



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

.....
**SUPERMARKET
PRICES
OF ITEMS**
.....

CONSUMER
AFFAIRS **DIVISION**
PUTTING THE POWER ON YOUR SIDE

Contents



SECTION 1:	_____	
Arima, Barataria, Chaguanas, Couva, Cunupia		1
SECTION 2:	_____	
Curepe, Debe, Diego Martin, Mayaro		6
SECTION 3:	_____	
Point Fortin, Port of Spain, Princes Town		11
SECTION 4:	_____	
Rio Claro, San Fernando, San Juan, Sangre Grande		17
SECTION 5:	_____	
Siparia/Fyzabad, St. James, Toco, Tunapuna		22

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 across Trinidad. In March 2016, the Division conducted a price survey of one hundred and sixteen (116) items across forty - two (42) supermarkets in twenty

(20) areas in Trinidad. The selected products, which impact consumers across all income groups, were derived from a Basket of Goods Survey conducted by the Consumer Affairs Division in 2014. The Division continues to use this basket of selected goods to monitor prices on a monthly basis.

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Corned beef	Target	340g	\$15.99	\$15.99	\$14.99	\$15.99	\$14.97	\$14.99	\$14.97	\$15.50	\$14.45	-
Chicken breast (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$18.95	-
Chicken drumstick (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$18.95	\$18.99
Chicken thighs (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$13.95	-
Chicken wings (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	\$19.95	\$19.99
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-	-	-
Pork stew	-	454g	\$21.43	-	-	\$17.53	-	\$22.03	\$21.00	-	-	-
Beef stew	-	454g	\$26.33	-	\$23.18	\$24.60	-	\$24.04	\$19.99	-	-	-
SALTED FISH (w/Bone)	-	454g	\$36.00	-	\$25.00	\$24.60	\$25.97	\$28.99	\$26.99	\$23.64	\$22.50	\$25.00
Salted fish (boneless)	-	454g	\$41.36	\$36.36	-	\$39.07	-	-	\$39.39	-	-	\$36.36
SMOKED HERRING (w/Bone)	-	454g	\$14.96	-	\$16.36	\$13.63	\$18.47	\$18.99	\$15.97	\$13.64	\$14.00	\$18.18
Sardines (in oil)	Brunswick	106g	\$5.99	\$5.99	\$5.99	\$7.70	\$5.97	\$5.49	\$5.97	\$6.75	\$5.45	\$6.99
Cheddar cheese	-	454g	\$18.16	\$18.18	\$17.72	\$22.72	\$25.97	\$18.18	\$19.97	\$16.82	\$18.95	\$27.27
Cooking margarine	G/Ray	227g	\$8.99	\$9.99	\$8.99	\$8.99	\$8.97	\$9.99	\$9.97	\$10.25	\$9.95	\$10.99
Cooking margarine	French Maid	227g	\$7.99	-	-	-	-	\$7.99	\$8.97	-	\$8.95	\$8.99
Table margarine	Blue Band	227g	\$7.49	\$6.99	\$8.29	\$7.49	\$6.97	\$6.99	\$7.97	\$7.99	\$6.95	\$8.99
Table margarine	Flora	445g	\$17.99	\$18.99	\$19.99	\$17.99	\$17.97	\$18.99	\$17.97	\$18.50	\$18.95	-
Eggs	Large	1 Doz	\$24.50	\$22.69	\$24.99	\$24.50	\$23.97	\$23.99	\$21.47	\$21.00	\$21.99	\$27.99
Liquid milk (full cream)	Nestle	1L	-	\$10.49	\$10.99	\$10.49	\$10.97	\$11.99	\$10.49	\$10.99	\$10.49	-
Liquid milk (skimmed)	Svelty	1L	-	\$11.49	\$11.49	\$11.50	\$11.97	\$12.49	\$11.99	\$11.99	\$10.95	\$12.99
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$48.99	\$47.99	\$48.97	\$47.99	\$47.97	\$47.99	\$46.99	\$47.99

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.97	\$14.99	\$14.47	\$14.49	-	\$14.99
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$55.97	\$54.99	\$55.97	\$54.99	\$54.45	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	-	-	-	-	\$29.47	\$28.99	\$28.97	\$28.99	-	-
Evaporated milk (tin)	Carnation	410g	\$9.49	\$9.49	\$9.79	\$9.50	\$8.97	\$10.49	\$9.49	\$9.99	\$9.45	-
Evaporated milk (pack)	G/Butterfly	250ml	\$4.99	\$4.99	\$6.49	\$4.99	\$4.97	\$4.99	\$4.99	\$4.99	\$4.95	\$6.99
Macaroni	Swiss	400g	\$4.85	\$5.49	\$4.49	\$4.90	\$4.97	\$5.49	\$4.97	\$4.90	-	\$4.99
Spaghetti	Swiss	400g	\$4.80	\$5.61	\$4.99	\$4.80	\$4.97	\$5.49	\$4.97	\$4.99	\$4.95	-
Baking powder	Lion	454g	\$9.60	-	\$8.99	\$9.60	\$8.97	\$9.99	\$8.97	\$8.99	\$8.95	\$9.99
Pre packaged flour	Ibis	2kg	\$11.90	\$12.79	\$12.99	\$12.05	\$12.47	\$12.99	\$12.97	\$12.99	\$11.95	\$13.99
Flour	Ibis	10kg	\$60.80	\$63.99	-	\$66.80	\$59.97	\$59.99	\$64.97	\$60.00	\$54.95	\$64.99
Pre packaged rice (parboiled)	Happi	1800g	-	-	-	-	\$19.97	\$17.49	\$19.57	\$20.50	\$19.95	-
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	-	-	-	\$20.97	-	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	\$8.99	-	-	\$8.35	-	-	-	-	-	-
Oats	Cook's Mate	226g	\$3.65	\$3.99	\$3.99	\$3.70	\$3.97	\$3.99	-	\$3.75	-	-
Yeast	Fermipan	4x11g	\$6.30	\$6.79	\$6.49	-	\$5.97	\$5.99	-	\$6.50	-	-
Split peas (loose)	-	454g	-	-	-	-	\$3.47	-	\$3.97	\$3.75	\$3.99	\$3.99
Red beans (loose)	-	454g	-	-	-	-	\$6.47	-	\$7.96	\$6.99	\$5.99	\$5.00
D/pigeon peas (loose)	-	454g	-	-	-	-	\$6.97	-	\$6.97	\$6.99	\$6.95	\$4.99
Channa (loose)	Large	454g	\$7.80	-	-	-	\$6.97	-	\$6.96	\$6.95	\$5.25	\$7.99
Black eye peas (loose)	-	454g	-	-	-	-	\$5.97	-	\$5.97	\$6.99	\$6.25	\$7.99
Lentil (loose)	-	454g	-	-	-	-	\$5.47	-	\$5.96	\$5.50	\$4.45	\$6.99
Split peas (pre packaged)	N/Pride	400g	\$4.99	-	-	\$4.99	-	-	-	-	-	-
Red beans (pre packaged)	N/Pride	400g	\$9.70	-	-	-	\$9.97	-	-	-	\$9.45	-
Pigeon peas (pre packaged)	N/Pride	400g	-	\$9.49	-	-	-	-	-	-	\$7.50	-
Channa (pre packaged)	N/Pride	400g	-	\$9.19	-	\$9.30	-	-	-	-	\$8.45	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Black eye peas (pre packaged)	N/Pride	400g	-	\$9.49	-	\$8.75	\$7.97	-	-	-	\$7.50	-
Lentils (pre packaged)	N/Pride	400g	\$6.10	\$6.49		\$6.86	\$7.97	-	-	-	-	-
Curry powder	Chief	85g	\$7.49	\$7.49	\$6.99	\$7.49	\$5.97	\$6.99	\$6.89	\$6.75	\$6.25	\$6.99
White vinegar	Mabel	1L	\$6.95	-	\$7.69	-	\$7.47	\$6.99	\$6.47	-	-	\$6.99
Potato	-	454g	\$3.00	\$3.18	\$3.18	\$3.00	\$2.47	\$3.00	\$2.97	\$2.50	\$2.25	\$2.50
Onion	-	454g	\$3.00	\$3.18	\$2.72	\$2.59	\$2.97	\$2.99	\$2.47	\$3.00	\$2.45	\$2.50
Garlic	-	454g	-	-	-	-	\$10.97	\$11.49	\$12.97	\$10.00	\$10.50	\$10.00
Garlic	-	250g	\$7.50	\$6.50	\$4.99	\$7.50	-	\$5.99	\$6.97	-	\$5.45	\$5.00
Sugar (loose)	Brown	454g	-	-	-	-	-	\$3.60	\$3.97	\$4.00	\$3.00	\$5.00
Sugar – brown (pre packaged)	Demerara	1800g	\$20.99	\$16.99	-	\$16.99	\$15.97	-	\$15.97	-	-	-
Infant formula	SMA	900g	-	-	\$168.99	\$168.99	\$168.97	\$169.00	\$169.97	-	-	-
Infant formula	Lactogen 1 (0 to 6 mths)	900g	\$99.99	\$99.99	\$95.99	\$99.99	\$99.97	-	\$99.97	-	-	-
Infant formula	Klim (growing up)	800g	\$58.99	\$58.99	\$59.99	\$54.99	\$58.97	\$59.99	\$58.97	\$59.00	\$56.45	\$58.99
Toilet paper (280 sheets)	S'N'Pretty	6pk	\$13.99	\$15.49	\$13.99	-	\$12.97	\$14.99	\$14.97	-	\$12.95	-
Toilet soap	Palmolive	3pk	\$16.45	\$16.49	-	\$16.45	\$15.97	\$15.99	\$15.97	\$15.99	\$15.95	\$13.99
Toothpaste	Colgate	130g	-	-	-	\$11.75	\$11.97	\$11.99	\$10.97	\$11.99	\$10.95	-
Vienna sausage (chicken)	Brunswick	141g	\$4.49		\$4.69	\$3.99	-	-	\$4.49	\$4.99	-	-
Chicken franks (hot dogs)	Erin Farm	12pk	\$13.49	\$15.63	\$12.49	-	-	-	\$13.49	-	-	-
Pigtail	-	454g	\$18.40	\$18.91	-	\$17.14	-	\$19.70	\$15.79	\$17.27	-	-
Tuna (flakes in water)	Richport	170g	-	-	\$6.99	-	\$7.47	\$7.86	-	\$6.50	-	-
Tuna (flakes in oil)	Richport	170g	\$7.75	-	\$6.99	-	\$7.47	-	-	\$6.50	-	-
Fresh butter	Kerrygold	454g	\$39.56	-	\$36.99	\$34.50	\$34.97	\$41.61	\$39.39	\$34.50	\$38.95	-
Condensed milk	Nestle	395g	\$8.85	\$8.99	\$8.99	\$8.85	\$8.97	\$8.99	\$8.99	\$8.99	\$8.95	\$10.99
Condensed milk	Eve	395g	\$5.23	\$5.99	\$6.49	-	\$5.47	\$5.61	\$5.59	\$7.75	-	-
Milo (pack)	-	400g	\$33.74	\$33.74	\$34.99	\$33.74	\$34.47	\$34.99	\$33.79	\$34.99	\$34.95	\$33.99
Instant chocolate	Nesquik	500g	\$22.49	\$23.61	\$23.99	\$22.49	\$22.97	\$24.18	\$22.49	\$23.50	\$23.45	\$24.99
Ovaltine (pack)	-	300g	\$26.04	\$28.68	\$27.99	-	\$25.97	\$28.99	\$26.99	\$27.50	\$28.95	\$28.99

