



RETAIL PRICE MONITORING BULLETIN

Recorded retail prices Jul 16, 2026

167 of 4,482 observed products were priced differently from their most recent recorded price (3.7%)

Prices published online by 1 retail business, 1 store location. Not a survey of retail prices across Saint Lucia.

1

RETAIL BUSINESS

1

STORE LOCATION

4,482

PRODUCTS OBSERVED

167

CHANGED

153

INCREASED

14

DECREASED

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Prices read from public retail pages of 1 retail business, 1 store location. Not a survey of Saint Lucia, not official statistics, not inflation, and not a consumer price index.

EXECUTIVE SUMMARY

What this edition shows

- This edition covers **1 retail business at 1 store location**, observed online. It is not a survey of prices across Saint Lucia.
- **167 of 4,482 observed products changed price** (3.7%). Of the 3,881 comparable products, 3,714 held the price already recorded for them.
- Increases and decreases split **153 up, 14 down**.
- The typical increase was **+7.7%**, and **132 of the 167 changes set a new recorded high** for that product.
- Increases clustered: **2 brand lines account for 18 of the 153 increases**, which a category view alone would not reveal.
- The fixed basket of 2,564 continuously observed products cost **+0.25%** relative to the first qualifying observation.
- Comparisons span **2 windows of 14 to 25 days**, so the changes here are not measured over one uniform period.

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1 Coverage and comparability

What was observed, and what it does not cover

This edition draws on prices published online by **1 retail business, 1 store location**. It is not a survey of retail prices across Saint Lucia, and nothing here should be read as describing what a product costs anywhere else on the island.

1 Retail business observed	1 Store location	4,482 Products observed
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HOW THE TOTAL RECONCILES

Every observed product falls into exactly one of three groups. Products seen for the first time are kept out of the unchanged count, because there is no earlier price to compare them with.

Group	Products	Share of observed
Comparable, price unchanged	3,714	82.9%
Comparable, price changed	167	3.7%
Observed for the first time	601	13.4%
All products observed	4,482	100.0%

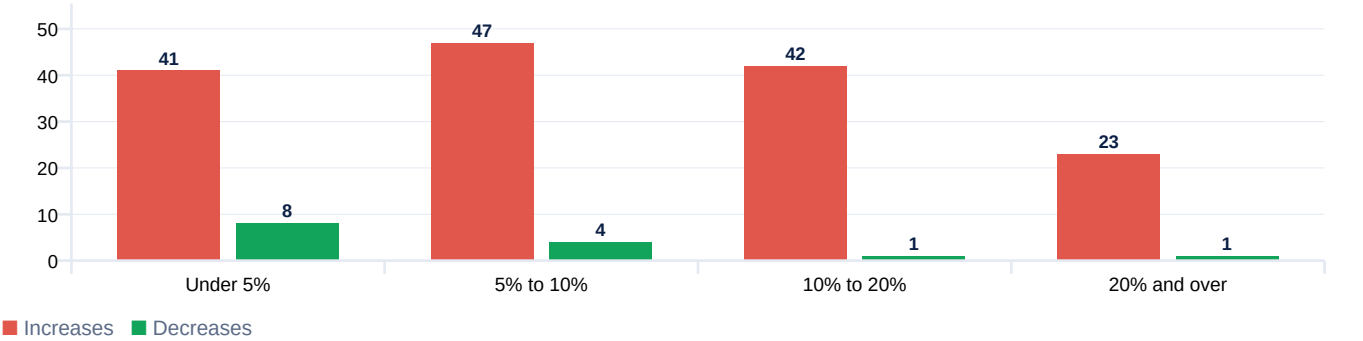
So **167** of the **3,881** products that could be compared changed price - 4.30% of comparable products. The remaining **3,714** held the price already recorded for them.

Prices are read from public pages that anyone can view in a browser. Because they come from a single business at a single location, they describe that shopfront only - not a market, a parish, or the country. This is not inflation, a consumer price index, a cost-of-living measure, or an official statistic.

2 How prices moved

The distribution, and movement against each product's own record

Ranking the biggest movers makes any update look dramatic. The middle of the set is calmer: the typical increase was **+7.7%** and the typical decrease **-4.6%**. Half of all increases fell between **+4.6%** and **+15.2%**.



Measure	Increases	Decreases
Products	153	14
Median move	7.7%	4.6%
Middle half	4.6% to 15.2%	3.4% to 6.7%
Largest move	91.8%	27.5%

NEW RECORDED HIGHS AND LOWS

Counting increases against decreases treats a small rise the same as a move past everything previously recorded. Of the 167 products that changed, **132** finished at the highest price this tracker has recorded for them and **10** at the lowest.



