

CONSUMER IMPACT Empowering Consumers

This Christmas



CONTENTS

- p.03 Minister's Message
- p.04 How does the new Consumer Protection Act Benefits?
- p.05 Holiday Message
- p.07 Shopping Safely This Christmas
- p.08 Christmas Relief Package
- p.09 Christmas Barrel Initiative
- p.10 Empowering Consumers this Christmas: The Do's and Don'ts of Christmas Barrel Initiative
- p.11 Read Hire Purchase Agreement Carefully
- p.12 Grandma Miries 5 Money Musts
- p.14 Prices for Popular Food Items this Christmas
- p.18 Healthy Food Choices this Christmas
- p.19 Healthy Food Preparation Tips for a Safe Christmas Season
- p.21 Lighting Safety in Decorating Homes and Offices

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MINISTER'S *Message*



As we observe another Christmas shopping season, the Ministry of Trade takes an intentional moment to reflect on the importance of community and the well-being of every consumer in Antigua and Barbuda.

This year, we made significant strides with the introduction of the Consumer Protection Act, designed to safeguard consumers from unethical and exploitative business practices. This legislative framework ensures that the goods consumers rely on are of reasonably acceptable quality and suppliers are held accountable. Thus, this Christmas, consumers can shop with confidence, knowing they are protected against unfair exploitation.

Additionally, the Price of Goods Bill 2026 safeguards consumers from exploitation while ensuring price stability under normal and emergency conditions. It also promotes fair competition and maintains supply chain accountability. This modern legislation is intended to repeal and replace the outdated Distribution and Price of Goods Act, Cap. 138, aligning our country's consumer protection framework with current economic realities.

The Bill is a testament to the government's commitment to enhancing the economic well-being of consumers. It seeks to improve accountability and traceability across the supply chain, while also reorganizing business practices to foster a more organized and responsible community.

As consumers prepare their Christmas lists, I encourage them to add reading the Price of Goods Bill 2026 to their list of priorities. Your feedback and recommendations to the Division are invaluable, as consumer input plays a crucial role in shaping effective policies.

I also encourage consumers to support businesses operating in Antigua and Barbuda, which are now governed by the new Consumer Protection Act. Check goods carefully before purchasing, ensure you are getting value for money, get an estimate before engaging a service supplier, and get a receipt for transactions \$10 or more.

As the Prices and Consumer Affairs Division continues to implement these vital changes, I appeal for the cooperation of both consumers and suppliers. I also extend my gratitude to the business community for adapting to these new regulations.

Commendations to the staff at the Prices and Consumer Affairs Division for your hard work and ongoing efforts to protect consumers, as well as your commitment to collaborating harmoniously with the business community.

As we look forward to the coming year, I am hopeful for continued progress and collaboration. Rest assured, our dedication to safeguarding consumer rights and ensuring economic stability remains unwavering.

Wishing all a happy and safe Christmas season and a successful New Year.

Hon. E. P. Chet Greene
Minister of Foreign Affairs, Trade and Barbuda Affairs

How does the new Consumer Protection Act benefits consumers?



Know Your Rights and Shop Wisely This Holiday Season

The festive season is a time of joy, but it can also bring financial stress and unexpected disappointments if we're not careful. You can rest assured that the Consumer Protection Act 2025 is in place to safeguard your interests; however, being informed is the first step to becoming a wise consumer.

Save Your Receipts

Having your receipt on hand is important for exercising your rights as outlined in the Act; it serves as more than just proof of purchase. Having the receipt on hand is crucial if you need to seek redress for a defective good. Always store them safely or take a picture in case the receipt fades.



Budget Wisely

Holiday spending can quickly get out of hand, so develop a realistic budget and stick to it. Avoid impulse buying and remember that financial peace of mind is the best gift you can give yourself.



Examine Before Purchase

Before making a purchase, carefully examine goods to ensure they are of good quality and serve your needs. Check labels, confirm expiry dates, and ensure the product matches its description. This simple step can prevent disappointment later.

Know Your Right to Redress

If you discover a defect after purchase, don't panic. The Act provides for redress, which means you can seek a repair, replacement, or refund. Contact the supplier promptly and keep all documentation, including receipts.

We've prepared a wealth of information for your education and guidance. Spend some time reading these articles—they will assist you in making informed purchasing decisions and protect your rights. Embrace the season with wisdom!

Wishing you a Blessed holiday season and Safe Shopping!

Orrin Steele
Director





HOLIDAY

Message

Royal Police Force of Antigua and Barbuda

As the festive season approaches and commercial activity increases nationwide, the Royal Police Force of Antigua and Barbuda (RPFAB) extends warm Christmas greetings to the Prices and Consumer Affairs Division and the citizens and residents of Antigua and Barbuda.

This year, under the theme "Empowering Consumers This Christmas," the Police Administration encourages everyone to remain informed, alert, and proactive as they navigate the holiday shopping period and the many activities that accompany it.

Christmas is a time of joy, family gatherings, and economic activity. However, it is also a period when consumer vulnerability and safety risks tend to increase. The RPFAB remains committed to supporting the Prices and Consumer Affairs Division in its mandate to protect consumers, promote fair trade, and ensure safe and responsible purchasing practices throughout the season.

The Police Administration continues to work closely with the Government of Antigua and Barbuda, the Prices and Consumer Affairs Division, and several non-governmental and private sector partners to safeguard consumers' well-being. This collaboration strengthens national efforts to ensure a secure environment for shopping, travel, entertainment, and community engagement.