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Tea bags	Lipton	50 pk	\$20.25	\$19.11	\$21.59	\$20.25	\$16.97	\$19.11	\$20.29	\$20.99	\$17.95	\$19.99
Tea bags (green)	Lipton	20 pk	19.74.	\$20.80	\$18.99	\$19.74	\$19.47	\$21.36	\$19.69	\$19.99	-	\$20.99
Tea bags (green)	Dilmah	20pk	\$23.51	\$24.74	-	-	\$21.97	\$24.74	\$22.49	-	-	-
Coffee (instant)	Nestle	100g	\$31.49	\$34.30	\$34.99	\$31.49	\$29.47	\$33.74	\$31.49	\$33.25	\$30.95	\$31.95
Coffee (instant)	Café Brasil	100g	\$28.68	\$30.36	\$30.99	\$28.68	\$29.47	\$30.36	\$30.39	\$29.50	\$29.95	-
Mauby	Matouk's	750ml	-	\$13.49	\$11.99	\$13.22	\$12.97	\$13.49	\$12.99	-	\$13.95	-
Orange drink	Orchard	250ml	\$3.65	\$3.36	\$3.69	\$3.65	\$3.97	\$3.66	\$3.49	\$3.35	\$3.95	\$3.50
Orange drink	Orchard	1L	\$11.24	\$11.24	\$12.49	\$11.24	\$11.47	\$12.36	\$11.29	\$11.99	\$11.95	\$12.50
Grapefruit drink	Orchard	1L	\$11.24	\$11.24	\$12.49	\$11.24	\$11.47	\$11.99	\$11.29	\$11.99	\$11.95	-
Orange juice	T/Citrus	19 oz	\$11.95	\$11.29	\$10.49	\$11.98	\$10.97	\$11.99	\$11.29	\$11.99	\$11.95	-
Orange juice	Dole	18 oz	\$9.55	\$10.11	-	-	\$9.47	\$10.11	\$9.59	-	-	\$10.99
Grapefruit juice	T/Citrus	19 oz	\$11.95	\$11.29	\$10.49	\$10.24	\$10.97	\$11.99	\$11.29	\$11.99	\$11.95	\$12.99
Peanut butter	Matouk's	500g	-	\$17.99	-	\$20.24	\$16.47	\$17.99	\$19.09	-	\$23.95	-
Vegetable oil	Richport	900ml	-	-	\$13.99	\$17.72	\$15.97	\$19.11	-	-	-	-
Soya oil	Eve	900ml	-	\$17.20	\$16.99	-	-	-	-	\$15.50	\$16.45	\$16.99
Soya oil	Happi	3.8L	-	-	-	-	\$57.47	-	-	-	\$59.45	-
Coconut oil	Nariel	900ml	-	\$38.24	-	-	-	\$39.36	\$36.59	\$38.99	\$37.95	\$37.99
Olive oil (extra virgin)	James Plagniol	1L	-	-	-	-	-	\$74.99	-	\$82.25	-	-
Corn meal	Regal	454g	\$5.50	-	\$6.59	\$5.80	\$5.47	\$6.74	-	\$6.50	-	-
Biscuits (unsweetened)	Crix Original	9 oz	\$12.98	\$13.00	\$13.00	\$13.00	\$12.97	\$13.00	\$12.99	\$13.00	-	-
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.36	\$12.99	\$12.99	\$12.47	\$13.99	\$12.99	\$12.35	-	-
Corn flakes (local)	Sunshine	18 oz	-	-	\$25.99	\$25.99	\$24.97	\$25.99	\$25.99	-	\$30.95	-
Corn flakes (imported)	Kellogs	150g	\$14.05	-	-	\$11.50	\$10.47	\$13.49	\$12.39	-	-	-
Corn flakes (imported)	Kellogs	15.2 oz	-	-	-	\$29.99	\$23.47	\$22.49	-	-	-	-
Soya chunks	N/Delights	454g	\$21.21	\$24.18	\$21.99	-	-	-	\$22.49	-	\$19.95	-
Red beans (tin)	MP	440g	-	\$6.51	\$6.99	-	\$6.97	\$7.86	\$6.79	\$7.25	-	-
Baked beans (tin)	MP	440g	\$6.36	\$6.51	\$6.49	-	\$5.47	-	\$6.19	\$6.20	-	-
Green pigeon peas (tin)	MP	440g	\$10.74	\$10.68	\$9.99	\$10.69	\$8.97	\$10.99	\$9.79	\$8.25	-	-

ITEM	BRAND	SIZE	ARIMA		BARATARIA		CHAGUANAS		COUVA		CUNUPIA	
			MAHARAJ WESTSIDE	MASSY STORES	FOOD GIANT	JUMBO FOODS	PRICE CLUB	XTRA FOODS	CASH & CARRY	TOOLSIE'S	LOW COST	CLASIC
Processed pigeon peas (tin)	MP	440g	-	-	-	-	-	-	-	-	-	-
Peas and carrots (tin)	MP	440g	\$7.65	\$7.86	\$7.69	-	\$7.27	\$7.99	\$7.29	\$7.60	-	-
Table salt (pre packaged)	Chief	500g	\$2.99	\$3.59	\$3.69		\$3.47	\$3.36	\$3.39	-	-	-
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-	\$8.00	-
Sugar (granulated)	Sweet Cane	1800g	\$21.36	\$20.24	\$21.99	\$19.80	\$16.97	\$17.99	\$20.29	\$20.99	\$20.95	\$22.99
Tomato ketchup (bottled)	Matouk's	750ml	\$9.73	\$10.11	-	\$11.24	-	\$10.49	\$9.99	\$11.25	-	\$11.99
Tomato ketchup (economy pack)	Swiss	750ml	\$6.18	\$6.74	\$5.99	\$6.18	\$6.47	\$6.74	\$6.79	\$6.75	\$8.50	\$7.99
Mustard (bottled)	Matouk's	240g	-	-	-	-	\$7.47	-	-	-	-	-
Mayonnaise (bottled)	Matouk's	340ml	\$11.24	\$11.80		\$11.24	\$10.97	\$15.74	\$11.29	-	\$11.45	-
Infant cereal	Nestle -Rice	270g	\$18.99	\$18.99	\$18.99	\$19.35	\$18.97	\$19.99	\$18.97	-	-	-
Infant cereal	Nestle - Wheat & Honey	270g	\$20.99	\$20.99	\$21.49	\$21.95	\$20.97	\$24.74	\$21.57	\$21.00	-	-
Dishwashing liquid	Squeezy	725ml	\$11.99	\$13.49	\$14.99	\$11.99	\$13.77	\$13.49	\$12.99	\$13.99	-	\$14.99
Soap powder	Breeze M/A	900g	\$21.65	\$26.99	\$23.99	\$26.99	\$26.47	\$26.99	\$25.89	\$27.75	\$24.99	-
Soap powder	Breeze M/A	375g	\$11.99	\$11.80	\$10.49	\$11.99	\$11.47	\$11.80	\$11.79	\$10.50	-	\$11.99
Soap powder	Radiante	400g	\$9.99	-	\$9.99	\$9.99	\$9.97	\$10.68	\$9.99	\$10.75	-	-

