12.50	\$11.00	\$1.50
KETCHUP (Spouch)	Swiss	750ml	\$9.95	\$9.75	\$0.20	\$10.50	\$9.25	\$1.25
SOYA CHUNKS	Cooksmate	454g	\$21.95	\$19.50	\$2.45	\$21.50	\$18.95	\$2.55
SOYA CHUNKS	Chatak	230g	\$10.95	\$9.25	\$1.70	\$12.95	\$11.50	\$1.45
SOYA MINCED	Cooksmate	454g	\$18.95	\$16.95	\$2.00			
TABLE BUTTER	Kerrygold	454g	\$62.95	\$55.95	\$7.00	\$59.95	\$52.75	\$7.20
PIG TAIL		454g	\$30.00	\$28.00	\$2.00	\$30.00		
HAM SLICES	Erin Farm	pk	\$11.50	\$9.75	\$1.75			
TURKEY SLICES	Erin Farm	pk				\$13.25	\$11.65	\$1.60
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g				\$13.75		
BOLOGNA (Chicken)	Blu Ribbon	pk		\$8.95		\$9.50	\$8.50	\$1.00
CRIX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$13.00		
MAGGI Chicken Noodle Soup Pack		60g	\$6.95	\$5.50	\$1.45	\$5.95	\$5.50	\$0.45
TOP RAMEN SOUP		pk						
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.25	\$0.75	\$6.00		
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$9.00	\$1.00	\$9.00		
CRACKERS	Dixie	9oz	\$15.00	\$13.50	\$1.50	\$15.00		
CINNAMON (WHOLE SPICE)	Chief	pk	\$4.50	\$4.25	\$0.25	\$4.50		
CINNAMON (GROUND)	Chief	pk		\$5.50		\$5.65		
CLOVES (WHOLE)		pk	\$7.75	\$7.25	\$0.50			
NUTMEG (WHOLE AND GROUND)	whole	pk	\$5.95	\$5.50	\$0.45	\$5.65		
	ground			\$6.25				
GINGER (GROUND)	Chief	pk		\$4.25				
SAFFRON	Chief	85g						
ALMOND MILK	Silk	1L	\$26.95	\$23.95	\$3.00	\$29.95		
SALAMI		pk						
CORN OIL	Wesson	48oz						

Search Item			San Fernando					
			Anand Low Price South Park			Len Hap		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml						
SOYABEAN OIL	Eve	900ml				\$16.50	\$14.75	\$1.75
OLIVE OIL	James Plagniol	1L	\$121.95	\$121.95	\$0.00	\$127.75	\$113.75	\$14.00
COCONUT OIL	Nariel	900ml				\$36.25	\$32.25	\$4.00
CANOLA OIL	Wesson	48 oz	\$65.95	\$65.95	\$0.00	\$58.50	\$53.00	\$5.50
GHEE	Cow Brand	400g				\$63.00	\$56.25	\$6.75
		900g						
PEANUT BUTTER	Matouk's	500g	\$19.95	\$19.95	\$0.00	\$17.24	\$15.25	\$1.99
BLACK PEPPER	Chief	85g	\$10.95	\$10.95	\$0.00	\$8.95	\$7.95	\$1.00
GEERA (Ground)	Chief	85g	\$9.95	\$9.95	\$0.00	\$7.75	\$7.10	\$0.65
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$13.00	\$0.00			
FROSTED FLAKES (Local)	Sunshine	284g	\$17.00	\$17.00	\$0.00	\$16.95	\$15.00	\$1.95
CONDENSED MILK	Nestle	395g	\$11.95	\$11.95	\$0.00	\$10.75	\$9.50	\$1.25
INSTANT COFFEE	Nescafe	100g	\$36.95	\$36.95	\$0.00	\$32.50	\$28.95	\$3.55
TEA BAGS (Black Tea)	Lipton	50 pk	\$33.95	\$33.95	\$0.00	\$31.00	\$27.75	\$3.25
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$25.95	\$25.95	\$0.00	\$25.75	\$22.95	\$2.80
ORANGE JUICE	T/Citrus	19 oz				\$11.50	\$10.25	\$1.25
WATER (Bottled Water)	Blue Waters	650ml	\$48.95	\$48.95	\$0.00	\$48.00	\$42.75	\$5.25
VIENNA SAUSAGE	Santa Rosa	141g	\$5.95	\$5.95	\$0.00	\$5.50	\$4.75	\$0.75
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$17.95	\$17.95	\$0.00	\$16.75	\$14.75	\$2.00
TUNA FLAKES IN WATER	Brunswick	142g				\$9.00	\$8.00	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g				\$9.00	\$8.00	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$16.95	\$16.95	\$0.00	\$18.00	\$16.00	\$2.00