“Recorded high” means the highest price this tracker has observed, not an all-time shelf price. A product observed only a few times reaches a new recorded extreme easily.

3 Largest recorded movements

The biggest increases and decreases

Ranked by percentage change, with the dollar move as a tie-break so a large percentage on a low-priced item still shows what it costs in cash.

LARGEST INCREASES

Product	Category	Previous	Latest	Change
Breton Original Bites 200G	Snacks	\$5.99	\$11.49	+91.8%
Essential Everyday Chunk Colby Jack Cheese 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%
Essential Everyday Chunk Med Cheddar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%
Essential Everyday Chunk Mild Chedar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%
Essential Everyday Shred Mild Cheddar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%
Jergens Shea Butter 236ML	Personal Care	\$12.50	\$17.50	+40.0%
Quaker Wht Flour Tortila 1.81KG	Pantry & Canned Goods	\$15.99	\$21.99	+37.5%
Kraft Shredded Triple Cheddar 227G	Dairy & Eggs	\$14.95	\$19.95	+33.4%
Roland Grn Peppercorn Jar 100ML	Pantry & Canned Goods	\$24.99	\$31.99	+28.0%
Stamina Energy Drink 330MI	Beverages	\$2.60	\$3.30	+26.9%

LARGEST DECREASES

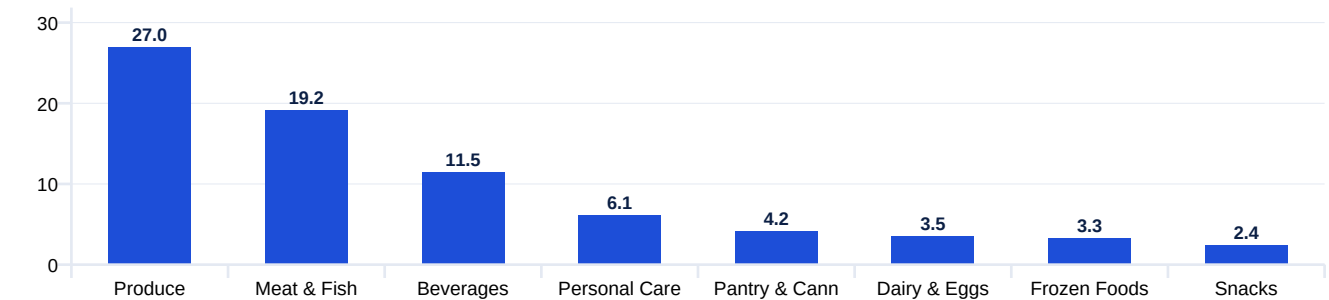
Product	Category	Previous	Latest	Change
Imported Tomato Vine Ripe Red (per KG)	Produce	\$50.99	\$36.99	-27.5%
Imported Onions White Jumbo (per KG)	Produce	\$7.16	\$6.35	-11.3%
Imported Plum Tomatoes (per KG)	Produce	\$26.99	\$24.49	-9.3%
Kraft Hickory Smoke Bbq Sauce 496G	Pantry & Canned Goods	\$11.79	\$10.99	-6.8%
African Pride Pre Shampoo 354ML	Personal Care	\$30.95	\$28.95	-6.5%
Local Produce Sweet Potatoes (per KG)	Produce	\$15.18	\$14.39	-5.2%
Imported Pepper Red (per KG)	Produce	\$39.95	\$37.99	-4.9%
Impoted Asparagus (per KG)	Produce	\$71.99	\$68.99	-4.2%
Imported Kiwi Fruit (per Kg)	Produce	\$47.99	\$45.99	-4.2%
African Pride Gel Curl Defining 454G	Personal Care	\$29.99	\$28.95	-3.5%

Ranking is by size of movement only. This report records that a price changed; it does not establish why.

4 Categories and brands

Compare rates first, then look for concentration

Read the rate column first. A raw count is driven by how many products a category holds, so changes per 100 observed products is what makes categories of different sizes comparable with each other.



Changed products per 100 observed in each category

Category	Observed	Changed	Up	Down	Per 100
Produce	107	24	16	8	27.0
Meat & Fish	95	15	15	0	19.2
Beverages	247	25	25	0	11.5
Personal Care	668	34	31	3	6.1
Pantry & Canned Goods	1,140	41	38	3	4.2
Dairy & Eggs	198	6	6	0	3.5
Frozen Foods	250	8	8	0	3.3
Snacks	549	11	11	0	2.4

BRAND CONCENTRATION AMONG INCREASES

Increases did not spread evenly. **Rainforest** alone accounts for 11 of the 153 increases (7.2%), and 18 increases (11.8%) come from just 2 brand lines. A category view alone would report this as one category moving.