Section 2

► Curepe | Debe | Diego Martin | Mayaro

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING
Corned beef	Target	340g	-	\$15.99	\$15.40	\$15.99	\$15.99	\$15.99	\$15.99	\$13.99
Chicken breast (frozen)	Arawak	pack	\$18.00	-	-	-	-	\$20.29	-	-
Chicken drumstick (frozen)	Arawak	pack	-	-	-	-	-	\$17.99	\$18.99	-
Chicken thighs (frozen)	Arawak	pack	\$13.99	-	-	-	-	\$13.49	-	-
Chicken wings (frozen)	Arawak	pack	-	-	-	-	-	\$21.59	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-
Pork stew	-	454g	-	\$24.54	-	-	\$24.54	-	-	-
Beef stew	-	454g	-	-	-	-	\$25.00	-	\$22.99	\$23.99
SALTED FISH (w/Bone)	-	454g	-	-	-	-	-	\$27.27	\$24.98	\$23.04
Salted fish (boneless)	-	454g	-	-	-	\$23.99	-	-	-	-
Smoked Herring (w/Bone)	-	454g	\$13.99	-	\$14.07	-	-	-	\$13.99	\$14.02
Sardines (in oil)	Brunswick	106g	-	\$5.99	\$5.99	\$6.99	\$5.75	\$5.99	\$6.99	\$7.99
Cheddar cheese	-	454g	\$22.50	\$16.36	\$20.00	\$20.00	\$16.36	\$18.18	\$24.99	\$22.03
Cooking margarine	G/Ray	227g	\$9.99	\$8.99	\$9.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.99
Cooking margarine	French Maid	227g	\$8.49	\$8.99	-	\$8.99	\$8.99	\$9.39	-	-
Table margarine	Blue Band	227g	\$9.99	\$6.49	\$7.99	\$7.99	\$6.49	\$6.99	\$6.99	\$7.49
Table margarine	Flora	445g	\$18.99	\$17.99	\$17.99	\$18.99	\$17.99	\$18.99	\$19.99	\$18.99
Eggs	Large	1 Doz	\$23.99	\$21.49	\$21.99	\$25.99	\$22.49	\$22.69	\$29.99	\$22.50
Liquid milk (full cream)	Nestle	1L	\$11.25	\$11.49	\$9.99	\$9.99	\$10.49	\$10.49	\$11.99	\$11.49
Liquid milk (skimmed)	Svelty	1L	\$11.99	\$11.99	\$11.99	\$11.49	\$11.99	\$11.49	\$13.99	-
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING
Powdered milk	D/Dairy	225g	\$14.49		\$14.49	\$14.99	\$14.49	\$14.49	\$14.99	\$14.49
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$55.49	\$55.99	\$54.99	\$54.99	-	\$54.99
Powdered milk (skimmed)	D/Dairy	400g		-	-	-	\$28.99	\$28.99	-	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.99	\$9.49	\$9.49	-	\$9.49	\$9.49	\$11.99	-
Evaporated milk (pack)	G/Butterfly	250ml	\$5.75	\$5.49	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99
Macaroni	Swiss	400g	-	-	\$4.99	\$4.99	\$4.99	\$5.49	\$4.99	\$6.49
Spaghetti	Swiss	400g	-	\$4.99	-	-	\$4.99	\$4.99	\$5.99	\$4.99
Baking powder	Lion	454g	\$8.99	\$9.79	\$9.49	\$8.99	\$9.79	\$9.79	\$8.99	\$9.99
Pre packaged flour	Ibis	2kg	\$12.49	\$12.75	\$10.99	\$9.99	\$12.75	\$12.79	\$12.99	\$12.99
Flour	Ibis	10kg	\$62.50	\$62.99	\$55.99	\$60.00	\$62.99		\$54.99	\$59.99
Pre packaged rice (parboiled)	Happi	1800g	-	\$19.99	\$18.99	\$18.99	-	\$20.99	-	-
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	-	-	-	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	-	\$9.59			\$9.59	\$9.99		
Oats	Cook's Mate	226g	-	-	\$3.99	\$5.99		\$3.99	\$3.99	\$3.99
Yeast	Fermipan	4x11g	\$6.50	\$5.69	\$6.75	-	\$6.29	\$6.79	\$6.99	\$6.99
Split peas (loose)	-	454g	\$3.00	-	\$4.25	\$3.50	-	-	-	\$3.99
Red beans (loose)	-	454g	\$8.00	-	\$8.49	\$8.00	-	-	-	\$7.99
D/pigeon peas (loose)	-	454g	\$6.99	-	\$8.49	\$8.00	-	-	-	\$5.99
Channa (loose)	Large	454g	\$5.99	-	\$6.75	\$7.00	-	-	-	\$5.99
Black eye peas (loose)	-	454g	\$6.50	-	\$6.49	\$6.00	-	-	-	-
Lentil (loose)	-	454g	\$4.99	-	\$6.99	\$5.00	-	-	-	\$3.99
Split peas (pre packaged)	N/Pride	400g	-	\$4.99	-	-	\$5.49	\$5.49	-	-
Red beans (pre packaged)	N/Pride	400g	-	\$10.99	-	-	\$10.99	\$10.49	-	-
Pigeon peas (pre packaged)	N/Pride	400g	-	-	-	-	-	\$9.49	\$7.99	-
Channa (pre packaged)	N/Pride	400g	-	-	-	-	-	\$9.19	-	-
Black eye peas (pre packaged)	N/Pride	400g	-	-	-	-	-	\$9.49	-	-
Lentils (pre packaged)	N/Pride	400g	-	\$6.49	-	-	-	\$7.99	-	-
Curry powder	Chief	85g	-	\$7.19	\$7.99	\$6.99	\$7.19	\$7.49	\$6.99	

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING
White vinegar	Mabel	1L	-	-	-	\$6.99	-	-	\$6.99	\$6.99
Potato	-	454g	\$2.50	\$3.18	\$2.30	\$2.00	\$3.18	-	\$2.99	\$2.49
Onion	-	454g	\$3.00	\$3.63	\$2.50	\$2.00	\$3.63	\$3.18	\$2.99	\$2.49
Garlic	-	454g	-	-	-	-	\$12.98	\$12.98	\$11.99	\$9.99
Garlic	-	250g	\$6.99	\$5.99	-	-	-	-	\$6.99	-
Sugar (loose)	Brown	454g	\$4.00	-	-	\$3.00	-	-	-	\$3.00
Sugar – brown (pre packaged)	Demerara	1800g	\$17.99	\$15.99	-	\$15.99	\$15.99	\$19.99		
Infant formula	SMA	900g	\$155.24	\$170.95	-	-	\$170.95	\$168.99	\$159.99	\$160.99
Infant formula	Lactogen 1 (0 to 6 mths)	900g	-	-	-	-	\$100.99	\$99.99		\$97.99
Infant formula	Klim (growing up)	800g	\$61.99	\$59.65	\$58.99	-	\$59.65	\$58.99	\$58.99	\$55.99
Toilet paper (280 sheets)	S’N’Pretty	6pk	-	\$15.49	\$13.99	\$14.99	\$15.49	\$15.49	-	-
Toilet soap	Palmolive	3pk	-	\$15.99	\$15.25	\$13.99	\$17.99	\$16.49	\$17.99	\$19.99
Toothpaste	Colgate	130g	-	\$11.99	\$12.75	\$10.99	\$11.75	\$11.99	\$13.99	-
Vienna sausage (chicken)	Brunswick	141g	-	\$5.05	\$4.75	-	-	-	-	-
Chicken franks (hot dogs)	Erin Farm	12pk	-	\$13.49	-	-	\$13.49	\$14.05	-	-
Pigtail	-	454g	-	-	-	-	-	\$18.91	-	\$16.99
Tuna (flakes in water)	Richport	170g	-	\$7.86	-	-	\$7.86	-	-	-
Tuna (flakes in oil)	Richport	170g	-	\$7.86	-	-	\$7.86	-	-	-
Fresh butter	Kerrygold	454g	-	\$39.36	\$39.75	\$38.99	\$39.36	\$40.49	-	-
Condensed milk	Nestle	395g	\$9.75	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99
Condensed milk	Eve	395g	-	-	-	\$5.99	-	\$5.99	\$5.99	\$6.99
Milo (pack)	-	400g	\$35.50	\$33.74	\$33.75	\$34.99	\$33.74	\$33.74	\$33.99	\$32.99
Instant chocolate	Nesquik	500g	\$25.99	\$22.49	\$24.49	\$23.99	\$22.49	\$23.61	\$22.99	\$23.99
Ovaltine (pack)	-	300g	-	\$28.68	\$28.49	\$25.99	\$26.99	\$28.68	\$27.99	\$24.99
Tea bags	Lipton	50 pk	\$21.75	\$20.24	\$20.25	\$19.99	\$20.24	\$19.11	-	\$20.49
Tea bags (green)	Lipton	20 pk	\$20.99	\$19.68	-	-	\$19.68	\$17.99	\$17.99	\$19.99
Tea bags (green)	Dilmah	20pk	-	\$21.36	-	-	-	\$24.74	\$17.99	-

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING
Coffee (instant)	Nestle	100g	\$31.99	\$32.05	\$30.49	\$32.49	\$32.05	\$34.30	\$33.99	\$32.99
Coffee (instant)	Café Brasil	100g	\$29.25	\$30.36	\$30.49	\$26.99	\$30.36	\$30.36	\$28.11	\$24.99
Mauby	Matouk's	750ml	-	\$13.49	\$13.25	\$12.99	\$13.49	\$13.49	\$11.99	\$13.49
Orange drink	Orchard	250ml	-	\$3.70	\$3.49	\$3.75	\$3.70	\$3.36	\$3.99	\$3.99
Orange drink	Orchard	1L	\$12.99	\$11.24	\$11.25	\$11.99	\$11.24	\$11.24	\$13.49	\$11.49
Grapefruit drink	Orchard	1L	\$12.99	\$11.24	-	\$11.99	\$11.24	\$11.24	-	\$12.49
Orange juice	T/Citrus	19 oz	\$12.50	\$10.99	\$11.99	\$11.99	\$10.99	-	\$11.99	\$12.49
Orange juice	Dole	18 oz	-	\$9.55	\$9.75	-	-	-	\$11.99	\$10.49
Grapefruit juice	T/Citrus	19 oz	\$12.50	\$10.99	-	\$11.99	\$10.99	-	\$11.99	\$12.49
Peanut butter	Matouk's	500g	-	\$22.49	\$19.49	\$17.99	-	\$17.99	\$19.99	\$17.99
Vegetable oil	Richport	900ml	\$13.99	-	\$16.49	\$16.99	-	-	-	-
Soya oil	Eve	900ml	\$13.99	\$16.41	\$16.49	-	\$16.41	\$17.20	-	-
Soya oil	Happi	3.8L	-	\$74.24	\$41.99	\$42.99	-	-	\$53.99	-
Coconut oil	Nariel	900ml	-	\$36.55	\$37.99	\$33.99	-	-	-	\$38.99
Olive oil (extra virgin)	James Plagniol	1L	-	-	\$87.99	-	-	-	\$84.99	\$72.29
Corn meal	Regal	454g	-	\$6.51	-	-	-	-	-	\$5.99
Biscuits (unsweetened)	Crix Original	9 oz	\$13.00	\$12.94	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$12.99
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.36	\$12.99	\$12.99	\$12.36	\$12.36	\$12.99	-
Corn flakes (local)	Sunshine	18 oz	\$25.99	-	\$25.99	-	\$25.99	\$25.86	\$24.99	-
Corn flakes (imported)	Kellogs	150g	\$10.99	\$15.36	-	-	-	-	-	\$12.49
Corn flakes (imported)	Kellogs	15.2 oz	\$23.99	\$35.43	-	-	-	-	\$33.99	-
Soya chunks	N/Delights	454g	\$19.99	-	\$20.50	-	-	-	-	-
Red beans (tin)	MP	440g	-	\$6.74	\$7.25	\$5.99	\$6.74	-	\$5.99	-
Baked beans (tin)	MP	440g	-	-	\$6.49	\$5.99	\$6.36	\$6.51	\$6.99	-
Green pigeon peas (tin)	MP	440g	-	\$10.68	\$9.99	\$9.99	\$10.68	-	\$8.99	-
Processed pigeon peas (tin)	MP	440g	-	-	-	-	-	-	-	-
Peas and carrots (tin)	MP	440g	-	\$6.79	\$7.75	-	\$7.64	\$7.75	-	-