As part of our ongoing commitment to public safety, the RPFAB encourages the public to adopt both consumer awareness and personal safety measures during this busy festive period.

Personal, Home, and Business Safety Tips for the Christmas Season

Personal Safety Tips

- Be aware of your surroundings, especially in crowded shopping centers, markets, and events.
- Secure your belongings, keep wallets, phones, and handbags close and avoid carrying large amounts of cash.
- Protect your financial information by using secure payment methods and avoiding suspicious or unsecured websites.
- Plan transportation wisely, particularly at night. Use well-lit areas and share travel details with trusted persons.
- Be responsible with alcohol consumption and avoid walking or driving under the influence.

Home Safety Tips

- Lock all doors and windows before leaving home, even if only for a short time.
 - Avoid displaying valuable items or wrapped gifts in full view of windows.
 - Practice safe electrical measures, inspect Christmas lights, avoid overloaded outlets, and unplug decorations overnight.
 - Keep flammable materials away from candles, Christmas trees, and heat sources.
 - Dispose of packaging discreetly, especially boxes for electronics or appliances.
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Business Safety Tips

- Increase lighting and visibility around storefronts, car parks, and entryways.
- Review and test security systems, including alarms and CCTV cameras.
- Limit cash on location, conducting deposits in a safe and scheduled manner.
- Train staff to identify and report suspicious behaviour promptly.
- Ensure emergency exits and fire equipment are accessible and operational.

The RPFAB remains steadfast in its partnership with the Prices and Consumer Affairs Division, working jointly to ensure consumers are protected from unfair practices, price exploitation, and unsafe commercial environments. With increased police presence on the streets, heightened consumer monitoring, and expanded outreach efforts, this collaborative approach represents a unified national commitment to safety and empowerment. We also recognize the contributions of non-governmental organizations, community groups, and the business sector in helping to maintain a stable, transparent, and secure holiday environment for all.

In extending appreciation to the Prices and Consumer Affairs Division and citizens of Antigua and Barbuda, Acting Commissioner of Police, Everton Jeffers said, "The Royal Police Force of Antigua and Barbuda deeply values the continued cooperation, vigilance, and support shown by residents throughout 2025. Your partnership helps us safeguard our communities and strengthens our national security efforts. As we embrace the spirit of Christmas and prepare for a new year, we wish every consumer and every household success, prosperity, and a peaceful, safe, and enjoyable 2026."

The Royal Police Force of Antigua and Barbuda proudly stands with the Prices and Consumer Affairs Division in encouraging all consumers to stay informed, shop wisely, and practice safe habits throughout the Christmas season. May this festive period bring joy, peace, and memorable moments to every home, along with heightened awareness that empowers smarter decisions and safer celebrations.

On behalf of the Royal Police Force of Antigua and Barbuda, we wish everyone a safe, prosperous, and empowered Christmas season and a successful 2026.

Best regards,
N. Frankie Thomas
Assistant Superintendent of Police Public Relations Officer-RPFA

THIS Christmas

COMPARE PRICES BEFORE YOUR SHOP

Before making purchases, compare the prices of products across different sellers, brands, or platforms to make informed purchasing decisions. This involves evaluating the cost of a particular item from different vendors to determine the best value for money and to find the most competitive and affordable price for a desired product.

SHOPPING SAFELY THIS CHRISTMAS:

Advice from the Antigua Barbuda Montserrat Bankers Association

By Karen Richardson, President

The Christmas season is a time of joy, generosity, and celebration. It is also one of the busiest times of year for shopping—both online and in stores. While we look forward to the festivities and gift-giving, it is important to remember that this season also presents opportunities for scammers and fraudsters.

As president of the ABMBA, I want to encourage everyone to exercise due care while shopping this Christmas. By staying alert and taking a few simple precautions, you can protect your hard-earned money and personal information from falling into the wrong hands.

Here are some important tips to keep in mind as you shop this holiday season:

1. Keep Your Cards and Cash Secure

Only carry the cards and cash you need for your day's shopping. Keep your wallet or purse close at all times and never leave them unattended in your car or shopping cart.



2. Safeguard Your Personal Information

Protect your PIN and other sensitive information. When entering your PIN at an ATM or checkout, cover the keypad to prevent others from seeing your entry. Never share your banking details with anyone, even if they claim to be from your bank.

3. Shop with Trusted Retailers

Choose well-known and reputable stores, both in person and online. If shopping online, make sure the website is secure—look for "https://" in the address bar and a padlock symbol.

4. Beware of Too-Good-to-Be-True Offers

If a deal seems too good to be true, it probably is. Be cautious of unfamiliar websites or sellers and avoid clicking on links or attachments in unsolicited emails or messages.

5. Stay Alert for Scams

Scammers often take advantage of the busy holiday season. Be wary of emails, calls, or texts asking for your account information or urging you to act quickly. Your bank will never ask for sensitive details through these channels.

6. Check Your Bank Statements Regularly

Monitor your accounts frequently to catch any unauthorized transactions early. If you notice anything suspicious, contact your bank right away.

7. Report Lost or Stolen Cards

If you lose your card or suspect it has been stolen, notify your bank immediately to prevent unauthorized use.

Remember, the spirit of the season is best enjoyed when you have peace of mind. By staying vigilant and taking these simple steps, you can ensure your festivities remain joyful and secure. The Antigua Barbuda Montserrat Bankers Association wishes everyone a safe, happy, and prosperous Christmas. Let us celebrate responsibly and make this season memorable for all the right reasons.



