

# NAMDEVCO Grocery Basket

Helping You Stretch Your Food Dollar



PRICES COLLECTED FOR THE PERIOD 17-21 JUNE 2009

Item	Unit	Trinidad	Tobago
		Average	Average
Cheese	kg	36.13	32.18
Margarine	250 g	5.61	6.43
Eggs (L)	Doz	14.80	18.50
Powdered Milk	800 g	45.38	44.99
Liquid Milk	1L Pack	9.94	9.67
Flour (white)	2 kg	13.23	14.93
Flour (whole wheat)	2 kg	14.70	16.55
Bread (white)	Loaf	10.50	10.50
Bread (whole wheat)	Loaf	11.00	11.00
Macaroni	400 g	5.74	5.30
Rice (brown)	1800 g	19.98	NA
	2 kg	19.53	21.33
Rice (white)	2 kg	16.67	21.80
Sugar (brown)	1800 g	16.48	NA
Sugar (white)	1800 g	14.57	14.58
Salt	400 g	1.80	3.37
Soyabean Oil	900 ml	15.77	14.10
	1 L	22.09	19.25
Corn Flakes	500 g	17.24	16.80
Orange Juice	1 L Pack	9.08	8.99
Ketchup	750 ml Pack	4.99	4.73
Corned Beef	340 g can	11.79	11.93
Sardine	141 g can	5.84	5.40
Tuna Flakes (in water)	170 g can	5.37	5.13
Tuna Flakes (in oil)	170 g can	5.31	5.13
Tuna Chunks (in water)	170 g can	8.40	8.05
Tuna Chunks (in oil)	170 g can	8.24	8.05
Chicken Sausage	141 g can	3.58	3.42
Onion	kg	4.47	6.88
Garlic	kg	8.29	8.75
Potato	kg	4.39	10.72

## PULSES

Unit 254 g (1 lb)	Trinidad			Tobago
	Farmers' Market	Municipal Market	Super- Market	Super- Market
Lentil	4.75	4.83	4.52	NA
Red Bean	7.50	7.17	7.62	6.82
Channa	5.70	5.50	5.69	NA
Split Peas	3.20	4.25	3.65	3.55
Black Eye	4.50	5.33	4.89	3.98

## MEAT

Unit (kg)	Trinidad		Tobago
	Farmers' Market	Super- Market	Super- Market
Chicken			
Mixed Parts	21.98	27.89	NA
Whole	19.50	26.21	NA
Breast		32.18	40.69
Leg		34.45	NA
Thigh		26.55	34.66
Beef Stew		39.37	54.96
Lamb Stew		33.45	NA
Goat Stew		38.12	46.72
Pork Stew		32.56	NA