ITEM	BRAND	SIZE	CUREPE		DEBE		DIEGO MARTIN		MAYARO	
			MAHARAJ BROS	TRU VALU	MS FOOD CITY	G & N	TRU VALU	MASSY STORES	S & S PERSAD	PERSAD D' FOOD KING
Table salt (pre packaged)	Chief	500g	-	-	\$3.49	-	\$3.36	\$3.59	-	\$3.49
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-
Sugar (granulated)	Sweet Cane	1800g	-	\$20.24	\$19.99	\$19.99	\$20.24	\$20.24	\$21.99	-
Tomato ketchup (bottled)	Matouk's	750ml	-	\$9.49	\$11.25	-	\$10.68	\$10.11	-	-
Tomato ketchup (economy pack)	Swiss	750ml	\$5.99	\$7.99	\$6.75	\$5.99	\$6.74	\$6.74	\$7.99	\$4.99
Mustard (bottled)	Matouk's	240g	-	-	-	-	\$8.20	-	-	\$7.99
Mayonnaise (bottled)	Matouk's	340ml	-	\$10.76	-	\$11.99	\$11.25	-	\$9.99	\$11.49
Infant cereal	Nestle –Rice	270g	\$19.99	\$21.60	\$18.99	-	\$21.60	\$18.99	-	\$18.99
Infant cereal	Nestle – Wheat & Honey	270g	\$21.99	\$23.91	\$20.99	-	\$23.91	\$20.99	\$18.99	\$19.99
Dishwashing liquid	Squeezy	725ml	-	-	\$13.99	-	\$13.49	\$13.49	-	-
Soap powder	Breeze M/A	900g	\$26.99	\$26.99	\$26.99	\$26.99	\$26.99	\$26.99	\$24.99	\$25.99
Soap powder	Breeze M/A	375g	\$10.50	-	-	\$11.99	-	\$11.80	\$13.99	\$12.49
Soap powder	Radiante	400g	\$10.25	-	-	-	-	\$10.11	-	-

Section 3

► Point Fortin | Port of Spain | Princes Town

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
Corned beef	Target	340g	\$16.95	\$15.99	\$13.99	\$15.99	-	-	-	\$14.49
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	\$26.95	-	\$14.96	\$18.18	\$18.00	-	-	-
Beef stew	-	454g	\$25.20	-	\$24.49	\$26.36	\$25.00	-	\$24.54	\$23.00
Salted Fish (w/Bone)	-	454g	\$25.06	\$26.50	\$24.54	\$27.27	\$23.18	\$25.90	\$27.27	\$24.55
Salted fish (boneless)	-	454g	-	-	-	-	\$36.36	-	\$35.45	-
Smoked Herring (w/Bone)	-	454g	\$19.74	\$15.00	\$15.45	\$22.50	\$16.81	\$16.81	\$15.00	\$15.00
Sardines (in oil)	Brunswick	106g	\$5.95	\$7.50	\$4.99	\$5.99	-	-	-	\$4.99
Cheddar cheese	-	454g	\$19.54	\$23.00	\$20.00	\$18.18	\$25.43	\$23.18	\$27.27	\$18.99
Cooking margarine	G/Ray	227g	\$9.95	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$10.99	\$9.99
Cooking margarine	French Maid	227g	\$8.99	\$8.99	\$8.49	\$9.39	\$8.99	\$8.99	-	-
Table margarine	Blue Band	227g	\$6.66	\$7.99	\$7.99	\$6.99	\$7.99	\$6.99	\$8.50	\$7.99
Table margarine	Flora	445g	\$17.95	\$18.99	\$18.99	\$18.49	\$18.49	\$18.99	\$18.99	\$18.99
Eggs	Large	1 Doz		\$22.99	\$22.49	\$22.49	\$26.00	\$26.99	\$22.99	\$24.99
Liquid milk (full cream)	Nestle	1L	\$10.50	\$10.99	\$11.99	\$10.49	\$10.49	\$11.99	\$9.99	\$9.99
Liquid milk (skimmed)	Svelty	1L	\$11.50	\$11.99	\$12.49	\$11.49	\$12.49	\$11.99	\$12.99	\$13.49
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.50	\$9.50	\$10.49	\$9.49	\$9.99	-	\$10.99	\$9.99
Evaporated milk (pack)	G/Butterfly	250ml	\$5.49	\$5.50	\$4.99	\$4.99	\$5.99	\$4.99	\$5.99	\$4.99
Macaroni	Swiss	400g	\$4.95	\$5.50	\$4.99	\$5.49	-	\$4.99	-	\$4.99
Spaghetti	Swiss	400g	\$4.95	\$5.99	\$4.99	\$4.99	\$4.49	\$4.99		\$4.99
Baking powder	Lion	454g	\$9.35	\$8.99	\$10.49	\$9.79	\$10.99	\$9.59	\$9.99	\$9.49
Pre packaged flour	Ibis	2kg	\$11.95	\$12.99	\$12.99	\$12.79	\$13.99		\$13.99	\$12.99
Flour	Ibis	10kg	\$59.95	\$62.99	\$62.99	\$63.99	\$65.00	\$62.99	\$61.99	\$49.99
Pre packaged rice (parboiled)	Happi	1800g	\$18.99	\$19.99	\$20.49	\$20.99	-	-	-	\$19.49
Pre packaged rice (parboiled)	Par Excel	2kg	\$20.95	\$19.99	-	-	\$21.99	\$18.99	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	-	-	-	-	\$10.99	\$9.99	-	-
Oats	Cook's Mate	226g	\$3.85	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99
Yeast	Fermipan	4x11g	\$6.30	\$6.99	\$7.49	\$6.79	\$6.99	\$7.99	\$7.99	\$6.49
Split peas (loose)	-	454g	\$4.95	\$4.00	\$3.99	-	-	\$3.99	\$3.99	-
Red beans (loose)	-	454g	\$7.95	\$8.50	\$5.99	-	-	\$8.50	\$8.99	-
D/pigeon peas (loose)	-	454g	\$6.95	\$7.50	\$6.99	-	-	\$6.50	\$5.99	-
Channa (loose)	Large	454g	\$6.95	\$8.99	\$6.49	-	-	\$5.50	\$5.99	-
Black eye peas (loose)	-	454g	\$6.95	\$7.50	\$5.99	-	-	\$6.99	\$5.99	-
Lentil (loose)	-	454g	\$5.95	\$6.00	\$5.49	-	-	\$4.99	\$4.99	-
Split peas (pre packaged)	N/Pride	400g	-	-	-	-	\$4.99	\$4.75	-	\$4.99
Red beans (pre packaged)	N/Pride	400g	-	-	-	-	\$9.99	\$9.99	-	\$9.99
Pigeon peas (pre packaged)	N/Pride	400g	-	-	-	-	\$9.49	\$7.99	-	\$8.99
Channa (pre packaged)	N/Pride	400g	\$8.95	-	-	-	\$8.99	\$8.99	-	-
Black eye peas (pre packaged)	N/Pride	400g	\$8.15	-	-	-	\$7.99	\$7.99	-	-
Lentils (pre packaged)	N/Pride	400g	\$7.05	-	-	-	\$7.49	\$6.99	-	-
Curry powder	Chief	85g	-	\$6.99	\$6.99	\$7.49	-	\$6.99	\$6.99	\$6.99

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
White vinegar	Mabel	1L	\$6.75	\$7.99	\$6.99		\$6.99	\$7.29	\$6.99	\$7.99
Potato	-	454g	\$3.61	\$3.50	\$2.50	\$3.18	\$3.75	\$1.50	\$2.95	\$2.50
Onion	-	454g	\$3.50	\$4.99	\$2.72	\$3.18	\$4.00	\$2.50	\$2.72	\$2.99
Garlic	-	454g	-	\$10.00	\$9.99	-	\$9.99	\$12.99	\$12.99	\$9.95
Garlic	-	250g	\$5.95	-	-	\$6.49	-	-	\$6.99	-
Sugar (loose)	Brown	454g	\$4.20	\$4.25	\$3.99	-	-	-	\$4.00	\$2.95
Sugar – brown (pre packaged)	Demerara	1800g	-	-	\$20.99	\$16.99	\$18.99	\$15.99	-	
Infant formula	SMA	900g	-	-	\$159.99	-	-		\$169.99	\$168.99
Infant formula	Lactogen 1 (0 to 6 mths)	900g	\$99.95	\$99.99	\$95.49	-	-	\$104.99	\$99.99	\$99.99
Infant formula	Klim (growing up)	800g	\$58.95	\$54.99	\$51.99	\$58.99	\$61.99	\$56.99	\$59.99	\$55.99
Toilet paper (280 sheets)	S'N'Pretty	6pk	-	\$15.99	-	\$15.49	-	-	-	\$12.50
Toilet soap	Palmolive	3pk	\$14.95	-	\$15.49	\$16.49	-	\$14.99	\$15.99	-
Toothpaste	Colgate	130g	\$11.95	\$11.95	\$11.49	\$13.49	-	\$12.99	\$11.99	\$11.49
Vienna sausage (chicken)	Brunswick	141g	\$4.78	-	\$5.49	-	-	-	-	\$4.99
Chicken franks (hot dogs)	Erin Farm	12pk	\$12.95	\$12.99	\$12.99	\$14.05	-	\$13.99	-	\$13.99
Pigtail	-	454g	\$16.89	\$17.00	\$19.09	\$18.91	\$18.18	-	\$19.54	\$17.04
Tuna (flakes in water)	Richport	170g	-	-	-	-	\$7.99	\$7.99	-	-
Tuna (flakes in oil)	Richport	170g	-	-	-	-	\$7.99	\$7.99	\$7.99	-
Fresh butter	Kerrygold	454g	\$32.95	-	\$39.49	\$40.49	\$40.99	\$39.99	-	\$41.99
Condensed milk	Nestle	395g	\$8.95	\$8.99	\$8.99	\$8.99	\$9.99	\$10.99	\$11.95	\$8.99
Condensed milk	Eve	395g	\$6.95	-	\$5.99	\$5.99	-	\$5.99	\$8.25	\$6.49
Milo (pack)	-	400g	\$33.75	\$34.50	\$29.99	\$33.74	-	\$35.99	\$33.99	\$29.99
Instant chocolate	Nesquik	500g	\$22.50	\$19.99	\$22.49	\$23.61	\$20.99	-	\$28.99	\$24.99
Ovaltine (pack)	-	300g	\$28.30	\$25.99	\$28.99	\$28.68	\$26.99	\$29.99	\$28.99	\$24.99
Tea bags	Lipton	50 pk	\$21.25	\$19.25	\$18.49	\$19.11	\$20.99	\$21.99	\$21.99	\$21.49
Tea bags (green)	Lipton	20 pk	\$20.75	-	\$19.99	\$17.99	\$20.99	\$20.99	-	\$19.99
Tea bags (green)	Dilmah	20pk	\$23.50	-	\$22.99	\$24.74	-	\$23.99	-	\$22.99

