



Market Watch is a weekly publication of the National Agricultural Marketing and Development Corporation (NAMDEVCO). The aim is to provide consumers with price information for a typical food basket. The objective of this publication is to allow consumers to compare prices and make wise purchasing decisions.

Every dollar saved adds up!

PULSES



	Supermarkets (\$ / 454g = 1 lb)				
	Trinidad				Tobago
	North West	East West	Central	South	
Lentil	\$4.14	\$4.68	\$4.67	\$4.72	\$9.00
Red Bean	\$7.65	\$7.31	\$7.37	\$6.85	\$11.38
Channa	\$5.40	\$6.35	\$5.14	\$5.37	\$12.90
Split Pea	\$4.05	\$4.30	\$3.64	\$3.94	\$10.54

Trinidad prices - unbranded product; Tobago prices - branded product

SEAFOOD

	Trinidad (\$ / kg)	
	Wholesale Fish Markets	Municipal Markets
Carite	\$39.96	\$47.54
Cavalli	\$15.44	\$29.58
Salmon	\$20.29	\$30.59
Shark	\$14.02	\$23.89
Shrimp (M)	\$48.29	NA
Red Fish	\$31.23	\$40.42
King Fish	\$48.50	\$51.93



MEATS

	Supermarkets (\$ / kg)				
	Trinidad				Tobago
	North West	East West	Central	South	
Chicken (Chilled)					
Whole	\$27.17	\$27.75	\$26.54	\$29.11	\$36.40
Breast	\$33.89	\$31.86	\$32.73	\$33.92	\$35.70
Leg	\$34.03	\$33.08	\$33.62	\$33.78	\$34.99
Thigh	\$26.41	\$37.20	\$27.29	\$28.53	\$45.49
Beef Stew	\$39.34	\$45.20	\$40.43	\$41.68	\$50.70
Lamb Stew	\$29.55	\$35.83	\$32.86	\$32.11	\$41.60
Goat Stew	\$39.45	\$40.82	\$38.74	\$38.04	\$44.60
Pork Stew	\$40.74	\$36.49	\$32.99	\$32.99	NA
Turkey (whole)	\$42.83	\$46.56	\$44.74	\$45.25	NA

Buy your fresh, chilled chicken at affordable prices every Sunday at the Macoya Farmers' Market



Chaguanas Farmers' Market
OPENING NOV. 29th
Old Ministry of Works Compound,
Main Rd. Chaguanas.
Saturdays: 1pm - 6pm
Sundays: 6am - 12noon

FRESH PRODUCE

Commodity	Trinidad					Tobago
	Wholesale Market	Farmers' Markets	Municipal Markets	Vege-Marts	Super-Markets	Municipal Market
Tomato (M)	\$22.36	\$24.62	\$27.54	\$28.66	\$33.12	\$33.00
Cabbage (Local)	\$10.90	\$13.23	\$12.91	\$14.74	\$18.27	\$18.70
Pumpkin	\$3.48	\$5.87	\$5.76	\$6.20	\$7.01	NA
Melongene (M)	\$10.34	\$11.67	\$10.71	\$12.48	\$17.37	\$19.80
Cucumber	\$8.18	\$11.62	\$10.77	\$11.16	\$14.81	NA
Sweet Pepper (M)	\$18.67	\$18.19	\$21.40	\$21.31	\$26.91	\$24.20
Lettuce (M)	\$4.28	\$4.33	\$5.26	\$5.88	\$7.21	\$7.00
Chive	\$3.02	\$3.36	\$4.17	\$4.37	\$4.60	\$5.50
Carrot	\$7.61	\$12.32	\$11.85	\$13.89	\$13.61	\$17.60
Cassava	\$4.31	\$6.46	\$7.72	\$7.30	\$9.47	\$11.73
Sweet Potato	\$8.43	\$10.62	\$11.31	\$13.50	\$15.50	\$15.40
Papaya	\$8.84	\$11.02	\$11.11	\$11.30	\$14.00	\$14.30
Banana	\$7.84	\$10.19	\$10.06	\$11.76	\$11.73	NA
Watermelon	\$6.44	\$7.72	\$8.08	\$8.96	\$9.45	\$8.80