CHRISTMAS

Relief Package

The government has announced a relief package designed to reduce costs for consumers during the Christmas season.

From Friday, December 19, 2025, at 12:00 a.m. to Sunday, December 21, 2025, at 11:59 p.m., the Antigua and Barbuda Sales Tax (ABST) will be temporarily lowered to 7%. This reduction allows consumers to benefit from a 10% decrease in the ABST applicable to all goods subject to the tax sold during this period; however, it does not apply to services.

Participation in these ABST reduction days is voluntary for suppliers, meaning some may choose not to participate. Consumers should also note that not all goods are subject to the ABST, so it's essential to be mindful of their purchases. Retaining receipts is crucial, as they will be needed for any returns.

Additionally, the Christmas Barrel Initiative began on December 1, 2025, and will run until January 15, 2026. This initiative enables individuals residing abroad to send essential items to their families in Antigua and Barbuda. Local households can also access essential items, holiday goods, and gifts at significantly reduced prices. Barrels or e-containers can only contain food, toiletries, and clothing; other items will incur regular pricing.

Consumers should expect to pay a small processing fee of \$10 US, in addition to a Revenue Recovery Charge of 10% on the value of items imported under this initiative.

Finally, to further support households during the festive season, the government is waiving duties and taxes (including customs duties, import duty, ABST, and other applicable charges) on the importation of hams, turkeys, and whole chickens from November 25 to December 25, 2025. This measure aims to lower the cost of festive foods and provide additional support to families during the holiday season.





"Secure and Serve"

CHRISTMAS BARREL INITIATIVE

DECEMBER 1, 2025 – JANUARY 15, 2026

UNDER THIS INITIATIVE EACH HOUSEHOLD WILL BE ALLOWED TO IMPORT THE FOLLOWING IN A STANDARD SIZE SHIPPING BARREL OR AN E- CONTAINER FOR PERSONAL USE;

- ✓ CLOTHING "NOT MORE THAN 7 PCS OF THE SAME TYPE"
- ✓ GROCERIES
- ✓ TOILETRIES

THE 10% REVENUE RECOVERY CHARGE (RRC) AND A PROCESSING / HANDLING FEE OF TEN DOLLARS (\$10.00) WILL BE CHARGED.

FOR MORE DETAILS CONTACT: 268-468-6100



Empowering Consumers This Christmas: The Dos and Don'ts of the Christmas Barrel Initiative

It's that magical time of year again when jingle bells fill the air, families begin decorating, and our wallets whisper gentle reminders that the season of giving has arrived. For many, the holidays mean refreshing the home with a new couch, laying down a cozy carpet, or finally buying that perfect outfit for the "new year, new me" moment.

But beyond the glitter and gifts, this season is really about empowerment making smart choices that bring comfort and joy to you and your loved ones. One of the best ways to do that is by taking advantage of the Christmas Barrel Initiative.

The programme runs from December 1st, 2025, to January 15th, 2026, giving every household the opportunity to import a standard-size shipping barrel or an E-container filled with personal-use items such as clothing, foodstuff, and toiletries. It's a practical and affordable way to prepare your home for the festive season.

What's Allowed

- **Clothing:** Up to seven (7) pieces of the same type per household
- **Foodstuff:** Non-perishable canned or dry goods
- **Toiletries and other personal-use essentials**
- **All items must be intended strictly for personal use and not for resale.**

FEES

10% Revenue Recovery Charge (RRC)
XCD \$10.00 processing and handling fee



DOS

- Be honest when declaring the contents of your barrel.
- Stick to the outlined personal-use quantities.
- Keep receipts handy to support declarations.
- Label items clearly to assist with inspection and processing.
- Ship early to avoid seasonal congestion.

DON'Ts

- Do not exceed the limit of seven identical clothing items.
- Do not include restricted or commercial goods.





Consequences of Shipping Ineligible Items in the Barrel

Participants are reminded that the Christmas Barrel Initiative is strictly items for personal use. Shipping items that fall outside the approved list such as electronics, cell phones, tablets, appliances, or other ineligible goods will cause the barrel to be immediately disqualified from the concession.

Once disqualified, the entire shipment becomes subject to full duties, taxes, and all applicable fees, calculated at the standard Customs rates. These must be paid in full before the items can be released.

To avoid delays, penalties, and unnecessary expenses, ensure that every item placed in your barrel meets the eligibility criteria.

Clearing Your Barrel

When clearing a barrel, be sure to have the release issued by the shipping agent.

If someone is clearing a barrel on your behalf, they must present a letter of authorization along with a copy of your valid ID. This ensures a smooth and secure clearance process for all parties involved.



The Christmas Barrel Initiative is more than a holiday convenience; it's an opportunity to empower consumers to plan wisely, spend responsibly, and bring joy to their homes. As you prepare your barrel this year, remember that it's not just about what you pack, but the comfort and care it brings to those you cherish.

Let's make this Christmas season hassle-free, meaningful, and truly memorable.



READ HIRE PURCHASE AGREEMENTS CAREFULLY

During the Christmas season, there is a noted increase in the purchasing of household items on hire purchase agreements. Many consumers find it hard to resist the no-deposit deals and take comfort in the thought of making no payments until a future date. But before you sign the agreement make sure:

- The item is a need and not a want;
- Ensure you can afford to make the monthly payments;
- If you are signing the agreement for someone else, beware of the risks involved;
- Read the entire contract including the fine print; know what you are agreeing to.



GRANDMA MIRIE'S 5 MONEY MUSTS

For a meaningful Christmas

Own Your Hustle

Find joy in honest work
and creativity.

