

CORPORATE AREA

ITEMS	BRAND	ROLLINGTON TOWN	HALF-WAY TREE	BARBICAN	LIGUANEA			PAPINE	WASHINGTON BOULEVARD	
		Grant's Supermarket	Brooklyn (Clock Tower Plaza)	Hi-Lo Supermarket	General Food Supermarket	Shoppers Fair	Sovereign Supermarket	Parkview Supermarket	Lee's Food Fair	Shoppers Fair
CORNED BEEF (Regular, CANNED) [TX] - 340g	EVE	560.00	541.11		536.84	536.84	549.73	536.82	461.21 <i>(On Special)</i>	524.09
MACKEREL (CANNED) (Regular, In Tomato Sauce) [NT] - 155g	BRUNSWICK		136.53	144.48	135.45	135.45	138.70		135.45	135.45
SARDINES (Canned, In Vegetable Oil) [NT] - 106g	GRACE	185.00	180.85	200.04	179.42	199.52 <i>(On Special)</i>	183.73		171.60 <i>(On Special)</i>	187.53
DRIED SALTED FISH [TX] - 1kg	BULK	1430.00	2052.75	1893.97	1446.70	1517.54	1937.75	1343.25	1482.24	1517.54
WHOLE CHICKEN (Grade A, Frozen) [NT] 1kg	BEST DRESSED	858.00	874.93	856.12	812.00	843.70	874.90	843.70	796.52	875.00
	CB		786.89	810.50	769.00	798.80	830.00		769.16	786.90
SKIMMED MILK POWDER [TX] - 80g	LASCO - READIMILK		251.57	275.51		249.60	273.70	262.78	273.24	249.60
SWEETENED CONDENSED MILK [TX] - 395g	BETTY	365.00	357.86	345.00	331.36 <i>(On Special)</i>	340.85	369.24		306.42 <i>(On Special)</i>	340.85
FRESH MILK (Full Cream, In Tetrapack) [NT] - 1L	SERGE	550.00			529.09	529.09	550.25		550.25	529.09
MARGARINE [TX] - 227g	CHIFFON	460.00	463.55		413.90	449.75	463.57	447.01	441.49	401.52
COOKING OIL (Vegetable) [NT] - 500mL	LIDER	380.00	365.92	418.79	363.04	363.04	391.32		377.55	382.15
TOMATO KETCHUP [TX] - 385g	GRACE	270.00	266.63	274.34	250.34	250.34	270.37	258.12	255.65	250.34
RICE (WHITE) [NT] - 1kg	BULK	187.00	171.15		158.33	190.00	179.78	155.00	169.45	168.79
CORNMEAL [NT] - 1kg	BULK		146.38		153.50	165.30	159.05	144.90	141.20	146.44
HARDOUGH BREAD (White, Sliced) [NT] - 2lb loaf	NATIONAL	510.00	510.00	510.00	510.00	510.00	510.00	510.00	510.00	510.00
WATER CRACKERS [NT] - 336g	NATIONAL		192.93	203.67	191.42	191.42	196.00	191.40		191.42
CREAM CRACKERS [NT] - 112g	NATIONAL	80.00	75.60	80.00	77.00	77.00	77.00	77.00		
TABLE SALT [NT] - 400g	FREE FLO		49.77	49.63	49.38	45.91		49.40	48.70	42.31
COCOA POWDER [TX] - 115g	ROMA		583.76	630.38	579.16	579.16	602.34			579.16
FOOD DRINK [TX] - 120g	LASCO (Soy Food Drink)	200.00	204.14	218.95	210.97	202.53	219.65		219.42	202.53

ST. CATHERINE

ITEMS	BRAND	OLD HARBOUR	PORTMORE				SPANISH TOWN			
		Sampar's Cash & Carry	Hi-Lo (Portmore Pines)	Independence City Supermarket	Joong Supermarket	Shoppers Fair (Portmore Mall)	AJ's Supermarket	Hi-Lo Supermarket	Shop 'N' Save	Shoppers Fair
CORNED BEEF (Regular, CANNED) [TX] - 340g	EVE	564.54		580.00	537.00	536.84	516.35		543.28	511.50
MACKEREL (CANNED) (Regular, In Tomato Sauce) [NT] - 155g	BRUNSWICK	142.43	144.48	145.00		130.03	125.00	144.48	137.00	
SARDINES (Canned, In Vegetable Oil) [NT] - 106g	GRACE	197.19	208.03	210.00	195.00			182.65 <i>(On Special)</i>	190.00	179.42 <i>(On Special)</i>
DRIED SALTED FISH [TX] - 1kg	BULK	1609.98	1886.35	1716.00	1522.95	1747.54	1906.70	1886.45	1480.26	1517.54
WHOLE CHICKEN (Grade A, Frozen) [NT] 1kg	BEST DRESSED	812.87	856.12		844.00	831.20	845.00	839.33	840.00	839.50
	CB	823.77	810.49		799.00	786.90		810.49	787.00	786.90
SKIMMED MILK POWDER [TX] - 80g	LASCO - READIMILK	277.45	275.51			249.60	253.00	275.51	265.88	243.59
SWEETENED CONDENSED MILK [TX] - 395g	BETTY	377.75	345.00	370.00	345.00	353.95	341.55	345.00		335.14
FRESH MILK (Full Cream, In Tetrapack) [NT] - 1L	SERGE	541.79	564.36	570.00	529.00	529.09	530.00	564.36	533.32	516.37
MARGARINE [TX] - 227g	CHIFFON	460.79	458.88	430.00	482.00	427.20	414.00		448.67	391.87
COOKING OIL (Vegetable) [NT] - 500mL	LIDER	365.25	418.79	385.00	356.00	355.78	355.00	418.79	367.40	365.51
TOMATO KETCHUP [TX] - 385g	GRACE	278.74	274.34			250.34	248.40	274.34	261.19	244.33
DARK SUGAR (Pre-Packaged) [NT] - 1kg	WORTHY PARK ESTATE	366.19		360.00	315.00	340.20	345.00	353.45		340.20
RICE (WHITE) [NT] - 1kg	BULK			160.00	176.00	167.52	160.00		165.20	185.07
CORNMEAL [NT] - 1kg	BULK	185.34			169.00	146.43	150.00		156.00	146.44
HARDOUGH BREAD (White, Sliced) [NT] - 2lb loaf	NATIONAL	510.00	510.00	510.00	510.00	510.00	510.00	510.00	510.00	510.00
WATER CRACKERS [NT] - 336g	NATIONAL	206.04	203.67	205.00	199.00	191.42		203.67	191.41	177.92
CREAM CRACKERS [NT] - 112g	NATIONAL		80.00		78.00	67.94	75.00	80.00	75.00	67.10 <i>(On Special)</i>
TABLE SALT [NT] - 400g	FREE FLO		52.65	55.00	47.00	45.91	60.00	49.63	48.00	45.91
FOOD DRINK [TX] - 120g	LASCO (Soy Food Drink)	222.97	218.95		198.00		203.55	218.95		197.66

TIP: Make a shopping list and stick to it. Take advantage of specials. Use the CAC's online tools to compare prices.