RED BEANS	Matouk's	1 Tin	\$8.95	\$8.95	\$0.00	\$7.50	\$6.70	\$0.80
BAKED BEANS	Matouk's	1 Tin	\$7.95	\$7.95	\$0.00	\$7.00	\$6.25	\$0.75
GREEN PIGEON PEAS	Mabel	1 Tin	\$10.95	\$10.95	\$0.00	\$9.50	\$8.45	\$1.05
PROCESSED PIGEON PEAS	Mabel	1 Tin	\$7.95	\$7.95	\$0.00	\$7.00	\$6.25	\$0.75
CANNED CORN	Matouk's	1 Tin	\$10.95	\$10.95	\$0.00	\$10.00	\$8.90	\$1.10
CANNED MIXED VEGETABLES	Matouk's	1 Tin	\$11.95	\$11.95	\$0.00	\$10.50	\$9.50	\$1.00
MAYONNAISE	MP	375ml	\$13.95	\$13.95	\$0.00			
KETCHUP (Bottled)	Matouk's	750ml	\$10.95	\$10.95	\$0.00	\$12.00	\$10.75	\$1.25
KETCHUP (Spouch)	Swiss	750ml	\$10.95	\$10.95	\$0.00	\$10.50	\$9.50	\$1.00
SOYA CHUNKS	Cooksmate	454g	\$19.95	\$19.95	\$0.00			
	Chatak	230g	\$13.95	\$13.95	\$0.00	\$13.00	\$11.50	\$1.50
SOYA MINCED	Cooksmate	454g	\$19.95	\$19.95	\$0.00			
TABLE BUTTER	Kerrygold	454g	\$62.95	\$62.95	\$0.00	\$57.50	\$51.00	\$6.50
PIG TAIL		454g				\$35.00	\$31.14	\$3.86
HAM SLICES	Erin Farm	pk						
TURKEY SLICES	Erin Farm	pk				\$13.00	\$11.50	\$1.50
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g				\$13.75	\$12.25	\$1.50
BOLOGNA (Chicken)	Blue Ribbon	200g	\$9.95	\$9.95	\$0.00	\$9.50	\$8.50	\$1.00
CRIX (Original)		10oz	\$11.50	\$11.50	\$0.00	\$13.00	\$11.50	\$1.50
MAGGI Chicken Noodle Soup Pack	Maggi	60g	\$4.95	\$4.95	\$0.00	\$5.25	\$4.75	\$0.50
TOP RAMEN SOUP	Guri Mi	60g	\$3.95	\$3.95	\$0.00			
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$7.00	\$0.00	\$7.00	\$6.25	\$0.75
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$9.00	\$1.00	\$10.00	\$9.00	\$1.00
CRACKERS	Dixie	9.7oz	\$15.00	\$13.50	\$1.50	\$15.00	\$13.50	\$1.50
CINNAMON (WHOLE SPICE)	Chief	25g				\$4.50	\$4.00	\$0.50
CINNAMON (GROUND)	Chief	pk	\$6.95	\$6.95	\$0.00	\$5.50	\$4.90	\$0.60
CLOVES (WHOLE)	Chief	pk	\$7.95	\$7.95	\$0.00	\$7.75	\$6.95	\$0.80
NUTMEG (WHOLE AND GROUND)	Karibbean Flavours	15g	\$4.95	\$4.95	\$0.00	\$3.75	\$3.35	\$0.40
	Chief	20g	\$7.95	\$7.95	\$0.00	\$6.25	\$5.75	\$0.50
GINGER (GROUND)	Chatak	7g	\$2.95	\$2.95	\$0.00	\$2.25	\$2.05	\$0.20
SAFFRON	Chief	85g	\$8.95	\$8.95	\$0.00	\$7.75	\$6.95	\$0.80
ALMOND MILK	Silk	1L				\$30.00	\$26.75	\$3.25
SALAMI	Erin Farm	200g				\$15.00	\$13.25	\$1.75
CORN OIL	Wesson	48oz	\$65.95	\$65.95	\$0.00	\$62.75	\$55.75	\$7.00

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Debe					
			MS Food City			G&N		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$23.95	\$21.25	\$2.70			
SOYABEAN OIL	Eve	900ml	\$18.95					
OLIVE OIL	James Plagnio	1L	\$146.25	\$129.95	\$16.30	\$115.00	\$115.00	\$0.00
COCONUT OIL	Nariel	900ml	\$40.95	\$36.50	\$4.45	\$39.95	\$39.95	\$0.00
CANOLA OIL	Wesson	48 oz	\$65.50	\$60.50	\$5.00	\$60.95	\$60.95	\$0.00
GHEE	Cow Brand	400g	\$61.50	\$56.95	\$4.55	\$61.50	\$57.50	\$4.00
		900g	\$117.95	\$113.95	\$4.00	\$117.95	\$115.00	\$2.95
PEANUT BUTTER	Matouk's	500g	\$20.75	\$18.95	\$1.80	\$17.95	\$17.50	\$0.45
BLACK PEPPER	Chief	85g	\$9.25	\$8.50	\$0.75	\$10.00	\$10.00	\$0.00
GEERA (Ground)	Chief	85g	\$7.75	\$7.25	\$0.50	\$8.00	\$8.00	\$0.00
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$12.50	\$0.50	\$13.50	\$12.50	\$1.00