Save for the Storm

Keep your savings
cushion strong

Invest in Legacy

Spend in ways that grow
your future.

Spend with Intention

Support your community

Plan for Freedom

Make a simple plan for
the new year.



"The joy of the season comes from what you create, not just
what you consume."

5 MONEY MUSTS

At 91, Grandma Mirie has seen Christmas evolve from simple village gatherings to modern celebrations filled with sparkle and splendor and sometimes, reckless spending. She still remembers when her parents worked on sugar plantations, when Christmas meant butchering a pig, curing their own ham, and sharing food with neighbors. Those were days when love, not luxury, defined the season.

Today, she celebrates her 92nd Christmas by gifting boxes filled with her own creations—local confections, teas, wines, kombucha, jams, herbal capsules, and her famous 7-spice blend, Pep Up de Pot—all made from ingredients grown right in her backyard. Her message for Christmas is timeless. The joy of the season comes from what you create, not just what you

To help others find balance and financial freedom during the Christmas celebrations, Grandma

Mirie, Chief Kindness Officer of SamuelFields Consulting Group (SFCG), shares her Five Money Musts™. These principles have guided her through every era of her life, from postcolonial rebuilding to today's fast-paced digital economy.

1. Own Your Hustle

Find joy in honest work and creativity. Whether you're selling baked goods, making crafts, or offering a service, every little venture builds independence. Just like her Pep Up de Pot, the right mix of effort and passion can spice up your income.

2. Save for the Storm

Even during the season of plenty, set something aside. Life changes quickly, and a small savings cushion can protect your peace long after the decorations are packed away.

3. Invest in Legacy

Spend in tangible ways that will grow your future. Fix up your home, educate your children, and plant a fruit tree. Legacy means leaving something that lasts beyond the holiday glow.

4. Spend with Intention

Support your community. Buy from local farmers, artisans, and small businesses. Each purchase keeps your money circulating where it matters most, among the people who make our nation thrive.

5. Plan for Freedom

Make a simple plan for the new year. Write down your financial goals—what you earn, owe, spend, and hope to achieve. Planning turns financial freedom from a dream into a habit.

This Christmas, Grandma Mirie reminds us that real wealth is in the wisdom we pass on, the food we share, and the love and kindness that multiplies when we give with purpose. It adds depth and direction to every stage of life.

Merry Christmas to all!

SamuelFields Consulting Group Team



Prices for Popular Food Items This Christmas

GOODS	SIZE	Chase	Gourmet Basket	Epicurean Friars Hill	XPZ	Billy's	Cost Pro	1st Choice	Little Canton Ind Drive	Perry Bay Supermarket	Gloria's
Cherry	1lb	\$21.90	\$-	\$33.50	\$-	\$33.24	\$-	\$-	\$17.73	\$33.50	\$8.90
Prunes	1lb	\$12.45	\$-	\$22.89	\$-	\$31.30	\$-	\$12.85	\$13.91	\$-	\$10.50
Mix Peel	1lb	\$17.75	\$-	\$-	\$-	\$17.03	\$-	\$-	\$-	\$-	\$40.00
Black Currant	1lb	\$-	\$13.87	\$20.50	\$-	\$9.05	\$-	\$-	\$-	\$15.77	\$-
Raisin	1lb	\$14.85	\$-	\$24.25	\$-	\$5.48	\$-	\$-	\$15.49	\$25.50	\$16.25
Ginger	1lb	\$14.85	\$-	\$12.95	\$-	\$-	\$-	\$-	\$13.50	\$12.25	\$-
Kraft Macaroni & Cheese (original)	206g	\$5.45	\$-	\$5.45	\$-	\$5.46	\$6.11	\$-	\$5.46	\$5.15	\$-
Alberto Mac & Cheese	206g	\$-	\$-	\$-	\$3.56	\$-	\$-	\$3.55	\$3.65	\$-	\$-
Moderna Mac & Cheese	206g	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Lasaagna (Marco Polo)	16oz	\$-	\$-	\$-	\$9.37	\$-	\$-	\$9.35	\$9.37	\$-	\$-
Lasaagna (Don Peppe)	16oz	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Lasagna (Food Club)	16oz	\$11.55	\$-	\$10.99	\$11.37	\$-	\$12.40	\$-	\$-	\$11.45	\$-
Goat Meat	1lb	\$14.62	\$18.90	\$36.25	\$20.86	\$29.48	\$29.50	\$-	\$-	\$28.95	\$-
Turkey (ButterBall)	1lb	\$-	\$-	\$15.77	\$-	\$9.80	\$-	\$-	\$-	\$11.70	\$-
Whole Chicken	1lb	\$4.87	\$-	\$7.99	\$-	\$7.50	\$-	\$-	\$7.20	\$8.39	\$-
Ham	1lb	\$10.30	\$-	\$13.50	\$9.88	\$10.15	\$-	\$-	\$-	\$13.50	\$-
Spare Ribs	1lb	\$15.65	\$16.05	\$-	\$14.50	\$-	\$14.00	\$9.85	\$14.04	\$-	\$-
Pig Mouth	1lb	\$-	\$9.54	\$18.95	\$-	\$-	\$12.15	\$-	\$9.77	\$-	\$-
Beef (Diced)	1lb	\$15.20	\$-	\$40.25	\$18.25	\$-	\$-	\$-	\$-	\$-	\$-
Pork (diced)	1lb	\$15.65	\$10.30	\$12.50	\$-	\$10.85	\$10.25	\$9.60	\$-	\$15.50	\$-
Pork (Sliced)	1lb	\$10.65	\$10.30	\$11.50	\$15.00	\$-	\$10.21	\$9.60	\$8.42	\$-	\$-
Lamb	1lb	\$-	\$19.23	\$-	\$-	\$16.85	\$26.85	\$-	\$-	\$-	\$-
Cornish Hen	1lb	\$14.45	\$-	\$21.75	\$-	\$18.40	\$-	\$-	\$-	\$-	\$-
Ground Beef	1lb	\$16.60	\$-	\$16.99	\$27.42	\$29.15	\$16.95	\$16.95	\$-	\$-	\$-