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
Coffee (instant)	Nestle	100g	\$31.50	\$33.99	\$33.99	\$34.30	-	\$34.99	\$33.99	\$34.49
Coffee (instant)	Café Brasil	100g	\$31.44	\$26.99	\$25.49	\$30.36	\$31.49	\$31.99	-	\$23.49
Mauby	Matouk's	750ml	\$13.49	\$13.50	\$12.49	\$13.49	\$13.99	\$13.99	-	\$13.49
Orange drink	Orchard	250ml	\$3.35	\$3.50	\$3.99	\$3.36	\$3.75	\$3.75	\$3.50	\$4.00
Orange drink	Orchard	1L	\$11.25	\$11.99	\$12.49	\$11.24	\$11.99	\$11.99	\$12.99	\$10.99
Grapefruit drink	Orchard	1L	\$11.25	-	-	\$11.24	\$11.99	\$11.99	\$12.50	\$12.49
Orange juice	T/Citrus	19 oz	\$11.25	\$11.99	\$12.99	\$11.80	\$11.99	\$12.49	\$11.99	\$11.99
Orange juice	Dole	18 oz	-	\$8.99	\$9.99	-	-	-	-	\$9.99
Grapefruit juice	T/Citrus	19 oz	\$11.25	\$11.99	\$10.99	\$11.80	\$11.99	\$12.49	\$11.99	\$11.99
Peanut butter	Matouk's	500g	\$17.95	\$19.99	\$17.99	\$17.99	\$22.49	-	-	\$17.99
Toilet soap	Palmolive	3pk	\$14.95	-	\$15.49	\$16.49	-	\$14.99	\$15.99	-
Toothpaste	Colgate	130g	\$11.95	\$11.95	\$11.49	\$13.49	-	\$12.99	\$11.99	\$11.49
Vienna sausage (chicken)	Brunswick	141g	\$4.78	-	\$5.49	-	-	-	-	\$4.99
Chicken franks (hot dogs)	Erin Farm	12pk	\$12.95	\$12.99	\$12.99	\$14.05	-	\$13.99	-	\$13.99
Pigtail	-	454g	\$16.89	\$17.00	\$19.09	\$18.91	\$18.18	-	\$19.54	\$17.04
Tuna (flakes in water)	Richport	170g	-	-	-	-	\$7.99	\$7.99	-	-
Tuna (flakes in oil)	Richport	170g	-	-	-	-	\$7.99	\$7.99	\$7.99	-
Fresh butter	Kerrygold	454g	\$32.95	-	\$39.49	\$40.49	\$40.99	\$39.99	-	\$41.99
Condensed milk	Nestle	395g	\$8.95	\$8.99	\$8.99	\$8.99	\$9.99	\$10.99	\$11.95	\$8.99
Condensed milk	Eve	395g	\$6.95	-	\$5.99	\$5.99	-	\$5.99	\$8.25	\$6.49
Milo (pack)	-	400g	\$33.75	\$34.50	\$29.99	\$33.74	-	\$35.99	\$33.99	\$29.99
Instant chocolate	Nesquik	500g	\$22.50	\$19.99	\$22.49	\$23.61	\$20.99	-	\$28.99	\$24.99
Ovaltine (pack)	-	300g	\$28.30	\$25.99	\$28.99	\$28.68	\$26.99	\$29.99	\$28.99	\$24.99
Tea bags	Lipton	50 pk	\$21.25	\$19.25	\$18.49	\$19.11	\$20.99	\$21.99	\$21.99	\$21.49
Tea bags (green)	Lipton	20 pk	\$20.75	-	\$19.99	\$17.99	\$20.99	\$20.99	-	\$19.99
Tea bags (green)	Dilmah	20pk	\$23.50	-	\$22.99	\$24.74	-	\$23.99	-	\$22.99
Coffee (instant)	Nestle	100g	\$31.50	\$33.99	\$33.99	\$34.30	-	\$34.99	\$33.99	\$34.49
Coffee (instant)	Café Brasil	100g	\$31.44	\$26.99	\$25.49	\$30.36	\$31.49	\$31.99	-	\$23.49

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
Mauby	Matouk's	750ml	\$13.49	\$13.50	\$12.49	\$13.49	\$13.99	\$13.99	-	\$13.49
Orange drink	Orchard	250ml	\$3.35	\$3.50	\$3.99	\$3.36	\$3.75	\$3.75	\$3.50	\$4.00
Orange drink	Orchard	1L	\$11.25	\$11.99	\$12.49	\$11.24	\$11.99	\$11.99	\$12.99	\$10.99
Grapefruit drink	Orchard	1L	\$11.25	-	-	\$11.24	\$11.99	\$11.99	\$12.50	\$12.49
Orange juice	T/Citrus	19 oz	\$11.25	\$11.99	\$12.99	\$11.80	\$11.99	\$12.49	\$11.99	\$11.99
Orange juice	Dole	18 oz	-	\$8.99	\$9.99	-	-	-	-	\$9.99
Grapefruit juice	T/Citrus	19 oz	\$11.25	\$11.99	\$10.99	\$11.80	\$11.99	\$12.49	\$11.99	\$11.99
Peanut butter	Matouk's	500g	\$17.95	\$19.99	\$17.99	\$17.99	\$22.49	-	-	\$17.99
Vegetable oil	Richport	900ml	-	-	-	-	\$19.49	-	\$17.90	-
Soya oil	Eve	900ml	\$17.95	-	\$14.99	\$17.20	\$16.99	-	\$17.99	-
Soya oil	Happi	3.8L	-	-	\$50.49	-	-	-	-	-
Coconut oil	Nariel	900ml	\$37.07	\$37.25	\$37.99	-	-	-	-	\$37.99
Olive oil (extra virgin)	James Plagniol	1L	\$70.25	-	-	-	-	-	\$102.25	\$73.99
Corn meal	Regal	454g	\$6.50	-	\$6.49	\$6.74	-	\$6.99	\$7.99	\$5.99
Biscuits (unsweetened)	Crix Original	9 oz	\$13.00	\$12.99	\$12.99	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	-	-	\$12.99	\$12.36	\$12.99	\$10.99	-	\$12.99
Corn flakes (local)	Sunshine	18 oz	-	\$22.99	\$25.99	\$25.86	\$25.99	\$25.99	\$25.99	-
Corn flakes (imported)	Kellogs	150g	\$12.35	-	\$11.99	-	-	-	-	\$12.49
Corn flakes (imported)	Kellogs	15.2 oz	-	-	\$23.99	-	-	-	-	-
Soya chunks	N/Delights	454g	\$22.49	-	\$22.99	\$24.18	\$19.99	\$23.99	\$25.99	\$22.99
Red beans (tin)	MP	440g	\$7.30	\$7.25	\$6.99	\$7.30	\$6.49	-	-	\$7.49
Baked beans (tin)	MP	440g	-	\$6.50	\$4.99	\$6.51	-	-	-	\$5.99
Green pigeon peas (tin)	MP	440g	\$10.15	\$9.50	\$10.49	\$10.68	-	-	-	-
Processed pigeon peas (tin)	MP	440g	-	-	-	-	-	-	-	-
Peas and carrots (tin)	MP	440g	\$7.65	\$7.75	\$7.99	\$7.75	-	-	-	\$7.49
Table salt (pre packaged)	Chief	500g	-	-	\$2.99	\$3.59	-	-	-	\$2.99
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-

ITEM	BRAND	SIZE	POINT FORTIN		POINT FORTIN		PORT OF SPAIN		PRINCES TOWN	
			PEIPING	WINSTON'S	PERSAD'S	MASSY STORES	BACK TO BASICS	PAYLESS	SNSR	PERSAD D' FOOD KING
Sugar (granulated)	Sweet Cane	1800g	\$19.95	\$21.99	\$18.99	\$20.24	\$23.99	\$22.49	-	-
Tomato ketchup (bottled)	Matouk's	750ml	\$10.15	\$10.99	\$10.49	\$10.11	\$8.99	\$8.99		\$10.99
Tomato ketchup (economy pack)	Swiss	750ml	\$6.95	\$6.99	\$6.99	\$6.74	\$5.99	\$6.79	-	-
Mustard (bottled)	Matouk's	240g	\$7.75	-	\$6.99	-	-	-	-	-
Mayonnaise (bottled)	Matouk's	340ml	\$11.19	-	\$11.49	\$11.80	\$11.49	\$11.29	-	\$11.49
Infant cereal	Nestle –Rice	270g	\$18.95	\$19.99	\$22.99	\$18.99	\$19.99	\$18.99	\$20.99	\$18.99
Infant cereal	Nestle – Wheat & Honey	270g	\$20.95	\$20.99	\$23.49	\$20.99	\$22.99	\$21.99	\$22.99	\$21.99
Dishwashing liquid	Squeezy	725ml	\$14.06	-	\$12.99	\$13.49	\$13.99	-	-	\$11.49
Soap powder	Breeze M/A	900g	\$24.95	\$27.99	\$24.99	\$26.99	\$28.99	\$27.99	\$28.99	\$26.99
Soap powder	Breeze M/A	375g	\$12.45	\$12.50	\$11.99	\$11.80	\$12.49	\$12.59	\$12.99	\$11.99
Soap powder	Radiante	400g	\$10.70	-	\$10.49	-	\$10.99	\$11.59	\$10.99	\$9.99