FROSTED FLAKES (Local)	Sunshine	284g	\$17.00	\$15.75	\$1.25	\$17.95	\$15.95	\$2.00
CONDENSED MILK	Nestle	395g	\$10.95	\$10.95	\$0.00	\$11.50	\$11.50	\$0.00
INSTANT COFFEE	Nescafe	100g	\$36.75	\$32.75	\$4.00	\$34.95	\$34.95	\$0.00
TEA BAGS (Black Tea)	Lipton	50 pk	\$33.95	\$30.25	\$3.70	\$33.95	\$33.95	\$0.00
TEA BAGS (Pure Green Tea)	Lipton	20 pk	\$24.95	\$22.95	\$2.00	\$26.95	\$26.95	\$0.00
ORANGE JUICE	T/Citrus	19 oz	\$11.50	\$10.25	\$1.25	\$11.50	\$11.50	\$0.00
WATER (Bottled Water)	Blue Waters	1.5L	\$4.95	\$4.50	\$0.45	\$5.25	\$5.25	\$0.00
VIENNA SAUSAGE	Santa Rosa	141g	\$5.50	\$4.95	\$0.55	\$6.00	\$5.50	\$0.50
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk		\$14.50		\$16.00	\$18.00	-\$2.00
TUNA FLAKES IN WATER	Brunswick	142g	\$9.90	\$8.95	\$0.95	\$8.95	\$8.95	\$0.00
TUNA FLAKES IN OIL	Brunswick	142g	\$9.50	\$8.50	\$1.00	\$8.95	\$8.50	\$0.45
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$16.75	\$16.75	\$0.00	\$15.95	\$15.50	\$0.45
RED BEANS	MP	1 Tin	\$7.75	\$7.50	\$0.25	\$6.95	\$6.50	\$0.45
BAKED BEANS	MP	1 Tin	\$6.25	\$5.95	\$0.30	\$7.00	\$6.50	\$0.50
GREEN PIGEON PEAS	MP	1 Tin	\$9.95	\$9.50	\$0.45	\$10.50	\$10.00	\$0.50
PROCESSED PIGEON PEAS	MP	1 Tin						
CANNED CORN	MP	1 Tin	\$7.95	\$7.75	\$0.20	\$9.50	\$9.00	\$0.50
CANNED MIXED VEGETABLES	MP	1 Tin				\$10.95	\$10.50	\$0.45
MAYONNAISE	Matouk's	375ml	\$13.50	\$12.95	\$0.55	\$15.00	\$14.50	\$0.50
KETCHUP (Bottled)	Matouk's	750ml	\$11.95	\$11.50	\$0.45	\$10.50	\$10.00	\$0.50
KETCHUP (Spouch)	Swiss	750ml	\$7.25	\$6.95	\$0.30	\$10.50	\$10.00	\$0.50
SOYA CHUNKS	Cooksmate	454g	\$22.50	\$19.95	\$2.55	\$22.95	\$21.95	\$1.00
	Chatak	230g	\$13.50	\$9.25	\$4.25	\$13.50	\$10.95	\$2.55
SOYA MINCED	Cooksmate	454g	\$22.50	\$19.95	\$2.55	\$22.95	\$21.95	\$1.00
TABLE BUTTER	Kerrygold	454g	\$60.25	\$53.25	\$7.00	\$57.95	\$54.95	\$3.00
PIG TAIL		454g	\$34.07	\$34.07	\$0.00	\$30.00	\$30.00	\$0.00
HAM SLICES	Erin Farm	pk	\$12.95	\$12.95	\$0.00			
TURKEY SLICES	Erin Farm	pk				\$15.00	\$15.00	\$0.00
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$14.25	\$12.75	\$1.50	\$15.00	\$14.50	\$0.50
BOLOGNA (Chicken)	Great Foods	pk	\$9.95	\$8.95	\$1.00	\$13.95	\$13.95	\$0.00
CRIX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$13.00	\$11.50	\$1.50
MAGGI Chicken Noodle Soup Pack		60g	\$5.95	\$5.25	\$0.70	\$5.75	\$5.75	\$0.00
TOP RAMEN SOUP		pk	\$4.75	\$4.75	\$0.00			
SWEET BISCUITS (BOURBON)	Devon	large	\$6.25	\$6.25	\$0.00	\$7.00	\$6.25	\$0.75
SWEET BISCUITS (VANILLA)	Bermudez	large	\$10.00	\$9.00	\$1.00	\$10.00	\$9.00	\$1.00
CRACKERS	Dixie	9.7oz	\$15.00	\$13.50	\$1.50	\$15.00	\$13.50	\$1.50
CINNAMON (WHOLE SPICE)		pk	\$4.50	\$3.95	\$0.55	\$4.95	\$5.00	-\$0.05
CINNAMON (GROUND)		pk	\$5.75	\$5.25	\$0.50	\$6.00	\$6.00	\$0.00
CLOVES (WHOLE)		pk	\$7.75	\$7.25	\$0.50	\$8.50	\$8.50	\$0.00
NUTMEG (WHOLE AND GROUND)	Ground	pk	\$6.50			\$5.95	\$6.95	-\$1.00
	Whole		\$5.75	\$5.25	\$0.50	\$5.95	\$5.95	\$0.00
GINGER (GROUND)		pk	\$4.25	\$3.95	\$0.30	\$4.95	\$4.95	\$0.00
SAFFRON	Chief	85g	\$7.95	\$7.25	\$0.70	\$8.00	\$8.00	\$0.00
ALMOND MILK	Silk	1L	\$30.95	\$27.95	\$3.00	\$25.00	\$25.00	\$0.00
SALAMI		pk	\$15.25	\$13.50	\$1.75			