All prices are expressed \$/kg except lettuce \$/head and chive \$/bundle



GROCERY ITEMS

Item	Unit	Supermarkets				Tobago
		North West	East West	Central	South	
Cheese	kg	\$55.27	\$53.74	\$53.33	\$53.06	\$58.67
Butter	250g	\$5.64	\$5.57	\$5.54	\$5.57	\$6.08
Eggs (L)	doz	\$14.99	\$15.20	\$14.76	\$14.50	\$14.95
Powdered milk	800g	\$45.04	\$44.83	\$45.55	\$45.89	\$49.45
Liquid Milk	1 L Pack	\$10.37	\$10.17	\$9.88	\$9.88	\$10.50
Flour (white)	2 kg	\$14.82	\$14.35	\$13.67	\$14.02	\$15.27
Flour (whole wheat)	2 kg	\$16.71	\$15.94	\$15.34	\$15.03	\$16.82
Bread (white)	Loaf	\$11.00	\$11.00	\$11.00	\$11.00	\$11.00
Bread (whole wheat)	Loaf	\$11.50	\$11.50	\$11.50	\$11.50	\$11.50
Macaroni	400g	\$5.98	\$5.62	\$5.47	\$5.75	\$6.17
Rice (brown)	1800g	\$23.98	\$24.14	\$24.21	\$23.10	\$26.18
	2 kg	\$24.14	\$25.26	\$28.61	\$24.62	\$25.10
Rice (white)	2 kg	\$26.99	\$22.34	\$19.93	\$21.14	\$19.04
Sugar (brown)	454g	\$3.57	\$4.49	\$3.46	\$6.52	\$2.92
	1800g	\$17.69	\$17.33	\$16.45	\$16.19	NA
Sugar (white)	1800g	\$13.93	\$14.59	\$14.42	\$14.90	\$14.99
Salt	400g	\$1.94	\$1.86	\$2.56	\$3.09	\$2.57
Soyabean Oil	900ml	\$20.26	\$19.18	\$18.44	\$20.74	\$24.15
	1 L	\$25.59	\$25.59	\$21.94	\$22.69	\$22.00
Corn Flakes	500g	\$17.48	\$17.86	\$17.30	\$17.00	\$19.55
Orange Juice	1 L Pack	\$9.03	\$10.69	\$11.35	\$9.48	\$9.99
Corned Beef	340g can	\$11.79	\$11.93	\$11.45	\$11.36	\$9.43
Sardine	141g can	\$5.74	\$6.09	\$5.67	\$6.01	NA
Chicken Sausage	141g can	\$3.78	\$3.83	\$3.59	\$3.63	\$4.35
Onion	kg	\$6.91	\$6.41	\$4.50	\$4.96	\$9.20
Garlic	kg	\$11.57	\$11.73	\$8.47	\$6.86	\$9.20
Potato	kg	\$5.71	\$5.15	\$4.95	\$4.51	\$9.20

FOOTNOTES

NA - Not Available M - Medium
Wholesale Market - Average prices collected at the Northern Wholesale Market, Macoya from 17-21 Nov 08
Farmers' Markets - Average prices collected at Macoya, Debe, Diego Martin and Point Fortin from 21-23 Nov 08
Municipal Markets - Average prices collected from 12 Municipal Markets from 20-21 Nov 08
Vege - Marts - Average prices collected from 13 Vege-Marts from 20-21 Nov 08
Supermarkets - Average prices collected from 38 Supermarkets across the country from 20-21 Nov 08
Wholesale Fish Markets - Average prices collected at the Port of Spain and Orange Valley Wholesale Fish markets from 17-21 Nov 08
Tobago - Average prices collected at the Scarborough Municipal market and at 2 supermarkets on 21 Nov 08