



MARKET BASKET

Consumer Best Buys

Prices shown are what the Department of Licensing and Consumer Affairs (DLCA) has found to be the least expensive item in each category at major retail establishments.

PRODUCE

In grocery stores, the value of produce goes down when it loses its freshness. The more costly the produce; the fresher it is. Locally grown produce can be fresher and at times less costly.



Cube Beef Steak \$4.95

Bananas \$0.79



Seafood, Meat, and Poultry are best bought fresh. Avoid risks by purchasing these items when you plan to cook them rather than far in advance. Use techniques to preserve items by canning, curing, or freezing them.

Poultry, Meat, & Seafood

BREAD/CEREAL/GRAINS

Depending on the size of your family, grains may go bad quickly. If you have plans of stocking up, ensure proper storage or buy less at a time.



Macaroni \$0.98

Evaporated Milk \$1.49



There are many alternatives to dairy. If the expiration date is close ensure that you monitor while consuming. For family members with allergies, ensure dairy products/dairy alternatives do not have added allergens that can cause severe illness. Consider using low-fat items with a longer shelf life.

DAIRY

GOVERNMENT OF THE VIRGIN ISLANDS
DEPARTMENT OF LICENSING AND CONSUMER AFFAIRS