CORN OIL	Wesson	48oz	\$68.25	\$58.75	\$9.50	\$60.00	\$60.00	\$0.00

Search Item	Brand	Size	Siparia/Fyzabad					
			Stop and Shop			Anand Low Price Fyzabad		
			With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml						
SOYABEAN OIL	Eve	900ml						
OLIVE OIL	James Plagniol	1L	\$120.00	\$120.00	\$0.00	\$121.95	\$121.95	\$0.00
COCONUT OIL	Nariel	900ml	\$39.99	\$37.95	\$2.04	\$40.95	\$40.95	\$0.00
CANOLA OIL	Wesson	48 oz				\$65.95		
GHEE	Cow Brand	400g	\$60.00	\$60.00	\$0.00	\$56.95	\$59.95	-\$3.00
		900g				\$113.95	\$113.95	\$0.00
PEANUT BUTTER	Matouk's	500g						
BLACK PEPPER	Cariherb	85g				\$10.95	\$10.95	\$0.00
GEERA (Ground)		85g				\$8.95	\$8.95	\$0.00
CORN FLAKES (Local)	Sunshine	200g	\$13.00	\$12.50	\$0.50	\$13.00	\$13.00	\$0.00
FROSTED FLAKES (Local)	Sunshine	284g				\$17.00	\$17.00	\$0.00
CONDENSED MILK	Nestle	395g	\$12.50	\$12.00	\$0.50	\$11.95	\$11.95	\$0.00
INSTANT COFFEE	Nescafe	100g				\$36.95	\$36.95	\$0.00
TEA BAGS (Black Tea)	Lipton	50 pk	\$30.95	\$28.25	\$2.70	\$29.95	\$29.95	\$0.00
TEA BAGS (Pure Green Tea)	Lipton	20 pk						
ORANGE JUICE	T/Citrus	19 oz	\$13.95	\$12.00	\$1.95	\$12.95	\$12.95	\$0.00
WATER (Bottled Water)	Blue Waters	500 ml	\$2.00	\$1.75	\$0.25	\$1.95	\$1.95	\$0.00
VIENNA SAUSAGE	Santa Rosa	141g	\$5.25	\$4.95	\$0.30	\$5.95	\$5.95	\$0.00
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk				\$17.95	\$17.95	\$0.00
TUNA FLAKES IN WATER	Brunswick	142g	\$9.00	\$8.50	\$0.50	\$9.95	\$9.95	\$0.00
TUNA FLAKES IN OIL	Brunswick	142g				\$10.95	\$9.95	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz				\$15.95	\$15.95	\$0.00
RED BEANS	MP	1 Tin				\$6.95	\$7.95	-\$1.00
BAKED BEANS	MP	1 Tin						
GREEN PIGEON PEAS	MP	1 Tin				\$10.95	\$10.95	\$0.00
PROCESSED PIGEON PEAS	MP	1 Tin				\$8.95	\$8.95	\$0.00
CANNED CORN	MP	1 Tin						
CANNED MIXED VEGETABLES	MP	1 Tin	\$11.95	\$11.25	\$0.70	\$11.95		
MAYONNAISE	Swiss	375ml	\$15.75	\$14.25	\$1.50			
KETCHUP (Bottled)	Matouk's	750ml	\$12.50	\$11.75	\$0.75	\$12.95	\$10.95	\$2.00
KETCHUP (Spouch)	Swiss	750ml	\$10.00	\$9.25	\$0.75			
SOYA CHUNKS	Cooksmate	454g				\$19.95	\$19.95	\$0.00
	Mama's					\$9.95	\$9.95	\$0.00
SOYA MINCED	Cooksmate	454g						
TABLE BUTTER	Kerrygold	454g						
PIG TAIL		454g	\$31.00			\$29.95	\$29.95	\$0.00
HAM SLICES	Erin Farm	150g	\$15.95	\$14.25	\$1.70	\$13.95		
TURKEY SLICES	Erin Farm	16oz						
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$14.25	\$13.25	\$1.00	\$13.95	\$13.95	\$0.00
BOLOGNA (Chicken)	Erin Farm	pk				\$9.95		
CRIX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$12.95	\$11.50	\$1.45
MAGGI Chicken Noodle Soup Pack		60g	\$6.00	\$5.25	\$0.75	\$5.95	\$5.95	\$0.00
TOP RAMEN SOUP		pk	\$2.99	\$2.50	\$0.49	\$3.95	\$3.95	\$0.00
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$6.25	\$0.75	\$7.00	\$7.00	\$0.00
SWEET BISCUITS (VANILLA)	Bermudez	large				\$9.95	\$9.95	\$0.00
CRACKERS	Dixie	9oz				\$14.95	\$13.50	\$1.45
CINNAMON (WHOLE SPICE)		10g				\$4.95	\$4.95	\$0.00
CINNAMON (GROUND)		10g				\$4.95	\$4.95	\$0.00
CLOVES (WHOLE)		10g				\$7.95	\$7.95	\$0.00
NUTMEG (WHOLE AND GROUND)		10g				\$4.95	\$4.95	\$0.00