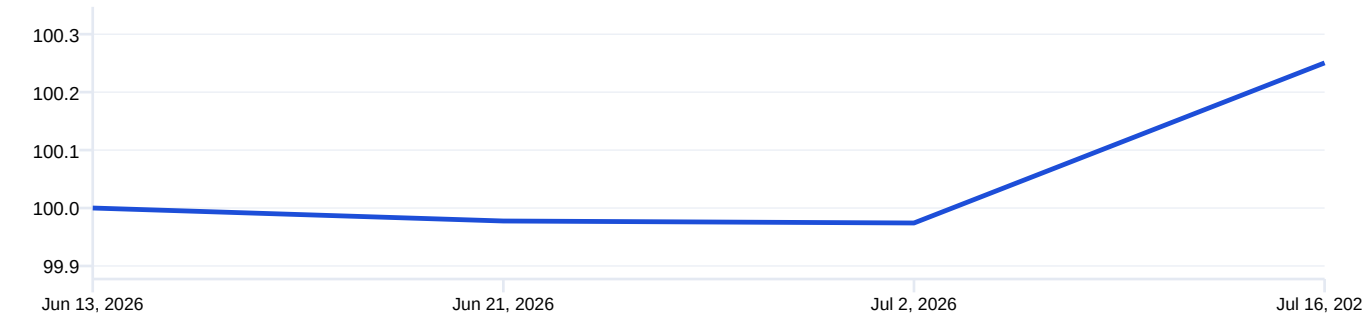
Brand line	Products	Share	Median move	Main category
Rainforest	11	7.2%	+5.9%	Meat & Fish
Bencopeak	7	4.6%	+5.5%	Pantry & Canned Goods

Brands are matched from a curated list of product-name prefixes, never split automatically - words such as "Imported" and "Local" describe origin, not a brand. A shared prefix shows products branded alike; it is not evidence about what any manufacturer, distributor, or retailer decided.

5 Fixed basket

The same products across every qualifying observation

Counting how many products changed says nothing about what the changes cost. This basket holds the **2,564** products with a recorded price in every qualifying observation, so the same items are compared at every point and the total cannot move because the product mix changed. Its combined cost has risen **0.25%** since Jun 13, 2026.



Basket cost indexed to the first qualifying observation = 100

Observation	Basket cost	Index	Change from first
Jun 13, 2026	\$43,473.03	100.00	0.00%
Jun 21, 2026	\$43,463.29	99.98	−0.02%
Jul 2, 2026	\$43,461.80	99.97	−0.03%
Jul 16, 2026	\$43,581.90	100.25	+0.25%

An unweighted total of recorded shelf prices from a single retail business. It is a continuity measure for this tracker - not inflation, not a consumer price index, and not a household cost-of-living measure. It applies no spending weights and covers only continuously observed products.

6 Not observed in this update

Products that did not appear this time

An update also changes which products appear at all. **601** products were observed here for the first time, while **486** products with an earlier recorded price were not observed in this update.

Category	Not observed this update	Share of not observed
Pantry & Canned Goods	87	17.9%
Personal Care	61	12.6%
Produce	52	10.7%
Household	49	10.1%
Dairy & Eggs	47	9.7%
Snacks	44	9.1%
Beverages	34	7.0%
Frozen Foods	26	5.3%
Meat & Fish	25	5.1%
Grains & Cereals	24	4.9%

This section says “not observed” rather than that a product was discontinued. A missing product may be unavailable, renamed, repackaged, or simply absent from the pages read that day. Products keep their last recorded price until they are observed again.

7 Comparison timing

Why there is no single comparison date

There is no single comparison date for every product. Each is compared with its own most recent recorded price, so the changes in this edition are measured over **2** different windows spanning **14 to 25 days**. A longer gap gives a product more time to record a different price, so the windows are not directly comparable with each other.

Previous observation	Products	Share	Elapsed
Jul 2, 2026	127	76.0%	14 days
Jun 21, 2026	40	24.0%	25 days

8 Methodology and publication controls

How each edition is prepared and checked

HOW EACH EDITION IS PREPARED

- 1. Calculate the facts** Every headline figure, table, and chart value is computed from the validated price data. Nothing is typed by hand.
- 2. Check the numbers** The edition is blocked if totals, movement ranges, basket membership, or coverage labels do not reconcile.
- 3. Build the evidence** Tables and charts are built from the same validated facts that feed the written commentary.
- 4. Write the commentary** The commentary summarises validated facts. It does not recalculate headline figures and does not assert why a price moved.
- 5. Keep an audit trail** The facts, source fingerprint, template version, and final PDF are stored together so any edition can be reproduced.