Section 4

► Rio Claro | San Fernando | San Juan | Sangre Grande

ITEM	BRAND	SIZE	RIO CLARO		SAN FERNANDO		SAN JUAN		SANGRE GRANDE	
			S & S PERSAD	PERSAD D' FOOD KING	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU	MAHARAJ	ECONOMY
Corned beef	Target	340g	\$13.99	\$16.99	\$14.75	\$15.99	\$15.49	\$15.99	\$15.99	-
Chicken breast (frozen)	Arawak	pack	-	-	-	-	-	-	\$17.99	-
Chicken drumstick (frozen)	Arawak	pack	-	-	-	-	-	-	-	-
Chicken thighs (frozen)	Arawak	pack	-	-	-	-	-	-	-	-
Chicken wings (frozen)	Arawak	pack	-	-	-	-	-	-	-	-
Economy pack (frozen)	Arawak	pack	-	-	-	-	-	-	-	-
Pork stew	-	454g	-	\$15.99	-	-	\$25.00	-	-	-
Beef stew	-	454g	-	\$23.99	\$26.25	\$19.95	-	\$27.26	-	-
SALTED FISH (w/Bone)	-	454g	\$25.99	\$21.03	-	\$19.95	\$27.55	-	\$27.27	-
Salted fish (boneless)	-	454g	\$26.99	-	-	\$24.95	\$26.99	\$34.82	-	-
SMOKED HERRING (w/Bone)	-	454g	\$13.99	\$13.01	\$14.98	\$12.95	-	-	\$21.82	-
Sardines (in oil)	Brunswick	106g	-	\$4.99	\$5.50	\$6.99	\$6.99	\$7.99	\$8.99	\$7.99
Cheddar cheese	-	454g	\$24.99	\$22.18	\$20.23	\$18.95	\$24.55	\$16.35	\$21.82	-
Cooking margarine	G/Ray	227g	\$11.24	\$9.99	\$9.99	\$9.99	\$8.99	\$8.99	\$9.99	\$9.99
Cooking margarine	French Maid	227g	-	\$9.49	\$8.95	\$8.99	-	\$8.99	\$9.99	\$8.99
Table margarine	Blue Band	227g	\$7.99	\$7.49	\$7.99	\$7.99	\$6.99	\$6.49	\$7.99	\$7.99
Table margarine	Flora	445g	\$18.99	\$19.99	\$17.99	\$17.95	\$17.99	\$17.99	\$17.99	\$17.99
Eggs	Large	1 Doz	\$24.99	\$22.50	\$22.50	\$24.99	\$20.49	\$27.99	-	\$23.00
Liquid milk (full cream)	Nestle	1L	\$11.99	\$11.99	\$9.99	\$9.99	-	\$9.99	\$10.99	-
Liquid milk (skimmed)	Svelty	1L	-	-	\$11.49	\$10.99	\$11.49	\$11.49	\$11.99	\$12.93
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	-

ITEM	BRAND	SIZE	RIO CLARO		SAN FERNANDO		SAN JUAN		SANGRE GRANDE	
			S & S PERSAD	PERSAD D' FOOD KING	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU	MAHARAJ	ECONOMY
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	-	\$14.49	-
Powdered milk (skimmed)	D/Dairy	800g	-	\$54.99	\$54.99	\$55.99	\$54.99	-	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	-	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.49	\$10.99	-
Evaporated milk (pack)	G/Butterfly	250ml	\$5.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$5.99	-
Macaroni	Swiss	400g	\$4.99	-	\$4.99	\$3.99	\$4.99	\$4.99	\$4.99	-
Spaghetti	Swiss	400g	\$4.99	\$4.99	\$4.99	-	\$4.99	-	-	-
Baking powder	Lion	454g	\$7.99	\$9.49	\$9.50	\$8.99	\$9.49	\$9.79	\$9.99	\$9.99
Pre packaged flour	Ibis	2kg	\$12.99	\$12.99	\$12.49	\$12.95	\$12.49	\$12.75	\$13.50	\$14.99
Flour	Ibis	10kg	\$54.99	-	\$62.50	\$57.99	\$59.99	\$60.95	\$65.00	-
Pre packaged rice (parboiled)	Happi	1800g	\$18.99	\$20.99	-	\$19.99	-	-	-	-
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	-	\$19.99	-	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	-	-	-	-	\$9.99	-	-	-
Oats	Cook's Mate	226g	\$3.99	\$3.99	-	\$3.99	\$3.99	-	\$3.99	-
Yeast	Fermipan	4x11g	\$4.99	\$6.99	\$6.50	\$6.49	\$6.49	\$6.29	-	-
Split peas (loose)	-	454g	-	\$2.25	\$3.99	-	-	-	\$5.99	-
Red beans (loose)	-	454g	-	\$5.49	\$5.75	\$6.99	-	-	-	\$6.99
D/pigeon peas (loose)	-	454g	-	-	\$6.95	\$5.95	-	-	\$7.99	\$7.99
Channa (loose)	Large	454g	-	\$6.49	\$6.99	\$6.99	-	-	\$7.99	\$7.99
Black eye peas (loose)	-	454g	-	\$5.99	\$6.25	\$5.99	-	-	\$7.99	\$7.50
Table margarine	Blue Band	227g	\$7.99	\$7.49	\$7.99	\$7.99	\$6.99	\$6.49	\$7.99	\$7.99
Table margarine	Flora	445g	\$18.99	\$19.99	\$17.99	\$17.95	\$17.99	\$17.99	\$17.99	\$17.99
Eggs	Large	1 Doz	\$24.99	\$22.50	\$22.50	\$24.99	\$20.49	\$27.99	-	\$23.00
Liquid milk (full cream)	Nestle	1L	\$11.99	\$11.99	\$9.99	\$9.99	-	\$9.99	\$10.99	-
Liquid milk (skimmed)	Svelty	1L	-	-	\$11.49	\$10.99	\$11.49	\$11.49	\$11.99	\$12.93
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	\$47.99	-
Powdered milk	D/Dairy	225g	\$14.49	\$14.49	\$14.49	\$14.49	\$14.49	-	\$14.49	-
Powdered milk (skimmed)	D/Dairy	800g	-	\$54.99	\$54.99	\$55.99	\$54.99	-	\$54.99	\$54.99

ITEM	BRAND	SIZE	RIO CLARO		SAN FERNANDO		SAN JUAN		SANGRE GRANDE	
			S & S PERSAD	PERSAD D' FOOD KING	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU	MAHARAJ	ECONOMY
Powdered milk (skimmed)	D/Dairy	400g	-	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99	\$28.99
Evaporated milk (tin)	Carnation	410g	\$9.99	\$9.99	\$9.49	\$9.99	\$9.99	\$9.49	\$10.99	-
Evaporated milk (pack)	G/Butterfly	250ml	\$5.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$5.99	-
Macaroni	Swiss	400g	\$4.99	-	\$4.99	\$3.99	\$4.99	\$4.99	\$4.99	-
Spaghetti	Swiss	400g	\$4.99	\$4.99	\$4.99	-	\$4.99	-	-	-
Baking powder	Lion	454g	\$7.99	\$9.49	\$9.50	\$8.99	\$9.49	\$9.79	\$9.99	\$9.99
Pre packaged flour	Ibis	2kg	\$12.99	\$12.99	\$12.49	\$12.95	\$12.49	\$12.75	\$13.50	\$14.99
Flour	Ibis	10kg	\$54.99	-	\$62.50	\$57.99	\$59.99	\$60.95	\$65.00	-
Pre packaged rice (parboiled)	Happi	1800g	\$18.99	\$20.99	-	\$19.99	-	-	-	-
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	-	\$19.99	-	-	-
Pre packaged rice (parboiled)	Par Excel	1kg	-	-	-	-	\$9.99	-	-	-
Oats	Cook's Mate	226g	\$3.99	\$3.99	-	\$3.99	\$3.99	-	\$3.99	-
Yeast	Fermipan	4x11g	\$4.99	\$6.99	\$6.50	\$6.49	\$6.49	\$6.29	-	-
Split peas (loose)	-	454g	-	\$2.25	\$3.99	-	-	-	\$5.99	-
Red beans (loose)	-	454g	-	\$5.49	\$5.75	\$6.99	-	-	-	\$6.99
D/pigeon peas (loose)	-	454g	-	-	\$6.95	\$5.95	-	-	\$7.99	\$7.99
Channa (loose)	Large	454g	-	\$6.49	\$6.99	\$6.99	-	-	\$7.99	\$7.99
Tuna (flakes in oil)	Richport	170g	-	-	-	\$6.99	-	\$7.86	\$7.99	-
Fresh butter	Kerrygold	454g	-	-	\$37.75	\$34.99	\$35.99	\$39.36	\$39.99	-
Condensed milk	Nestle	395g	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$8.99	\$9.50	-
Condensed milk	Eve	395g	\$4.99	\$5.99	\$5.75	\$5.99	-	\$5.99	-	-
Milo (pack)	-	400g	\$33.99	\$27.99	\$33.75	\$33.99	\$34.99	\$33.74	\$33.99	-
Instant chocolate	Nesquik	500g	\$22.99	-	\$22.50	\$22.95	\$21.49	\$22.49	\$22.50	-
Ovaltine (pack)	-	300g	\$27.99	-	\$26.25	\$23.99	\$28.25	-	\$28.99	-
Tea bags	Lipton	50 pk	\$19.11	\$20.49	\$19.50	\$19.49	\$20.25	\$20.24	\$20.99	-
Tea bags (green)	Lipton	20 pk	\$19.99	\$19.99	\$20.99	\$17.95	\$19.75	\$19.68	-	-
Tea bags (green)	Dilmah	20pk	\$22.99	\$22.99	-	\$24.95	\$23.75	\$21.36	\$22.99	-
Coffee (instant)	Nestle	100g	\$31.15	\$32.99	\$31.50	\$32.95	\$31.49	\$32.05	\$31.50	-