GINGER (GROUND)		10g				\$4.95	\$4.95	\$0.00
SAFFRON	Chief	85g				\$9.95	\$9.95	\$0.00
ALMOND MILK	Silk	1L						
SALAMI		pk						
CORN OIL	Crisco	48oz	\$76.95	\$68.00	\$8.95			

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Point Fortin					
			Peiping			Persad's		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$22.99	\$21.99	\$1.00			
SOYABEAN OIL	Primor		\$18.25	\$16.99	\$1.26			
OLIVE OIL	James Plagniol	1L	\$117.00	\$107.00	\$10.00	\$110.00	\$100.44	\$9.56
COCONUT OIL	Nariel	900ml	\$39.25	\$35.75	\$3.50	\$39.99	\$35.55	\$4.44
CANOLA OIL	Wesson	48 oz	\$63.50	\$57.75	\$5.75	\$63.99	\$56.88	\$7.11
	Wesson	3.8L				\$154.99	\$137.77	\$17.22
GHEE	Cow Brand	2kg		\$260.00		\$260.99	\$225.00	\$35.99
PEANUT BUTTER	Mabel	500g	\$17.99	\$17.99	\$0.00	\$19.99	\$17.77	\$2.22
BLACK PEPPER	Chief	85g	\$13.55	\$8.25	\$5.30	\$9.99	\$8.88	\$1.11
GEERA (Ground)		85g	\$7.75	\$7.25	\$0.50	\$8.99	\$7.99	\$1.00
CORN FLAKES (Local)	Sunshine	200g				\$12.99	\$11.55	\$1.44
	Sunshine	18 oz				\$26.99	\$23.99	\$3.00
FROSTED FLAKES (Local)	Sunshine	284g	\$15.99	\$15.99	\$0.00	\$16.99	\$15.10	\$1.89
	Sunshine	20 oz	\$27.00	\$27.00	\$0.00	\$30.99	\$27.55	\$3.44
CONDENSED MILK	Nestle	395g	\$12.99	\$11.99	\$1.00	\$13.99	\$9.77	\$4.22
INSTANT COFFEE	Nescafe	100g	\$32.99	\$29.99	\$3.00	\$31.99	\$28.44	\$3.55
TEA BAGS (Black Tea)	Lipton	50 pk	\$33.99	\$24.25	\$9.74	\$27.99	\$17.78	\$10.21
TEA BAGS (Pure Green Tea)	Dilmah	20 pk	\$31.50	\$25.99	\$5.51	\$28.99	\$25.77	\$3.22
ORANGE JUICE	T/Citrus	19 oz	\$11.99	\$10.99	\$1.00	\$11.99	\$10.66	\$1.33
WATER (Bottled Water)	Blue Waters	Case of (330ml)				\$22.00	\$19.55	\$2.45
VIENNA SAUSAGE	Santa Rosa	141g	\$5.25	\$4.99	\$0.26	\$5.99	\$5.32	\$0.67
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$16.75	\$15.25	\$1.50	\$17.99	\$15.99	\$2.00
TUNA FLAKES IN WATER	Brunswick	142g	\$8.99	\$8.25	\$0.74	\$8.99	\$7.99	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$8.99	\$8.25	\$0.74	\$7.99	\$7.10	\$0.89
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz				\$17.99	\$15.99	\$2.00
RED BEANS	MP	1 Tin	\$7.99	\$6.67	\$1.32	\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$6.99	\$6.67	\$0.32		\$5.93	
GREEN PIGEON PEAS	MP	1 Tin	\$10.99	\$9.99	\$1.00	\$10.99	\$9.77	\$1.22
PROCESSED PIGEON PEAS	MP	1 Tin						
CANNED CORN	MP	1 Tin	\$9.99	\$9.25	\$0.74	\$11.99	\$10.66	\$1.33
CANNED MIXED VEGETABLES	Matouk's	1 Tin	\$10.99	\$9.99	\$1.00		\$9.77	
MAYONNAISE	Matouk's	375ml	\$13.99	\$12.75	\$1.24	\$13.99	\$12.44	\$1.55
KETCHUP (Bottled)	Matouk's	750ml	\$12.30	\$8.75	\$3.55	\$10.99	\$11.55	-\$0.56
KETCHUP (Spouch)	Swiss	750ml	\$10.50	\$9.75	\$0.75	\$10.99	\$9.77	\$1.22
SOYA CHUNKS	Cooksmate	454g	\$19.50	\$17.25	\$2.25	\$21.99	\$19.55	\$2.44
	Chatak	230g	\$11.75	\$11.75	\$0.00		\$9.77	
SOYA MINCED	Cooksmate	454g	\$17.25	\$17.25	\$0.00	\$21.99	\$19.55	\$2.44
TABLE BUTTER	Anchor	454g	\$48.75	\$48.75	\$0.00	\$53.99	\$47.99	\$6.00
PIG TAIL		454g	\$32.73	\$29.09	\$3.64	\$33.06	\$29.39	\$3.67
HAM SLICES	Erin Farm	pk	\$11.65	\$10.75	\$0.90	\$10.99	\$9.77	\$1.22
TURKEY SLICES	Mac Foods	pk	\$12.50			\$13.99	\$12.44	\$1.55