CHECKS REQUIRED BEFORE PUBLICATION

- Increases and decreases must together account for every changed product.
- Unchanged comparable, changed comparable, and first-observed products must add up to all products observed.
- The movement buckets must account for every increase and every decrease.
- New recorded highs and lows cannot exceed the number of changed products.
- Any statement about brand concentration must use the values shown in the brand table.
- A change list may be called complete only when every changed product is included.
- The fixed basket must hold the same products across the whole series shown.
- The number of businesses and locations observed must be stated wherever coverage could be misread as island-wide.

WHAT THIS EDITION DOES NOT SHOW

- Prices at any business or location other than those listed under coverage.
- Official inflation, a consumer price index, or a cost-of-living measure.
- Why a price changed, or whether it was a promotion, a pass-through, or an error.
- Household spending weights, or availability beyond the pages observed.

EDITION RECORD

Field	Value
Coverage	1 retail business, 1 store location
Observation date	Jul 16, 2026
Observation id	2026-07-16
Facts schema	price_monitoring_facts_v1
Template version	5.0
Generator commit	n/a
Source fingerprint	n/a
Published	Aug 17, 2026

9 Appendix: every price change

Every product whose price changed in this edition

All 167 products whose price differed from their own previous recorded price, listed alphabetically.

Product	Category	Previous	Latest	Change	Previous observation
African Pride Gel Curl Defining 454G	Personal Care	\$29.99	\$28.95	−3.5%	Jun 21, 2026
African Pride Heat Act Masque 354ML	Personal Care	\$27.95	\$28.95	+3.6%	Jun 21, 2026
African Pride Pre Shampoo 354ML	Personal Care	\$30.95	\$28.95	−6.5%	Jun 21, 2026
African Pride Relaxer Kit Reg (Each)	Personal Care	\$27.95	\$28.95	+3.6%	Jun 21, 2026
African Pride Sb Bouncy Curl Pudd 444ML	Personal Care	\$21.95	\$22.95	+4.6%	Jun 21, 2026
African Pride Shea Butter Leave In Deep Conditioner 444ML	Personal Care	\$21.95	\$22.95	+4.6%	Jun 21, 2026
Badia Garlic Powder 297G	Pantry & Canned Goods	\$19.49	\$19.79	+1.5%	Jul 2, 2026
Badia Ground Sage 42.5G	Pantry & Canned Goods	\$8.70	\$8.79	+1.0%	Jul 2, 2026
Badia Org Wht Quinoa Bag 907G	Pantry & Canned Goods	\$41.49	\$41.99	+1.2%	Jul 2, 2026
Badia Rosemary 28G	Pantry & Canned Goods	\$14.89	\$14.99	+0.7%	Jul 2, 2026
Badia Rotisserie Chicken Seasoning 298G	Pantry & Canned Goods	\$20.59	\$20.99	+1.9%	Jul 2, 2026
Badia White Ground Pepper 57G	Pantry & Canned Goods	\$13.39	\$13.79	+3.0%	Jul 2, 2026
Bencopeak Baby Lima Bean 454G	Pantry & Canned Goods	\$5.57	\$6.60	+18.5%	Jul 2, 2026
Bencopeak Cranberry Bean 454G	Pantry & Canned Goods	\$4.57	\$4.82	+5.5%	Jul 2, 2026
Bencopeak Garbanzo Beans 454G	Pantry & Canned Goods	\$3.88	\$4.09	+5.4%	Jul 2, 2026
Bencopeak Great Northern Beans 454G	Pantry & Canned Goods	\$3.79	\$4.21	+11.1%	Jul 2, 2026
Bencopeak Pink Beans 454G	Pantry & Canned Goods	\$4.11	\$4.21	+2.4%	Jul 2, 2026