ITEM	BRAND	SIZE	RIO CLARO		SAN FERNANDO		SAN JUAN		SANGRE GRANDE	
			S & S PERSAD	PERSAD D' FOOD KING	LEN HAP	FOOD BASKET	RAMESH & LEELA	TRU VALU	MAHARAJ	ECONOMY
Coffee (instant)	Café Brasil	100g	\$28.11	\$24.99	\$27.99	\$28.99	\$30.49	\$30.36	\$32.60	-
Mauby	Matouk's	750ml	\$13.49	\$12.49	\$13.25	\$12.99	\$13.49	\$13.49	\$13.50	-
Orange drink	Orchard	250ml	\$3.99	\$3.99	\$3.50	\$3.49	\$3.49	\$3.70	\$3.50	\$3.50
Orange drink	Orchard	1L	\$11.99	\$11.99	\$11.25	\$11.95	\$11.99	\$11.24	\$11.99	-
Grapefruit drink	Orchard	1L	\$11.99	\$10.99	\$11.25	\$11.95	\$11.99	\$11.24	-	-
Orange juice	T/Citrus	19 oz	\$10.49	\$11.49	\$11.50	\$10.49	\$11.99	\$10.99	\$11.99	-
Orange juice	Dole	18 oz	\$8.99	\$8.49	\$9.50	\$8.49	\$9.75	\$9.55	-	-
Grapefruit juice	T/Citrus	19 oz	-	\$11.49	\$11.50	\$10.49	\$11.99	\$11.24	\$11.99	\$10.99
Peanut butter	Matouk's	500g	\$16.86	-	\$18.50	\$18.49	-	\$20.24	\$21.99	-
Vegetable oil	Richport	900ml	-	-	-	\$15.99	-	-	\$14.60	-
Soya oil	Eve	900ml	-	-	\$15.25	\$13.99	-	\$16.41	-	-
Soya oil	Happi	3.8L	\$53.99	-	-	\$50.99	\$57.49	-	\$50.60	-
Coconut oil	Nariel	900ml	\$37.99	-	-	\$36.49	\$39.36	\$36.55	\$37.99	-
Olive oil (extra virgin)	James Plagniol	1L	\$79.99	\$72.99	\$88.50	\$83.99	-	\$83.36	-	-
Corn meal	Regal	454g	\$6.74	\$5.99	\$6.25	-	\$6.25	\$6.51	\$6.99	-
Biscuits (unsweetened)	Crix Original	9 oz	\$12.99	\$12.99	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	\$13.99	-	\$12.50	\$10.99	\$12.99	\$12.99	\$12.99	-
Corn flakes (local)	Sunshine	18 oz	-	\$22.99	\$25.99	-	\$25.99	\$25.99	\$25.99	-
Corn flakes (imported)	Kellogs	150g	-	-	-	\$10.95	\$10.99	-	\$13.99	-
Corn flakes (imported)	Kellogs	15.2 oz	\$28.11	-	-	-	-	-	\$33.99	-
Soya chunks	N/Delights	454g	-	-	-	\$17.49	\$20.25	\$23.11	-	-
Red beans (tin)	MP	440g	\$5.99	\$6.99	-	\$6.49	\$6.75	\$6.74	\$6.99	\$6.99
Baked beans (tin)	MP	440g	\$6.74	\$5.99	-	\$5.99	\$6.49	\$6.36	\$6.99	\$6.99
Green pigeon peas (tin)	MP	440g	\$7.99	\$9.99	-	\$9.95	\$10.25	\$10.68	\$9.50	-
Processed pigeon peas (tin)	MP	440g	-	-	-	-	-	-	-	-
Peas and carrots (tin)	MP	440g	\$6.74	\$7.49	-	\$6.99	-	\$7.64	\$7.99	\$7.99
Table salt (pre packaged)	Chief	500g	\$3.99	\$3.49	-	\$3.49	\$3.49	\$3.03	-	-
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	-	-

ITEM	BRAND	SIZE	RIO CLARO		SAN FERNANDO		SAN JUAN		SANGRE GRANDE	
			S & S PERSAD	PERSAD D' FOOD KING	LEN HAP	FOOD BASKET	RAMESH & LEELEA	TRU VALU	MAHARAJ	ECONOMY
Sugar (granulated)	Sweet Cane	1800g	\$18.99	-	\$20.99	\$18.99	\$21.49	\$20.24	\$21.50	-
Tomato ketchup (bottled)	Matouk's	750ml	-	\$9.49	\$10.99	\$9.95	\$10.25	\$10.68	\$8.99	-
Tomato ketchup (economy pack)	Swiss	750ml	-	-	\$6.75	\$5.49	\$6.75	\$6.74	\$6.99	-
Mustard (bottled)	Matouk's	240g	\$5.99	-	\$7.50	\$7.49		\$8.20	\$7.99	-
Mayonnaise (bottled)	Matouk's	340ml	-	\$11.99	\$10.99	\$10.99	\$10.99	\$11.25	\$9.99	-
Infant cereal	Nestle –Rice	270g	\$18.99	-	\$18.99	\$19.95	\$21.49	\$21.60	\$18.99	-
Infant cereal	Nestle – Wheat & Honey	270g	\$20.99	\$23.99	\$20.99	\$21.95	\$23.75	\$23.91	\$20.99	\$20.99
Dishwashing liquid	Squeezy	725ml	-	\$13.99	\$13.50	-	\$13.99	\$13.49	\$11.99	-
Soap powder	Breeze M/A	900g	\$26.99	\$23.99	\$26.25	\$26.99	\$25.99	\$26.99	\$26.99	-
Soap powder	Breeze M/A	375g	\$11.99	\$11.49	\$11.25	\$11.99	\$10.49	-	\$11.99	-
Soap powder	Radiante	400g	-	\$9.49	\$9.99	\$9.99	\$9.99	-	\$9.99	-

Section 5

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

ITEM	BRAND	SIZE	SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Corned beef	Target	340g	\$16.75	\$14.99	\$16.00	\$14.50	\$19.00	\$16.95	\$15.99	\$16.75
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	-	-	-	-	\$30.00	-	-	-
Pork stew	-	454g	\$19.50	\$17.99	-	-	-	-	-	-
Beef stew	-	454g	\$25.99	\$24.99	-	-	-	-	\$26.36	-
SALTED FISH (w/Bone)	-	454g	\$25.99	\$23.99	\$24.55	\$25.95	\$26.00	\$25.00	\$27.27	\$24.00
Salted fish (boneless)	-	454g	\$25.99	-	-	-	-	-	-	\$30.90
SMOKED HERRING (w/Bone)	-	454g	\$18.25	\$13.99	\$16.36	\$13.95	-	\$16.00	\$19.99	\$13.63
Sardines (in oil)	Brunswick	106g	\$7.99	\$6.99	\$7.00	\$6.50	\$8.00	\$6.99	\$5.99	\$6.99
Cheddar cheese	-	454g	\$24.99	\$19.99	\$21.36	\$24.95	\$24.00	\$27.00	\$19.99	\$18.18
Cooking margarine	G/Ray	227g	\$10.99	\$9.99	\$9.75	\$9.50	\$10.00	\$10.95	\$9.99	\$9.99
Cooking margarine	French Maid	227g	\$9.25	-	\$8.50	\$8.25	-	-	\$9.39	\$7.99
Table margarine	Blue Band	227g	\$8.75	\$7.99	\$7.75	\$7.50	\$10.00	\$8.25	\$6.99	\$6.99
Table margarine	Flora	445g	\$19.75	\$19.99	\$18.00	\$17.95	-	-	\$18.49	\$18.99
Eggs	Large	1 Doz	\$23.99	\$21.99	\$26.00	\$21.00	\$30.00	\$25.00	\$22.69	\$22.50
Liquid milk (full cream)	Nestle	1L	\$9.99	\$9.99	\$10.50	\$9.99	\$13.00	\$11.99	\$9.99	\$10.49
Liquid milk (skimmed)	Svelty	1L	\$11.49	\$11.99	\$11.99	\$11.99	-	\$14.99	\$12.93	\$11.49
Powdered milk (full cream)	D/Dairy	800g	\$47.99	\$46.99	\$47.99	\$47.99	-	\$47.99	\$47.99	\$47.99
Powdered milk	D/Dairy	225g	\$14.49	\$14.99	\$14.49	\$14.49	-	-	\$14.49	\$14.49

ITEM	BRAND	SIZE	SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Powdered milk (skimmed)	D/Dairy	800g	\$54.99	\$54.99	\$54.99	\$54.99	-	\$58.00	\$54.99	\$54.99
Powdered milk (skimmed)	D/Dairy	400g	\$28.99	\$28.99	\$28.99	\$28.99	-	\$26.95	-	-
Evaporated milk (tin)	Carnation	410g	\$9.50	\$9.49	\$9.50	\$9.75	\$11.00	\$9.50	\$9.49	\$9.49
Evaporated milk (pack)	G/Butterfly	250ml	\$4.99	\$5.49	\$5.00	\$4.99	-	\$5.50	\$4.99	\$5.49
Macaroni	Swiss	400g	-	-	\$5.00	\$4.65	\$8.00	\$5.95	\$5.49	\$4.99
Spaghetti	Swiss	400g	\$4.99	\$4.99	\$5.00	\$4.65	\$7.00	-	\$5.61	\$4.49
Baking powder	Lion	454g	\$9.50	\$8.99	-	\$8.95	-	\$8.95	\$9.79	\$9.49
Pre packaged flour	Ibis	2kg	\$13.50	\$11.99	\$13.00	\$12.50	\$15.00	\$13.95	\$12.79	\$12.99
Flour	Ibis	10kg	-	\$59.95	-	\$62.00	-	\$65.00	\$63.99	\$63.99
Pre packaged rice (parboiled)	Happi	1800g	\$19.75	\$20.99	-	-	-	\$20.00	-	\$16.99
Pre packaged rice (parboiled)	Par Excel	2kg	-	-	-	\$18.50	\$22.00	\$25.00	\$19.99	\$18.99
Pre packaged rice (parboiled)	Par Excel	1kg	-	-	-	\$9.50	\$11.00	-	-	\$9.49
Oats	Cook's Mate	226g	-	-	-	\$3.65	-	-	\$3.99	\$2.99
Yeast	Fermipan	4x11g	\$6.50	\$5.99	\$6.30	\$6.35	-	\$7.50	\$6.79	\$6.75
Split peas (loose)	-	454g	-	\$2.99	-	\$4.00	\$6.00	\$4.50	-	\$3.40
Red beans (loose)	-	454g	-	\$8.99	-	\$8.75	-	\$9.50	-	\$7.73
D/pigeon peas (loose)	-	454g	-	-	-	\$6.25	-	\$10.00	-	\$6.59
Channa (loose)	Large	454g	-	\$5.99	-	\$5.95	-	-	-	\$8.18
Black eye peas (loose)	-	454g	-	\$6.99	-	\$6.00	-	\$8.00	-	\$6.13
Lentil (loose)	-	454g	-	\$3.99	-	\$6.00	\$7.50	\$5.50	-	\$5.00
Split peas (pre packaged)	N/Pride	400g	-	-	\$5.00	\$5.75	-	-	\$5.49	\$5.49
Red beans (pre packaged)	N/Pride	400g	-	-	\$10.00	-	-	-	\$10.49	\$9.25
Pigeon peas (pre packaged)	N/Pride	400g	-	-	\$8.50	-	-	-	\$8.79	-
Channa (pre packaged)	N/Pride	400g	-	-	\$9.00	-	-	-	\$9.19	-
Black eye peas (pre packaged)	N/Pride	400g	-	-	\$7.50	-	-	-	-	-
Lentils (pre packaged)	N/Pride	400g	-	-	\$7.00	\$6.50	-	-	\$6.49	\$7.99
Curry powder	Chief	85g	\$6.99	\$7.99	\$7.00	\$6.99	-	-	\$7.49	\$7.99
White vinegar	Mabel	1L	\$6.75	\$6.99	-	\$6.50	-	\$6.95	\$7.86	\$5.99