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g		\$12.50		\$14.99	\$13.32	\$1.67
BOLOGNA (Chicken)	Erin Farm	pk	\$7.55	\$6.99	\$0.56	\$8.99	\$7.99	\$1.00
CRIX (Original)		9oz	\$13.00	\$11.50	\$1.50	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack	Maggi	60g	\$5.60	\$5.00	\$0.60			
TOP RAMEN SOUP	Samyang	pk		\$4.99		\$5.99	\$4.44	\$1.55
SWEET BISCUITS (BOURBON)	Devon	150g	\$7.00	\$6.50	\$0.50	\$7.00	\$6.22	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	5 oz	\$10.00	\$9.00	\$1.00	\$10.00	\$8.89	\$1.11
CRACKERS	Dixie	9oz	\$15.00	\$13.50	\$1.50	\$15.00	\$13.33	\$1.67
CINNAMON (WHOLE SPICE)		15g	\$2.95	\$2.75	\$0.20			
CINNAMON (GROUND)		15g	\$5.99	\$3.95	\$2.04	\$5.99	\$5.32	\$0.67
CLOVES (WHOLE)		10g	\$7.75	\$4.50	\$3.25	\$7.99	\$5.32	\$2.67
NUTMEG (WHOLE AND GROUND)		40g	\$6.99	\$6.50	\$0.49	\$5.99	\$5.33	\$0.66
GINGER (GROUND)		15g				\$5.99	\$3.55	\$2.44
SAFFRON	Chief	85g		\$7.25		\$8.99	\$7.99	\$1.00
ALMOND MILK	Silk	1L	\$24.99	\$22.75	\$2.24			
SALAMI	Erin Farm	pk	\$14.99	\$13.00	\$1.99	\$16.99	\$15.10	\$1.89
CORN OIL	Wesson	48oz				\$68.99	\$60.99	\$8.00

■ Savings after V.A.T. Removal
■ Items with no savings

■ V.A.T. removed before Nov 01, 2021
■ Items on special

Search Item			Rio Claro					
			S&S Persad			Persad Imports and Exports Ltd		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml						
SOYABEAN OIL	Happai	400ml		\$14.21		\$15.99		
OLIVE OIL	James Plagniol	1L	\$134.95	\$119.95	\$15.00	\$112.99	\$100.44	\$12.55
COCONUT OIL	Nariel	900ml	\$39.95	\$31.95	\$8.00	\$39.99	\$35.55	\$4.44
CANOLA OIL	Wesson	48 oz	\$63.95	\$56.95	\$7.00			
	Wesson	3.8L						
GHEE	Cow Milk	400g	\$49.95	\$44.95	\$5.00			
PEANUT BUTTER	Mabel	500g	\$19.95	\$17.95	\$2.00	\$19.99	\$17.77	\$2.22
BLACK PEPPER	Chief	85g	\$8.95	\$8.95	\$0.00			
GEERA (Ground)		85g	\$7.95	\$7.95	\$0.00	\$8.99	\$7.99	\$1.00
CORN FLAKES (Local)	Sunshine	200g	\$12.95	\$11.95	\$1.00	\$12.99	\$11.55	\$1.44
	Sunshine	18 oz	\$26.95	\$23.95	\$3.00			
FROSTED FLAKES (Local)	Sunshine	284g	\$16.95	\$15.95	\$1.00	\$16.99	\$15.10	\$1.89
	Sunshine	20 oz	\$29.95	\$26.95	\$3.00			
CONDENSED MILK	Nestle	395g	\$12.95	\$10.95	\$2.00	\$12.44	\$9.77	\$2.67
INSTANT COFFEE	Nescafe	100g	\$35.95	\$31.95	\$4.00	\$31.99	\$31.10	\$0.89
TEA BAGS (Black Tea)	Lipton	50 pk	\$31.95	\$28.95	\$3.00	\$20.00	\$17.78	\$2.22
TEA BAGS (Pure Green Tea)	Dilmah	20 pk	\$27.95	\$24.95	\$3.00	\$28.99	\$25.77	\$3.22
ORANGE JUICE	T/Citrus	19 oz	\$12.00	\$10.95	\$1.05			
WATER (Bottled Water)	Oasis	Case of (330ml)	\$24.95	\$21.95	\$3.00	\$25.00	\$22.00	\$3.00
VIENNA SAUSAGE	Santa Rosa	141g	\$5.95	\$4.95	\$1.00	\$5.99	\$5.32	\$0.67
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$17.95	\$15.95	\$2.00	\$17.99	\$13.99	\$4.00
TUNA FLAKES IN WATER	Brunswick	142g	\$8.95	\$7.95	\$1.00	\$8.99	\$7.99	\$1.00
TUNA FLAKES IN OIL	Brunswick	142g	\$8.95	\$7.95	\$1.00	\$8.99	\$7.99	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$14.95	\$12.95	\$2.00	\$17.99	\$15.99	\$2.00
RED BEANS	MP	1 Tin	\$7.95	\$6.95	\$1.00	\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$7.95	\$6.95	\$1.00	\$6.99	\$6.21	\$0.78