Bencopeak Split Peas Green 454G	Pantry & Canned Goods	\$3.24	\$3.42	+5.6%	Jul 2, 2026
Bencopeak Yellow Split Peas 454G	Pantry & Canned Goods	\$3.64	\$3.83	+5.2%	Jul 2, 2026
Breton Garden Vegetable 225G	Snacks	\$11.85	\$11.99	+1.2%	Jul 2, 2026
Breton Original Bites 200G	Snacks	\$5.99	\$11.49	+91.8%	Jul 2, 2026
Breton Original Wheat Cracker 225G	Snacks	\$11.85	\$11.99	+1.2%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Brittny Clipper Nail Deluxe (Each)	Personal Care	\$7.70	\$7.95	+3.2%	Jun 21, 2026
Brittny Tweezer Deluxe Point Tip (Each)	Personal Care	\$8.15	\$8.50	+4.3%	Jun 21, 2026
Carib Pearl Parboiled Rice 800G	Pantry & Canned Goods	\$2.97	\$2.99	+0.7%	Jul 2, 2026
Caribbean Cool Fruit Punch Juice Drink 500ML	Beverages	\$3.75	\$4.25	+13.3%	Jul 2, 2026
Caribbean Dream Instant Ginger Tea 10X (Each)	Beverages	\$8.99	\$9.99	+11.1%	Jul 2, 2026
Caribbean Dream Unsweetened Inst Ginger Tea 14X (Each)	Beverages	\$8.99	\$9.99	+11.1%	Jul 2, 2026
Caribbean Dreams Coconut Cocoa 28G	Beverages	\$1.75	\$1.99	+13.7%	Jul 2, 2026
Caribbean Dreams Ginger Tea 24X (Each)	Beverages	\$4.99	\$5.99	+20.0%	Jul 2, 2026
Caribbean Dreams Green Tea/Mint 24X (Each)	Beverages	\$4.99	\$5.99	+20.0%	Jul 2, 2026
Caribbean Dreams Honey Ginger 24X 48G	Pantry & Canned Goods	\$4.99	\$5.99	+20.0%	Jul 2, 2026
Caribbean Dreams Peppermint 24X 48G	Pantry & Canned Goods	\$4.99	\$5.99	+20.0%	Jul 2, 2026
Chivas Regal Whisky 750ML	Other	\$135.00	\$160.00	+18.5%	Jul 2, 2026
Con Argan Oil Conditioner 355ML	Personal Care	\$34.95	\$36.95	+5.7%	Jun 21, 2026
Con Argan Oil Leave In 250ML	Personal Care	\$34.95	\$36.95	+5.7%	Jun 21, 2026
Con Argan Oil Moist 250ML	Personal Care	\$33.95	\$36.95	+8.8%	Jun 21, 2026
Con Argan Oil Perfect Edges (Each)	Personal Care	\$23.95	\$29.95	+25.1%	Jun 21, 2026
Cornstone Frozen Pineapple Chunk 454G	Frozen Foods	\$14.95	\$15.99	+7.0%	Jun 21, 2026
Dr Miracle 2In1 Conditioner Shampoo 355ML	Personal Care	\$23.95	\$26.95	+12.5%	Jun 21, 2026
Dream Kids 4 Touch Up Relaxer Reg (Each)	Personal Care	\$32.95	\$36.50	+10.8%	Jun 21, 2026
Dream W Satin Wide Band (Each)	Personal Care	\$10.95	\$11.50	+5.0%	Jun 21, 2026
Eggo Blue Berry Waffle 340G	Frozen Foods	\$24.95	\$26.95	+8.0%	Jun 21, 2026
Eggo Buttermilk Waffle 349G	Frozen Foods	\$24.95	\$26.95	+8.0%	Jun 21, 2026
Essential Everyday Chunk Colby Jack Cheese 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%	Jul 2, 2026
Essential Everyday Chunk Med Cheddar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%	Jul 2, 2026
Essential Everyday Chunk Mild Cheddar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%	Jul 2, 2026
Essential Everyday Shred Mild Cheddar 227G	Dairy & Eggs	\$8.60	\$13.60	+58.1%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Flanders Beef Onion Patty 907G	Frozen Foods	\$32.70	\$34.70	+6.1%	Jun 21, 2026
Friskies Surf N Turf Favorites 1.42Kg	Household	\$32.99	\$37.99	+15.2%	Jul 2, 2026
Fruta Apple Cherry 1L	Beverages	\$7.50	\$7.95	+6.0%	Jul 2, 2026
Fruta Apple Drink Can 315ML	Beverages	\$3.80	\$4.25	+11.8%	Jul 2, 2026
Fruta Cranberry Drink Can 315ML	Beverages	\$3.80	\$4.25	+11.8%	Jul 2, 2026