ITEM	BRAND	SIZE	SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Potato	-	454g	\$2.35	\$2.50	\$2.50	\$2.50	\$4.00	\$3.00	\$3.18	\$3.00
Onion	-	454g	\$2.50	\$1.99	-	\$4.00	\$4.00	\$4.00	\$3.18	\$3.00
Garlic	-	454g	\$9.99	\$9.99	\$12.00	\$17.00	-	\$18.00	-	\$10.99
Garlic	-	250g	-	-	-	-	\$8.00	-	\$6.49	\$5.99
Sugar (loose)	Brown	454g	-	\$3.99	-	\$2.75	\$4.00	\$4.50	\$3.25	\$3.00
Sugar – brown (pre packaged)	Demerara	1800g	\$16.50	\$15.99	-	\$21.00	-	-	-	-
Infant formula	SMA	900g	\$168.99	-	-	\$164.95	-	\$163.00	\$168.99	\$176.49
Infant formula	Lactogen 1 (0 to 6 mths)	900g	\$104.60	\$99.99	\$95.00	\$98.99	-	-	\$94.99	\$99.99
Infant formula	Klim (growing up)	800g	\$58.99	\$58.99	\$59.00	\$58.99	-	\$58.99	\$54.99	\$58.99
Toilet paper (280 sheets)	S'N'Pretty	6pk	\$11.99	\$15.95	\$15.50	-	-	-	\$15.49	\$15.49
Toilet soap	Palmolive	3pk	\$15.99	\$16.99	-	\$15.99	-	\$16.00	\$16.49	\$15.75
Toothpaste	Colgate	130g	\$11.99	\$10.99	\$11.00	-	-	-	\$11.99	\$9.99
Vienna sausage (chicken)	Brunswick	141g	\$5.25	\$3.99	\$4.50	-	-	\$4.50	-	\$3.99
Chicken franks (hot dogs)	Erin Farm	12pk	\$14.99	\$12.99	-	\$12.25	-	-	-	\$11.99
Pigtail	-	454g	\$16.99	\$15.99	\$18.18	\$16.95	\$20.00	-	\$17.90	\$15.45
Tuna (flakes in water)	Richport	170g	\$4.99	-	-	-	-	-	-	\$7.99
Tuna (flakes in oil)	Richport	170g	-	-	-	-	-	-	-	\$7.99
Fresh butter	Kerrygold	454g	\$36.25	\$36.99	-	\$37.95	-	-	\$39.36	\$31.75
Condensed milk	Nestle	395g	\$9.99	\$8.99	\$9.00	\$8.99	\$13.00	\$11.99	\$8.99	\$8.99
Condensed milk	Eve	395g	\$5.75	\$4.99	\$7.50	-	-	\$7.99	\$6.74	-
Milo (pack)	-	400g	\$33.75	\$33.99	\$34.00	\$32.95	\$30.00	\$33.75	\$33.74	\$33.75
Instant chocolate	Nesquik	500g	\$23.75	\$22.99	\$23.00	\$22.75	-	\$22.50	\$23.61	\$22.49
Ovaltine (pack)	-	300g	\$29.50	-	-	\$25.99	\$30.00	\$25.95	\$28.68	\$28.25
Tea bags	Lipton	50 pk	\$21.50	\$20.99	\$20.50	\$19.50	\$20.00	\$18.95	\$19.11	\$20.25
Tea bags (green)	Lipton	20 pk	\$20.99	\$18.99	\$21.00	\$18.75	-	-	\$17.99	\$22.49
Tea bags (green)	Dilmah	20pk	\$20.99	\$19.99	\$20.50	\$21.99	-	\$20.90	\$21.99	-
Coffee (instant)	Nestle	100g	\$34.25	\$31.99	\$32.00	\$31.75	\$32.00	\$31.50	\$34.30	\$31.49

ITEM	BRAND	SIZE	SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Coffee (instant)	Café Brasil	100g	\$30.50	\$26.99	\$25.99	\$26.50		\$24.95	\$30.36	\$26.99
Mauby	Matouk's	750ml	\$13.25	\$13.99		\$12.75	\$15.00	\$13.50	\$13.49	\$12.75
Orange drink	Orchard	250ml	\$3.75	\$3.50	\$3.50	\$3.60	\$5.00	\$3.40	\$3.36	\$3.49
Orange drink	Orchard	1L	\$10.99	\$10.99	\$11.50	\$11.25	\$15.00	\$11.50	\$11.24	\$11.25
Grapefruit drink	Orchard	1L	\$10.99	\$10.99	\$11.50	\$11.25	\$15.00	\$11.50	\$11.24	\$10.99
Orange juice	T/Citrus	19 oz	\$11.99	\$11.99	-	\$11.25	\$12.00	\$10.95	\$11.80	\$10.25
Orange juice	Dole	18 oz	\$9.75	\$8.99	-	-	-	-	-	-
Grapefruit juice	T/Citrus	19 oz	\$11.99	\$11.99	-	\$11.25	\$12.00	\$10.95		\$10.25
Peanut butter	Matouk's	500g	\$19.50	\$19.99	-	\$18.50	-	\$19.75	\$17.99	\$19.49
Vegetable oil	Richport	900ml	\$18.99	-	-	-	-	-	-	\$11.99
Soya oil	Eve	900ml	\$14.99	\$11.99	\$16.00	-	-	\$17.20	\$17.20	\$15.75
Soya oil	Happi	3.8L	-	-	-	-	-	-	-	\$56.25
Coconut oil	Nariel	900ml	-	-	-	-	-	-	\$28.68	\$32.49
Olive oil (extra virgin)	James Plagniol	1L	-	\$78.99	-	-	-	-	-	\$78.75
Corn meal	Regal	454g	\$6.50	-	\$6.50	-	-	\$6.99	\$6.74	\$6.25
Biscuits (unsweetened)	Crix Original	9 oz	\$13.00	\$13.00	\$13.00	\$13.00	\$13.00		\$13.00	\$13.00
Corn flakes (local)	Sunshine	200g	\$12.99	\$12.99	-	\$12.50	-	\$10.99	\$12.36	\$11.99
Corn flakes (local)	Sunshine	18 oz	\$25.99	\$25.99	-	\$24.99	-	-	\$25.86	\$25.99
Corn flakes (imported)	Kellogs	150g	-	\$8.99	-	-	-	-	-	\$10.99
Corn flakes (imported)	Kellogs	15.2 oz	-	-	-	-	-	-	-	-
Soya chunks	N/Delights	454g	\$19.99	\$19.99	-	-	-	-	\$24.18	\$19.99
Red beans (tin)	MP	440g	\$6.50	\$5.99	-	\$6.75	\$9.00	\$6.46	-	\$5.99
Baked beans (tin)	MP	440g	\$6.50	\$5.99	\$5.75	\$6.25	\$9.00	\$6.50	\$6.51	\$6.49
Green pigeon peas (tin)	MP	440g	\$10.00	\$8.99	-	\$9.75	-	\$10.00	\$10.68	\$8.25
Processed pigeon peas (tin)	MP	440g	-	-	-	\$7.50	-	-	-	-
Peas and carrots (tin)	MP	440g	\$7.25	\$6.99	-	\$7.35	\$9.00	-	\$7.75	\$7.75
Table salt (pre packaged)	Chief	500g	-	\$3.99	-	-	-	\$3.00	\$3.50	\$3.49
Table salt (pre packaged)	-	1kg	-	-	-	-	-	-	\$5.16	-

ITEM	BRAND	SIZE	SIPARIA/FYZABAD		ST. JAMES		TOCO		TUNAPUNA	
			STOP & SHOP	ANAND LOW PRICE	WOOLING'S	JOHN'S	ALBERT NIXON	CUMANA CO OP	DISKOMART	COST CUTTERS
Sugar (granulated)	Sweet Cane	1800g	\$22.50	\$14.99	-	\$19.25	\$20.00	\$19.95	\$20.24	-
Tomato ketchup (bottled)	Matouk's	750ml	\$9.99	\$10.99	-	\$9.99	\$14.00	\$11.50	\$10.11	\$10.75
Tomato ketchup (economy pack)	Swiss	750ml	\$6.75	-	-	\$6.50	-	-	-	\$7.50
Mustard (bottled)	Matouk's	240g	-	\$7.99	-	-	-	-	-	\$7.49
Mayonnaise (bottled)	Matouk's	340ml	\$11.25	\$9.99	\$13.00	-	\$12.00	\$10.00	\$11.80	\$11.25
Infant cereal	Nestle –Rice	270g	\$18.99	\$18.99	\$20.00	\$18.99	-	\$20.99	\$18.99	-
Infant cereal	Nestle – Wheat & Honey	270g	\$21.99	\$19.99	\$21.00	\$20.99	\$25.00	\$20.99	\$20.99	\$19.99
Dishwashing liquid	Squeezy	725ml	\$13.99	\$11.99	\$14.00	\$13.50	-	\$13.95	\$12.37	\$10.99
Soap powder	Breeze M/A	900g	\$28.50	\$19.99	-	\$25.99	-	\$28.50	\$26.99	\$26.99
Soap powder	Breeze M/A	375g	\$12.75	\$10.99	-	\$11.75	\$12.00	\$10.95	\$11.80	\$11.99
Soap powder	Radiante	400g	\$10.50	-	-	\$9.25	-	-	\$10.11	\$9.99

Notes

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