GREEN PIGEON PEAS	MP	1 Tin	\$11.95	\$8.95	\$3.00	\$10.99	\$9.77	\$1.22
PROCESSED PIGEON PEAS	MP	1 Tin	\$7.95	\$6.95	\$1.00			
CANNED CORN	MP	1 Tin	\$11.95	\$10.95	\$1.00	\$11.99	\$10.66	\$1.33
CANNED MIXED VEGETABLES	Matouk's	1 Tin	\$11.95	\$10.95	\$1.00			
MAYONNAISE	Matouk's	375ml	\$13.95	\$13.95	\$0.00	\$13.99	\$12.44	\$1.55
KETCHUP (Bottled)	Matouk's	750ml	\$11.95	\$8.95	\$3.00	\$12.99	\$11.55	\$1.44
KETCHUP (Spouch)	Swiss	750ml	\$9.95	\$10.95	-\$1.00	\$10.99		
SOYA CHUNKS	Cooksmate	454g						
	Chatak	230g				\$12.99	\$11.55	\$1.44
SOYA MINCED	Cooksmate	454g	\$18.95	\$16.95	\$2.00	\$21.99	\$19.55	\$2.44
TABLE BUTTER	Anchor	454g	\$56.95	\$51.95	\$5.00	\$53.99	\$47.99	\$6.00
PIG TAIL		454g	\$31.95	\$28.95	\$3.00	\$32.95	\$29.49	\$3.46
HAM SLICES	Erin Farm	pk				\$13.99	\$12.44	\$1.55
TURKEY SLICES	Mac Foods	pk	\$13.95	\$12.95	\$1.00			
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g						
BOLOGNA (Chicken)	Erin Farm	pk	\$7.95	\$6.95	\$1.00			
CRIX (Original)		9oz	\$12.95	\$11.50	\$1.45	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$5.95	\$5.95	\$0.00	\$5.99		
TOP RAMEN SOUP		pk				\$5.99	\$3.99	\$2.00
SWEET BISCUITS (BOURBON)	Devon	large	\$7.00	\$4.95	\$2.05	\$7.00	\$6.25	\$0.75
SWEET BISCUITS (VANILLA)	Bermudez	large	\$9.95	\$8.95	\$1.00	\$10.00	\$9.00	\$1.00
CRACKERS	Dixie	9oz	\$15.95	\$13.50	\$2.45	\$15.00	\$13.50	\$1.50
CINNAMON (WHOLE SPICE)	Top Chef	pk/25g	\$7.95			\$7.99	\$7.99	\$0.00
CINNAMON (GROUND)	Top Chef	pk/10g	\$5.95			\$5.99	\$5.99	\$0.00
CLOVES (WHOLE)	Top Chef	pk/10g	\$6.95			\$7.99	\$7.99	\$0.00
NUTMEG (WHOLE AND GROUND)		pk15g (gd)	\$6.95			\$6.99	\$6.21	\$0.78
GINGER (GROUND)	Chatak	pk/7g	\$2.95			\$2.99	\$2.66	\$0.33
SAFFRON	Chief	85g	\$7.95			\$8.99	\$7.99	\$1.00
ALMOND MILK	Silk	1L						
SALAMI	Blue Ribbon	pk/200g	\$16.95			\$15.99	\$14.21	\$1.78
CORN OIL	Wesson	48oz	\$67.95	\$61.95	\$6.00			

■ Savings after V.A.T. Removal ■ V.A.T. removed before Nov 01, 2021
■ Items with no savings ■ Items on special

Search Item			Mayaro					
			S&S Persad			Persad's D Food King		
Item	Brand	Size	With VAT	Without VAT	Savings	With VAT	Without VAT	Savings
VEGETABLE OIL	Richport	900ml	\$27.95	\$24.95	\$3.00			
SOYABEAN OIL	Madresol					\$19.99	\$17.77	\$2.22
OLIVE OIL	James Plagniol	1L	\$134.95	\$119.95	\$15.00	\$113.00	\$100.44	\$12.56
COCONUT OIL	Nariel	900ml	\$39.95	\$35.95	\$4.00	\$39.99	\$35.55	\$4.44
CANOLA OIL	Wesson	48 oz	\$62.95	\$55.95	\$7.00	\$63.99	\$56.88	\$7.11
	Wesson	3.8L				\$154.99	\$137.77	\$17.22
GHEE		2kg	\$259.95	\$225.00	\$34.95	\$260.99	\$225.00	\$35.99
PEANUT BUTTER	Mabel	500g	\$19.95	\$19.95	\$0.00	\$20.99	\$17.77	\$3.22
BLACK PEPPER	Chief	85g	\$9.95	\$8.95	\$1.00	\$9.99	\$8.88	\$1.11
GEERA (Ground)	Chief	85g	\$9.95	\$7.95	\$2.00	\$8.99	\$7.99	\$1.00
CORN FLAKES (Local)	Sunshine	200g	\$12.95	\$11.95	\$1.00	\$12.99	\$11.55	\$1.44
	Sunshine	18 oz	\$25.00	\$22.95	\$2.05			
FROSTED FLAKES (Local)	Sunshine	284g	\$16.95	\$14.95	\$2.00	\$16.99	\$15.10	\$1.89
	Sunshine	20 oz	\$29.95	\$26.95	\$3.00	\$30.99	\$27.99	\$3.00
CONDENSED MILK	Nestle	395g	\$12.95	\$11.95	\$1.00	\$13.99	\$12.44	\$1.55
