



# NAMDEVCO Grocery Basket

Issue 13 - June 2010

Helping You Stretch Your Food Dollar



PRICES COLLECTED FOR THE PERIOD 18 - 20 JUNE 2010

Supermarket Item	Unit	Trinidad	Tobago
		Min-Max	Min-Max

## DAIRY PRODUCTS

Powdered milk	800g	32.99 - 45.79	44.99
Condensed milk	395g	7.99 - 9.95	7.30 - 8.99
Evaporated milk	250ml	4.99 - 6.25	5.50
Liquid milk	1 L pack	8.49 - 9.99	9.45-9.50
Eggs (L)	Doz	13.49 - 15.99	17.50
Butter	250g	19.99 - 28.99	25.99
Cheddar cheese	kg	35.25 - 50.68	39.60

## BAKERY PRODUCTS

Bread (white)	Loaf	10.50	10.50
Bread (whole wheat)	Loaf	11.00	11.00
Salted biscuit	284g	8.99 - 9.50	9.50

## SUGAR

Brown	1800g	11.99 - 19.75	17.10
White	1800g	12.70 - 17.99	14.95 - 15.25

## CEREALS & STARCHES

Flour (white)	2kg	10.99 - 14.99	15.15
Flour (whole wheat)	2kg	13.20 - 16.69	NA
Rice (brown)	2kg	14.79 - 17.99	17.60 - 19.80
Rice (white)	2kg	14.99 - 16.99	NA
Macaroni	400g	3.89 - 6.28	4.10 - 5.05
Potato	kg	3.28 - 6.61	7.11
Yeast	500g	17.29 - 20.99	17.40 - 19.85
Baking powder	115g	2.25 - 2.99	2.20 - 2.95
Corn flakes	500g	17.59 - 18.99	17.35

## OILS & FATS

Soyabean oil	900ml	9.99 - 18.99	NA
	1L	14.97 - 25.99	19.35
Margarine	250g	4.75- 8.99	5.95

## PROCESSED ITEMS

Chicken hot dog	400g	9.89 - 12.99	NA
Chicken sausage	141g can	2.89 - 4.69	3.30 - 3.85
Corned beef	340g can	8.65 - 15.79	9.95 - 13.95
Sardine	141g can	3.99 - 6.99	5.60 - 5.95
Tuna flakes	170g can	4.15 - 6.99	4.55 - 5.40
Tuna chunks	170g can	5.49 - 9.99	7.80 - 8.30

## CONDIMENTS

Curry powder	230g	9.77 - 11.99	NA
Salt	400g	1.30-2.99	1.55 - 2.55
Black pepper	30g	2.49 - 3.30	NA
Onion	kg	4.45 - 11.00	9.35
Garlic	kg	14.00 - 19.82	23.00
Ketchup	750ml pack	3.85 - 5.99	4.60 - 5.05

## NON ALCOHOLIC DRINKS

Tea	50 bags	13.99 - 18.99	16.70
Coffee (ground)	230g	9.65 - 12.49	9.99
Coffee (instant)	100g	NA	NA
Cocoa	200g	12.49 - 20.99	12.35 - 12.99
Malted breakfast drink	300g	16.49 - 20.99	17.10 - 18.80
Orange juice	1 L pack	8.97 - 9.99	8.99
Soft drink (flavoured)	2 L	5.49 - 6.99	6.60 - 7.75
Soft drink (black)	2L	6.50 - 7.99	8.25 - 8.60

## PULSES

Unit 254g (1lb)	Trinidad			Tobago
	Farmers' Market	Municipal Market	Supermarket	Supermarket
Lentil	4.75	4.00 - 5.00	3.99- 4.99	NA
Red Bean	7.50	7.00	5.99 - 7.75	NA
Channa	5.70	5.00 - 6.00	4.50 - 6.75	NA
Split Peas	3.50	3.00 - 4.00	1.89 - 3.99	NA
Black Eye	4.50	5.00 - 6.00	4.25 - 5.29	NA

## MEAT

Unit (kg)	Trinidad		Tobago
	Farmers' Market	Supermarket	Supermarket
Chicken			
Mixed Parts	21.98	24.23 - 29.29	NA
Whole	19.50	21.56 - 27.99	NA
Breast		21.56 - 36.99	43.28
Leg		20.99 - 36.99	43.50
Thigh		22.99 - 29.99	35.11
Beef Stew		35.25 - 46.27	54.96
Lamb Stew		25.99- 47.99	NA
Goat Stew		37.46 - 48.48	44.50
Pork Stew		27.99 - 46.27	32.70

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