GOODS	SIZE	Chase	Gourmet Basket	Epicurean Friars Hill	XPZ	Billy's	Cost Pro	1st Choice	Little Canton Ind Drive	Perry Bay Supermarket	Gloria's
Essential Everyday	425g	\$-	\$14.45	\$-	\$-	\$13.65	\$-	\$-	\$13.63	\$-	\$-
Progresso Bread crumbs	425g	\$14.55	\$-	\$14.69	\$17.25	\$-	\$15.56	\$-	\$-	\$14.35	\$-
Badia Bread Crumbs	15oz	\$14.50	\$-	\$-	\$-	\$16.35	\$-	\$7.30	\$-	\$15.35	\$-
Bread Crumbs (Prego)	425g	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Bread Crumbs (Essential)	15oz	\$-	\$-	\$-	\$-	\$13.65	\$-	\$-	\$-	\$-	\$-
Bread Crumbs (IGA)	16oz	\$-	\$-	\$8.79	\$-	\$-	\$-	\$-	\$-	\$7.99	\$-
Bread Crumbs (Food Club)	15oz	\$8.70	\$-	\$-	\$-	\$-	\$14.74	\$-	\$-	\$-	\$-

Tastee	1kg	\$57.25	\$55.17	\$-	\$55.20	\$57.25	\$-	\$57.25	\$57.25	\$-	\$-
Cheddar	1kg	\$59.85	\$-	\$55.83	\$57.15	\$-	\$59.87	\$-	\$-	\$55.83	\$-
Crest	1kg	\$57.25	\$54.81	\$-	\$55.19	\$-	\$-	\$57.25	\$57.25	\$-	\$57.25
Anchor	250g	\$12.75	\$-	\$-	\$11.10	\$12.75	\$-	\$12.75	\$12.75	\$12.75	\$12.75
Cream Cheese Philadeaphia	8oz	\$-	\$-	\$25.99	\$-	\$28.45	\$-	\$-	\$-	\$24.59	\$-
Cheddar Cheese	1lb	\$17.25	\$-	\$-	\$18.50	\$-	\$17.72	\$15.75	\$20.22	\$-	\$23.80
White Cheese	1lb	\$16.55	\$-	\$-	\$21.99	\$-	\$-	\$-	\$19.31	\$22.75	\$23.63
Mozarella Cheese	1lb	\$14.30	\$-	\$-	\$21.95	\$24.40	\$-	\$15.75	\$20.32	\$21.25	\$20.25
Cooking Cream (Grand Or)	1000g	\$22.80	\$30.89	\$-	\$21.60	\$23.75	\$-	\$-	\$-	\$25.09	\$42.35
Cooking Cream (Elle & Vire)	1lt	\$18.20	\$-	\$-	\$-	\$21.80	\$-	\$-	\$-	\$-	\$-
Cooking Cream(Anchor)	1lt	\$22.40	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-

Coke	12oz	\$-	\$4.15	\$2.99	\$3.93	\$3.95	\$-	\$3.65	\$3.92	\$2.99	\$3.35
Sprite	12oz	\$-	\$3.80	\$3.25	\$3.93	\$9.25	\$-	\$-	\$3.92	\$3.25	\$3.35
Ginger ale	1lt	\$13.45	\$-	\$12.29	\$13.76	\$-	\$-	\$-	\$-	\$12.15	\$-
Solo	590ml	\$2.85	\$2.93	\$-	\$2.73	\$3.40	\$-	\$-	\$2.55	\$-	\$3.04
Punch Soda	20oz	\$3.90	\$4.27	\$3.76	\$3.75	\$-	\$-	\$3.75	\$3.76	\$-	\$-
Coca Cola	2l	\$7.80	\$-	\$7.95	\$7.76	\$-	\$-	\$10.10	\$7.76	\$7.95	\$-
Canada Dry Ginger Ale	335ml	\$3.80	\$3.51	\$3.29	\$3.37	\$4.50	\$-	\$3.40	\$3.92	\$-	\$3.35
Pink Ting	275ml	\$4.35	\$4.39	\$3.99	\$4.19	\$4.93	\$4.17	\$-	\$4.17	\$3.99	\$-
Vita	330ml	\$4.60	\$4.50	\$4.40	\$4.15	\$4.40	\$4.55	\$-	\$4.14	\$4.39	\$-
Hyper	330ml	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$3.27	\$-	\$-
Tiger	330ml	\$-	\$-	\$-	\$3.23	\$3.15	\$-	\$-	\$3.14	\$-	\$-
Smalta	330ml	\$3.35	\$-	\$-	\$3.19	\$3.10	\$3.19	\$-	\$3.19	\$-	\$-
Sunchy	330ml	\$-	\$-	\$-	\$-	\$-	\$-	\$3.75	\$3.76	\$-	\$-