Fruta Cranberry Raspberry Drink 1L	Beverages	\$7.50	\$7.95	+6.0%	Jul 2, 2026
Fruta Cranberryrn Raspberry Juice 500ML	Beverages	\$5.00	\$5.75	+15.0%	Jul 2, 2026
Fruta Fruit Punch 500ML	Beverages	\$5.25	\$5.75	+9.5%	Jul 2, 2026
Fruta Fruit Punch Drink Can 315ML	Beverages	\$3.80	\$4.25	+11.8%	Jul 2, 2026
Fruta Kool Kidz Apple Drink 200MI	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Kool Kidz Apple-Grape 200ML	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Kool Kidz Cherry Lemonade 200ML	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Kool Kidz Fruit Punch 200MI	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Kool Kidz Kiwi Strawberry 200ML	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Kool Kidz Orange Drink 200ML	Beverages	\$1.25	\$1.30	+4.0%	Jul 2, 2026
Fruta Orange Can 315ML	Beverages	\$3.80	\$4.25	+11.8%	Jul 2, 2026
Fruta Orange Carrot Drink Can 315ML	Beverages	\$3.80	\$4.25	+11.8%	Jul 2, 2026
General Mills Unbleached Flour 4.5KG	Pantry & Canned Goods	\$70.76	\$71.58	+1.2%	Jul 2, 2026
General Mills Whole Wheat Flour 2.27KG	Pantry & Canned Goods	\$37.82	\$39.45	+4.3%	Jul 2, 2026
Gillette Clear Gel Power Rush 107G	Personal Care	\$29.50	\$29.95	+1.5%	Jun 21, 2026
Gillette Mach3 Base Razor 1Up (Each)	Personal Care	\$40.95	\$44.95	+9.8%	Jun 21, 2026
Good Life Whole Wheat Flour 2KG	Pantry & Canned Goods	\$7.94	\$8.33	+4.9%	Jul 2, 2026
Ground Pork Sausage Mild 454G	Meat & Fish	\$21.99	\$23.20	+5.5%	Jul 2, 2026
Huggies Baby Wipes Simplie Clean 64X (Each)	Personal Care	\$13.90	\$16.80	+20.9%	Jun 21, 2026
Huggies Snug Dry Sz2 Jbo 38X (Each)	Personal Care	\$48.99	\$54.99	+12.2%	Jun 21, 2026
Imported Apple Granny Smith 1.4KG	Produce	\$32.99	\$34.99	+6.1%	Jul 2, 2026
Imported Celery (per KG)	Produce	\$17.99	\$20.99	+16.7%	Jul 2, 2026
Imported Gold Apple Gold Bag 1.4KG	Produce	\$25.99	\$26.99	+3.8%	Jul 2, 2026
Imported Grape Red Globe (per KG)	Produce	\$43.99	\$45.99	+4.5%	Jul 2, 2026
Imported Grapes Black (per KG)	Produce	\$45.99	\$47.99	+4.3%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Imported Green Pepper (per KG)	Produce	\$30.99	\$29.95	−3.4%	Jul 2, 2026
Imported Kiwi Fruit (per Kg)	Produce	\$47.99	\$45.99	−4.2%	Jul 2, 2026
Imported Klondike Purple Potato 680G	Produce	\$17.44	\$18.19	+4.3%	Jul 2, 2026
Imported Lettuce Romaine (per KG)	Produce	\$27.99	\$32.99	+17.9%	Jul 2, 2026
Imported Melon Honeydew (per KG)	Produce	\$16.79	\$17.99	+7.1%	Jul 2, 2026
Imported Onion White 907G	Produce	\$8.65	\$8.69	+0.5%	Jul 2, 2026
Imported Onions White Jumbo (per KG)	Produce	\$7.16	\$6.35	−11.3%	Jul 2, 2026
Imported Pepper Red (per KG)	Produce	\$39.95	\$37.99	−4.9%	Jul 2, 2026
Imported Pineapple (per KG)	Produce	\$14.99	\$15.30	+2.1%	Jul 2, 2026
Imported Plum Tomatoes (per KG)	Produce	\$26.99	\$24.49	−9.3%	Jul 2, 2026
Imported Squash Butternut (per KG)	Produce	\$17.99	\$21.99	+22.2%	Jul 2, 2026
Imported Tomato Vine Ripe Red (per KG)	Produce	\$50.99	\$36.99	−27.5%	Jul 2, 2026
Impoted Asparagus (per KG)	Produce	\$71.99	\$68.99	−4.2%	Jul 2, 2026
IP Peach 907G	Produce	\$36.99	\$37.99	+2.7%	Jul 2, 2026