INSTANT COFFEE	Nescafe	100g	\$35.95	\$31.95	\$4.00	\$34.99	\$31.10	\$3.89
TEA BAGS (Black Tea)	Lipton	50 pk	\$31.95	\$28.95	\$3.00	\$27.99	\$24.88	\$3.11
TEA BAGS (Pure Green Tea)	Dilmah	20 pk	\$27.95	\$24.95	\$3.00	\$26.99	\$23.99	\$3.00
ORANGE JUICE	T/Citrus	19 oz	\$11.95	\$10.95	\$1.00	\$11.99	\$10.66	\$1.33
WATER (Bottled Water)		Case of (330ml)	\$27.95	\$20.00	\$7.95	\$21.99	\$19.55	\$2.44
VIENNA SAUSAGE	Santa Rosa	141g	\$6.95	\$5.95	\$1.00	\$5.99	\$5.32	\$0.67
CHICKEN FRANKS (Hot Dog)	Erin Farm	12pk	\$19.95	\$17.95	\$2.00	\$16.99	\$15.99	\$1.00
TUNA FLAKES IN WATER	Brunswick	142g	\$8.95	\$7.95	\$1.00			
TUNA FLAKES IN OIL	Brunswick	142g	\$8.95	\$7.95	\$1.00	\$8.99	\$7.99	\$1.00
CANNED MACKEREL (in Tomato Sauce)	Brunswick	425g/15oz	\$16.95	\$13.95	\$3.00	\$17.99	\$15.99	\$2.00
RED BEANS	MP	1 Tin	\$7.95	\$5.95	\$2.00	\$7.99	\$7.10	\$0.89
BAKED BEANS	MP	1 Tin	\$6.90	\$6.95	-\$0.05	\$7.99	\$6.21	\$1.78
GREEN PIGEON PEAS	MP	1 Tin						
PROCESSED PIGEON PEAS	MP	1 Tin				\$7.99	\$7.10	\$0.89
CANNED CORN	MP	1 Tin	\$11.95	\$10.95	\$1.00	\$9.99	\$8.88	\$1.11
CANNED MIXED VEGETABLES	Matouk's	1 Tin	\$9.95	\$8.95	\$1.00	\$10.99	\$9.77	\$1.22
MAYONNAISE	Matouk's	375ml	\$13.95	\$12.95	\$1.00	\$13.99	\$12.44	\$1.55
KETCHUP (Bottled)	Matouk's	750ml	\$11.95	\$10.95	\$1.00			
KETCHUP (Spouch)	Swiss	750ml	\$11.95	\$10.95	\$1.00			
SOYA CHUNKS	Cooksmate	454g	\$19.95	\$17.95	\$2.00	\$21.99	\$19.55	\$2.44
	Chatak	230g	\$11.95	\$10.95	\$1.00	\$13.99	\$12.44	\$1.55
SOYA MINCED	Cooksmate	454g				\$19.99	\$19.55	\$0.44
TABLE BUTTER	Anchor	454g	\$59.95	\$53.95	\$6.00	\$53.99	\$47.99	\$6.00
PIG TAIL		454g	\$28.95	\$25.95	\$3.00	\$32.00	\$29.32	\$2.68
HAM SLICES	Erin Farm	pk	\$11.95	\$9.95	\$2.00	\$13.99	\$12.44	\$1.55
TURKEY SLICES	Mac Foods	pk	\$13.95	\$11.95	\$2.00	\$13.99	\$12.44	\$1.55
CHICKEN LUNCHEON MEAT	Blue Ribbon	200g	\$12.95	\$11.95	\$1.00	\$14.99	\$13.32	\$1.67
BOLOGNA (Chicken)	Erin Farm	pk	\$8.95	\$7.95	\$1.00	\$8.99	\$7.99	\$1.00
CRIX (Original)		9oz	\$12.95	\$11.95	\$1.00	\$13.00	\$11.56	\$1.44
MAGGI Chicken Noodle Soup Pack		60g	\$5.95	\$5.32	\$0.63	\$5.99	\$5.50	\$0.49
TOP RAMEN SOUP		pk	\$5.95	\$5.50	\$0.45			
SWEET BISCUITS (BOURBON)	Devon	150g	\$6.95	\$5.95	\$1.00	\$7.00	\$6.22	\$0.78
SWEET BISCUITS (VANILLA)	Bermudez	5 oz	\$9.95	\$8.95	\$1.00	\$10.00	\$8.99	\$1.01
CRACKERS	Dixie	9oz	\$13.95	\$13.95	\$0.00	\$15.00	\$13.33	\$1.67
CINNAMON (WHOLE SPICE)		pk	\$4.95	\$4.50	\$0.45	\$4.99	\$4.44	\$0.55
CINNAMON (GROUND)		pk	\$5.95	\$4.50	\$1.45	\$5.99	\$4.44	\$1.55
CLOVES (WHOLE)		pk	\$7.95	\$6.95	\$1.00	\$7.99	\$7.10	\$0.89
NUTMEG (WHOLE AND GROUND)		pk	\$5.95	\$4.95	\$1.00	\$6.99	\$6.21	\$0.78
GINGER (GROUND)		pk	\$3.95	\$2.50	\$1.45	\$3.99	\$3.55	\$0.44
SAFFRON	Chief	85g	\$7.95	\$6.95	\$1.00			
ALMOND MILK	Silk	1L				\$26.99	\$21.32	\$5.67
SALAMI		pk	\$15.95	\$13.95	\$2.00	\$15.99	\$14.21	\$1.78
CORN OIL	Wesson	48oz						

■ Savings after V.A.T. Removal
■ Items with no savings

■ V.A.T. removed before Nov 01, 2021
■ Items on special



REPUBLIC OF TRINIDAD AND TOBAGO
MINISTRY OF TRADE
AND INDUSTRY

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