15



GOODS	SIZE	Chase	Gourmet Basket	Epicurean Friars Hill	XPZ	Billy's	Cost Pro	1st Choice	Little Canton Ind Drive	Perry Bay Supermarket	Gloria's
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Bel Normande (any flavor)		\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Rendez Vous	750ml	\$-	\$15.60	\$-	\$12.14	\$-	\$-	\$-	\$12.78	\$-	\$-
Martelli Apple Cider	750ml	\$-	\$-	\$35.65	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Keron (all flavours)	750ml	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Welches Apple Cider	750ml	\$21.95	\$-	\$26.15	\$-	\$-	\$23.81	\$-	\$-	\$27.15	\$-

Pine Hill Box	1lt	\$8.90	\$8.54	\$8.52	\$8.52	\$8.55	\$-	\$-	\$8.52	\$8.53	\$8.52
Fruita	1lt	\$-	\$8.13	\$-	\$8.12	\$8.15	\$-	\$-	\$8.11	\$-	\$8.42
Gloria	1lt	\$-	\$-	\$-	\$5.30	\$-	\$-	\$-	\$5.30	\$-	\$5.35
Orchard Apple Drink	1lt	\$8.80	\$8.42	\$-	\$8.42	\$8.45	\$-	\$-	\$8.42	\$8.60	\$8.42
Ribena	1lt	\$9.65	\$-	\$9.26	\$9.26	\$9.30	\$-	\$-	\$9.26	\$9.26	\$-

Sunrise soya Oil	1lt	\$-	\$-	\$-	\$12.43	\$-	\$-	\$-	\$-	\$-	\$-
Simply Coconut Oil	500ml	\$15.30	\$-	\$30.64	\$12.80	\$26.30	\$-	\$-	\$27.11	\$-	\$-
Royal Soya Oil	1lt	\$-	\$-	\$-	\$9.70	\$-	\$-	\$-	\$9.75	\$-	\$-
Wesson Canola Oil	24oz	\$22.05	\$-	\$-	\$20.50	\$-	\$26.92	\$22.65	\$-	\$22.95	\$-
Soya	900ml	\$7.50	\$7.50	\$8.33	\$7.50	\$7.50	\$-	\$-	\$7.50	\$-	\$-
Salad	900ml	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Liza	900ml	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-

Hunts Tomato Sauce	8oz	\$5.65	\$-	\$5.55	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Hunts Tomato Paste	6oz	\$6.80	\$5.79	\$7.15	\$5.27	\$9.45	\$7.09	\$5.80	\$5.80	\$6.55	\$5.80
Grace Ketchup	13.5oz	\$6.60	\$-	\$6.00	\$6.30	\$-	\$-	\$6.50	\$6.59	\$-	\$6.60
Hunts Ketchup	14oz	\$9.50	\$-	\$-	\$-	\$-	\$-	\$9.05	\$-	\$9.39	\$-
Hellmans Mayonaise (Regular)	150z	\$14.95	\$14.92	\$14.95	\$14.94	\$14.95	\$14.95	\$14.95	\$14.95	\$14.95	\$14.95

Essential Everyday Stuffing		\$-	\$-	\$-	\$-	\$12.65	\$-	\$-	\$-	\$-	\$-
Stuffing (Stove Top)		\$-	\$-	\$16.69	\$17.26	\$10.50	\$15.29	\$-	\$-	\$16.29	\$-
Food Club Cornbread		\$7.60	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$-

Brown Eggs	Box	\$15.60	\$16.40	\$17.50	\$15.60	\$16.25	\$-	\$15.60	\$15.60	\$17.50	\$17.00
White Eggs	Box	\$15.60	\$16.40	\$17.50	\$15.60	\$16.25	\$-	\$15.60	\$15.60	\$17.50	\$17.00