Jergens Age Defying 621ML	Personal Care	\$26.99	\$29.50	+9.3%	Jun 21, 2026
Jergens Hydrate Coconut Lotion 496ML	Personal Care	\$24.99	\$27.50	+10.0%	Jul 2, 2026
Jergens Lavender Body Butter 207ML	Personal Care	\$16.25	\$19.25	+18.5%	Jun 21, 2026
Jergens Original Lotion 621ML	Personal Care	\$25.49	\$29.50	+15.7%	Jun 21, 2026
Jergens Shea Butter 236ML	Personal Care	\$12.50	\$17.50	+40.0%	Jun 21, 2026
Jergens Shea Butter Lot 497ML	Personal Care	\$24.99	\$27.50	+10.0%	Jun 21, 2026
Jergens Skin Firming Lot 236ML	Personal Care	\$15.16	\$17.50	+15.4%	Jun 21, 2026
Jergens Skin Firming Lot 496ML	Personal Care	\$24.99	\$27.50	+10.0%	Jul 2, 2026
Jergens Soothing Aloe 621ML	Personal Care	\$25.49	\$29.50	+15.7%	Jun 21, 2026
Jergens Sweet Citrus Body Butter 207ML	Personal Care	\$16.25	\$19.25	+18.5%	Jun 21, 2026
Jergens Ultra Healing Bottle 89ML	Personal Care	\$7.09	\$7.50	+5.8%	Jun 21, 2026
Jergens Ultra Healing Lotion 621ML	Personal Care	\$26.99	\$29.50	+9.3%	Jun 21, 2026
Johnsonville Bratwurst Original 559G	Frozen Foods	\$32.95	\$35.95	+9.1%	Jun 21, 2026
Johnsonville Sausage Itaianl Mild 560G	Frozen Foods	\$32.95	\$34.95	+6.1%	Jun 21, 2026
Jul Tasties Candy Sticks (Each)	Snacks	\$3.10	\$3.90	+25.8%	Jul 2, 2026
Kotex Tampon Super Plus 16X (Each)	Personal Care	\$28.95	\$32.95	+13.8%	Jun 21, 2026
Kraft Hickory Smoke Bbq Sauce 496G	Pantry & Canned Goods	\$11.79	\$10.99	−6.8%	Jul 2, 2026
Kraft Parmesan Grated 85G	Dairy & Eggs	\$9.95	\$11.95	+20.1%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Kraft Shredded Triple Cheddar 227G	Dairy & Eggs	\$14.95	\$19.95	+33.4%	Jul 2, 2026
Lamb Shanks (per KG)	Meat & Fish	\$39.99	\$41.20	+3.0%	Jul 2, 2026
Local Produce Pineapple (per KG)	Produce	\$9.45	\$10.50	+11.1%	Jul 2, 2026
Local Produce Ripe Plantain (per Kg)	Produce	\$5.60	\$5.88	+5.0%	Jul 2, 2026
Local Produce Sweet Potatoes (per KG)	Produce	\$15.18	\$14.39	-5.2%	Jul 2, 2026
Local Produce Tomato (per KG)	Produce	\$13.53	\$16.99	+25.6%	Jul 2, 2026
Local Produce Watermelon (per KG)	Produce	\$7.99	\$8.99	+12.5%	Jul 2, 2026
Mcvites Original Hob Nobs 300G	Snacks	\$10.99	\$11.79	+7.3%	Jul 2, 2026
Minced Beef (per KG)	Meat & Fish	\$43.45	\$44.45	+2.3%	Jul 2, 2026
Morning Star Grill Crumbles 340G	Frozen Foods	\$27.95	\$29.95	+7.2%	Jun 21, 2026
Morning Star Veggie Dogs 238G	Frozen Foods	\$30.95	\$32.95	+6.5%	Jun 21, 2026
Mr Toppers Cheese Sticks 225G	Snacks	\$7.50	\$8.99	+19.9%	Jul 2, 2026
Natura Almond Unsweetened Milk 946ML	Pantry & Canned Goods	\$12.95	\$13.31	+2.8%	Jul 2, 2026
Natura Organic Soya Milk Original 946ML	Pantry & Canned Goods	\$12.95	\$13.95	+7.7%	Jul 2, 2026
Nestle Lactogen Starter 400G	Pantry & Canned Goods	\$23.36	\$23.25	-0.5%	Jul 2, 2026
Nestle Reconstituted Full Cream Uht Milk 1L	Pantry & Canned Goods	\$6.29	\$7.29	+15.9%	Jul 2, 2026
Pace Medium Chunky Salsa 453G	Pantry & Canned Goods	\$20.49	\$19.99	-2.4%	Jul 2, 2026
Pace Mild Chunky Salsa 454G	Pantry & Canned Goods	\$19.49	\$19.99	+2.6%	Jul 2, 2026
Par Excellenc Parboil Rice 1KG	Pantry & Canned Goods	\$4.35	\$4.62	+6.2%	Jul 2, 2026
Par Excellenc Parboil Rice 2KG	Pantry & Canned Goods	\$8.70	\$9.24	+6.2%	Jul 2, 2026