GOODS	SIZE	Chase	Gourmet Basket	Epicurean Friars Hill	XPZ	Billy's	Cost Pro	1st Choice	Little Canton Ind Drive	Perry Bay Supermarket	Gloria's
Energy Sugar (Brown)	1KG	\$-	\$-	\$-	\$4.97	\$-	\$-	\$ -	\$4.97	\$4.97	\$-
White	1LB	\$-	\$-	\$-	\$1.99	\$2.20	\$2.18	\$1.62	\$2.07	\$1.99	\$2.00
Brown	1LB	\$-	\$-	\$-	\$3.50	\$-	\$2.20	\$1.69	\$1.99	\$1.97	\$2.00
Libby's Mix Vegetable	425G	\$-	\$-	\$-	\$7.92	\$-	\$-	\$7.90	\$7.92	\$-	\$7.92
Libby's Corn	425G	\$7.05	\$7.08	\$-	\$7.06	\$7.05	\$-	\$7.05	\$7.06	\$-	\$7.06
Libby's Peas & Carrot	425G	\$-	\$-	\$-	\$8.77	\$-	\$-	\$8.80	\$8.77	\$-	\$8.00
White Potato	1lb	\$2.50	\$4.00	\$3.50	\$3.95	\$4.55	\$3.40	\$3.10	\$2.50	\$3.50	\$2.50
Pumpkin	1lb	\$4.20	\$4.50	\$4.50	\$4.25	\$-	\$5.75	\$3.75	\$3.50	\$4.25	\$4.50
Green Pepper	1lb	\$6.99	\$7.45	\$6.50	\$8.00	\$9.70	\$4.73	\$6.00	\$-	\$6.50	\$-
Celery Bundle		\$14.60	\$11.50	\$10.95	\$7.95	\$-	\$5.00	\$-	\$-	\$10.25	\$-
Garlic	1lb	\$3.95	\$6.45	\$14.50	\$-	\$10.10	\$11.58	\$-	\$3.75	\$13.95	\$-
Lettuce	Head	\$15.50	\$5.60	\$16.50	\$5.00	\$6.25	\$14.71	\$14.85	\$5.00	\$-	\$7.00
Tomatoes	1lb	\$6.84	\$5.30	\$7.50	\$-	\$19.00	\$4.42	\$5.60	\$-	\$7.25	\$-
Cucumber	1lb	\$4.30	\$-	\$6.95	\$5.00	\$-	\$6.00	\$4.50	\$5.00	\$4.25	\$5.00
Glowspread	445g	\$9.35	\$9.60	\$8.91	\$8.62	\$9.60	\$9.60	\$-	\$9.60	\$9.33	\$9.60
Mello Kreem	445g	\$-	\$-	\$-	\$-	\$9.35	\$-	\$-	\$-	\$-	\$-
Velvo Kris Shortening	1.36kg	\$29.65	\$10.75	\$10.44	\$27.90	\$28.70	\$28.68	\$30.60	\$10.74	\$10.44	\$-
Glowspread	1.81kg	\$37.25	\$-	\$37.24	\$34.63	\$38.30	\$-	\$-	\$38.29	\$29.65	\$38.29
Philadelphia Cream Cheese 8oz		\$-	\$-	\$22.99	\$-	\$28.45	\$-	\$-	\$-	\$-	\$-
Hahns Cream Cheese	8oz	\$9.35	\$9.59	\$-	\$-	\$-	\$-	\$-	\$-	\$-	\$11.25
Cream Cheese (Food Club)	8oz	\$-	\$-	\$10.95	\$-	\$-	\$-	\$-	\$-	\$-	\$-
Karibee Rice	1kg	\$-	\$4.50	\$4.89	\$-	\$4.80	\$4.80	\$4.35	\$4.80	\$-	\$4.80
Karibee Rice	2kg	\$-	\$9.04	\$9.65	\$-	\$9.50	\$9.50	\$8.70	\$9.50	\$9.65	\$-
Camil Rice	1kg	\$5.05	\$5.05	\$-	\$5.05	\$-	\$-	\$-	\$5.05	\$-	\$-
Purity	1kg	\$-	\$5.25	\$5.45	\$5.45	\$-	\$5.27	\$5.27	\$5.27	\$5.45	\$-
Purity	2kg	\$-	\$9.85	\$10.25	\$9.86	\$-	\$9.86	\$9.85	\$9.86	\$10.25	\$-



Healthy Food Choices this Christmas

By Ms. Dorothy Graham
Nutrition Consultant

Christmas in Antigua and Barbuda is a season of joy, tradition, and togetherness. With abundant celebrations, rich meals, and sweet beverages, the festive period can be a challenge even for the most disciplined eater. Yet, with mindful choices, families can enjoy their favourite dishes while safeguarding their health. Empowering consumers means providing them with the information and confidence they need to make informed decisions. This is important to support wellness throughout the season.

One of the strongest tools for empowerment is keeping tabs on your health status by knowing your numbers. Consumers maximize year-end insurance or checklists to complete quick health checks before the holiday rush. These strategies help individuals make informed and guilt-free decisions during the season. Monitoring blood pressure, blood sugar, cholesterol, and weight provides clarity and helps prevent complications during a season of indulgence. Being honest about your numbers offers peace of mind and guides healthier choices at the table.



Empowerment also extends to how families spend time together. Low-cost activities such as walks, hikes, beach outings, and bicycle rides encourage movement, reduce stress, and support heart health. These simple activities strengthen family bonds while balancing festive meals. Local foods can be creatively incorporated into both traditional and non-traditional Christmas dishes.

Consumers can further empower themselves through wise purchasing and cooking habits. Buying what is in season ensures better flavour, higher nutritional value, and cost savings. Beans or meat shavings can be paired with tomatoes, cucumbers, and the Antiguan Black Pineapple to make local bread bruschettas or



enrich hearty soups. Seeds like sunflower or pumpkin can be added to parfaits, cereals, or porridge for a nourishing breakfast. Families can even create wholesome holiday beverages, such as pumpkin or turmeric vegan nogs flavoured with warm Caribbean spices.

Among the most cherished foods of the season is sorrel. Beyond its distinctive taste and vibrant colour, sorrel carries deep cultural significance and offers numerous health benefits. Sorrel, made from the sepals of Hibiscus sabdariffa, arrived in the Caribbean through West African influence and quickly became a Christmas staple. Its vibrant red colour and tangy flavour made it a festive favourite. At the same time, traditional households value it for its digestive and medicinal properties. Today, sorrel remains a symbol of Caribbean identity, joy, and celebration.

Sorrel is naturally rich in vitamin C and antioxidants, helping to support immunity and protect the body during the festive season. When combined with spices such as ginger, cloves, and cinnamon, which aid digestion and support healthy blood sugar control, sorrel becomes a flavourful and health-promoting traditional Christmas beverage. The flowers from the sorrel can be transformed into a tangy jam or compote for bread pudding, unsweetened pancakes, or used as a healthy ingredient in traditional fruit cakes. When making sorrel, remember that you can make it concentrated, but reduce the sugar for a healthier refresher. Also, save the pulp to make jams or toppings that can be served for a long time.



I take this opportunity to wish all our readers a healthy and prosperous 2026 and beyond.