Par Excellenc Parboil Rice 4KG	Pantry & Canned Goods	\$17.41	\$18.48	+6.1%	Jul 2, 2026
Pepperidge Farm Chesapeake 204G	Snacks	\$22.99	\$23.59	+2.6%	Jul 2, 2026
Planters Cocktail Peanut Light 340G	Snacks	\$19.59	\$22.59	+15.3%	Jul 2, 2026
Pringles Sitck Cheddar Cheese 158G	Snacks	\$12.99	\$13.99	+7.7%	Jul 2, 2026
Pringles Stack Sour Cream & Onion 158G	Snacks	\$12.99	\$13.99	+7.7%	Jul 2, 2026
Profectiv Mega Pro Growth Shampoo 355ML	Personal Care	\$25.95	\$26.95	+3.9%	Jun 21, 2026
Progresso Lentils Soup 538G	Pantry & Canned Goods	\$12.25	\$13.99	+14.2%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Progresso Minestrone Soup 539G	Pantry & Canned Goods	\$11.29	\$13.19	+16.8%	Jul 2, 2026
Progresso Tomato Basil 538G	Pantry & Canned Goods	\$11.49	\$13.99	+21.8%	Jul 2, 2026
Quaker Wht Flour Tortila 1.81KG	Pantry & Canned Goods	\$15.99	\$21.99	+37.5%	Jul 2, 2026
Rainforest Banga Mary Fillet 454G	Meat & Fish	\$25.25	\$26.75	+5.9%	Jul 2, 2026
Rainforest Bangamary Headless 908G	Meat & Fish	\$34.25	\$36.75	+7.3%	Jul 2, 2026
Rainforest Cooked Mussel 454G	Meat & Fish	\$16.70	\$17.75	+6.3%	Jul 2, 2026
Rainforest Dorado Fillet 340G	Meat & Fish	\$53.20	\$55.99	+5.2%	Jul 2, 2026
Rainforest Grunt 20KG	Meat & Fish	\$23.95	\$25.50	+6.5%	Jul 2, 2026
Rainforest Kingfish Steak (per KG)	Meat & Fish	\$42.95	\$45.30	+5.5%	Jul 2, 2026
Rainforest Seafood Mix 340G	Meat & Fish	\$15.65	\$16.60	+6.1%	Jul 2, 2026
Rainforest Shrimp 31-40 Raw 340G	Meat & Fish	\$35.20	\$37.20	+5.7%	Jul 2, 2026
Rainforest Shrimp 60-80 Ck 340G	Meat & Fish	\$36.50	\$38.50	+5.5%	Jul 2, 2026
Rainforest Shrimp 91-110 340G	Meat & Fish	\$33.45	\$38.55	+15.2%	Jul 2, 2026
Rainforest White Fish Filet 454G	Meat & Fish	\$32.45	\$33.60	+3.5%	Jul 2, 2026
Roland Grn Peppercorn Jar 100ML	Pantry & Canned Goods	\$24.99	\$31.99	+28.0%	Jul 2, 2026
Roland Pure Sesame Oil 185ML	Pantry & Canned Goods	\$23.99	\$28.99	+20.8%	Jul 2, 2026
Roland Sanremo Pesto Olive 85G	Pantry & Canned Goods	\$13.99	\$15.99	+14.3%	Jul 2, 2026
Salted Pork Riblets Pail (per KG)	Meat & Fish	\$23.00	\$24.95	+8.5%	Jul 2, 2026
Shake N Bake Chicken Org 128G	Pantry & Canned Goods	\$16.99	\$19.99	+17.7%	Jul 2, 2026
Softsoap Coconut Butter Body Wash 445ML	Personal Care	\$30.70	\$29.95	-2.4%	Jun 21, 2026
Stacys Chip Simply Naked 226G	Snacks	\$18.49	\$18.99	+2.7%	Jul 2, 2026
Stamina Energy Drink 330ML	Beverages	\$2.60	\$3.30	+26.9%	Jul 2, 2026
Sultanas 1KG	Pantry & Canned Goods	\$34.32	\$38.32	+11.7%	Jul 2, 2026
Tetley Decaf Orange Pekoe 40G	Pantry & Canned Goods	\$5.99	\$6.99	+16.7%	Jul 2, 2026
Tetley Honey Lemon Ginseng Green Tea 40G	Beverages	\$6.79	\$7.79	+14.7%	Jul 2, 2026
Tetley Peppermint Tea 20X (Each)	Beverages	\$4.49	\$4.99	+11.1%	Jul 2, 2026
Turbo Sparkling Energy Drink 330ML	Beverages	\$3.50	\$3.75	+7.1%	Jul 2, 2026

Product	Category	Previous	Latest	Change	Previous observation
Vigo Basmati Rice 908G	Pantry & Canned Goods	\$18.99	\$19.99	+5.3%	Jul 2, 2026
Vigo Jasmine Rice 908G	Pantry & Canned Goods	\$15.99	\$19.99	+25.0%	Jul 2, 2026
Zephirins Bread Multigrain (Each)	Grains & Cereals	\$12.00	\$12.99	+8.2%	Jul 2, 2026