Central Board of Health

Healthy Food Preparation Tips for a Safe Christmas Season



The Christmas season brings high-volume cooking, vibrant family gatherings, and a spike in food-sharing — which also means heightened food-safety risks. To support safer celebrations across Antigua & Barbuda, the Central Board of Health is rolling out targeted guidance to keep households informed, empowered, and operating at peak wellness.

This season is all about connection, culture, and good food — and empowering consumers ensures the season stays joyful, healthy, and risk-free.

Here's your holiday-ready playbook for prepping, storing, and serving food the healthy way.

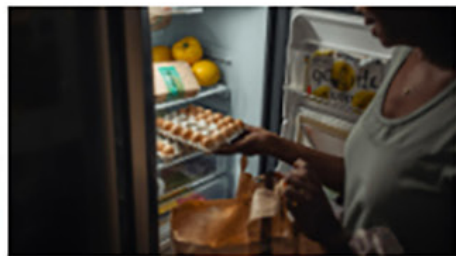
1. SHOP SMART: Choose Safe Products

Holiday cooking starts at the point of purchase. Before you load your shopping cart with Christmas essentials, run through your consumer-protection checklist:

- **Expiration Date:** Choose products with clear, valid dates. Expired items introduce preventable health risks.
- **Dented or Swollen Cans:** Skip immediately. These defects can indicate internal contamination.
- **Rusted Packaging:** Compromised packaging equals compromised safety.
- **Check for Proper Refrigeration:** Perishables such as Fresh Fruits & Vegetables, Dairy products (milk, cheese, yogurt), Meat, Seafood and Eggs should be stored in functioning chillers at 41°F (5°C) or lower.

Smart buying sets the foundation for safe, high-quality holiday meals.

2. STORE WISELY: Keep Food Out of the "Danger Zone"



Once you get home, your storage game determines whether your holiday feast stays safe.

- Once you get home, your storage game determines whether your holiday feast stays safe.
- Refrigerate perishables immediately upon reaching home.
- Separate raw from cooked foods to prevent cross-contamination.

- Shelf life matters: Most cooked meals remain safe in the refrigerator for 3–4 days.
- Monitor your fridge temperature: Keep it at 41°F (5°C) or lower.

Bottom line? Don't let bacteria steal your holiday joy. Time and temperature abuse is the silent killer of festive meals



3. PREP WITH CARE: Build Healthy Habits in the Kitchen

Holiday kitchens can get chaotic — but safety still needs to lead the workflow.

- Wash hands frequently (20 seconds minimum).
- Sanitize all surfaces and utensils after handling raw poultry, pork, seafood, or eggs.
- Rinse fruits and vegetables thoroughly under running water.
- Use separate cutting boards for raw meats and produce.
- Thaw meat safely — in the refrigerator, not on the counter.

Good habits early in the process prevent major issues later.



4. SERVE SAFELY: Maintain Proper Holding Temperatures

Big Christmas spreads demand tight temperature control:

- Hot foods must be kept at 140°F (60°C) or higher.
- Cold foods must be held at 41°F (5°C) or lower.
- No "room-temperature limbo."
- Use chafing pans, warmers, or ice baths to maintain safe service temperatures.

Your buffet setup should be as intentional as your menu — safe, structured, and steady.

SHOP → STORE → PREP → EAT SAFE

This Christmas, let's cook with confidence, serve with intention, and keep our households safe and thriving.



Lighting Safety

In Decorating Homes and Offices

By Andy Tuitt

The holiday season provides for colourful decorations, comfortable warmth, and festive cheer, but it also increases the risk of electrical accidents and fires in homes and offices. Christmas lights, while lovely, can be harmful if not handled properly. Before you turn your homes and workplaces into an illuminating wonderland, let's consider safety. Nothing shows "holiday spirit" more than avoiding fires. To help you keep your celebrations safe, here are a few safety tips for indoor and outdoor Christmas lights.

1. Inspect Lights Before Use

Lights deteriorate over time, especially if stored in hot or humid areas. Before hanging anything, take a few minutes to carefully inspect your lights:

- Check for frayed wires, cracked bulbs, loose connections, or exposed wires.
- Test each string to ensure all bulbs and fuses work.
- Replace damaged strings. Don't try to repair severely worn cords.

2. Use the right lights for the right environment

Christmas lights aren't all the same. Always check the label for "indoor," "outdoor," or "indoor/outdoor" use. Using indoor lights outside increases the risk of electrical shorts and fires.



- Indoor lights are designed for dry, controlled conditions.
- Choose cords with the correct gauge (thickness) for the device's power load.
- Outdoor lights are weather-resistant and built to handle moisture and temperature changes.



3. Don't overload outlets or extension cords.

Overloading circuits is one of the top causes of holiday electrical fires. It's easy to get carried away with decorating, but electrical circuits have limits:

- Follow the manufacturer's guidelines for the maximum number of strings that can be connected end-to-end.
- Use power strips with surge protection and avoid "daisy-chaining" extension cords.
- Plug high-watt decorations into separate circuits when possible.



4. Choose LED lights over incandescent bulbs.

Though slightly more expensive, LEDs are easily the better long-term and safety-conscious choice. LED Christmas lights are safer because:

- They produce far less heat, reducing fire risk.
- They use much less electricity, which lowers strain on circuits.
- They tend to last longer, saving money over time.

5. Keep lights away from flammable materials.

Pretty much anything that can burn will burn faster when a heat source is nearby, even from a small bulb. If you have a real tree, water it daily to prevent it from drying out. Keep lights away from:

- Use weatherproof extension cords rated for outdoor use.
- Keep all plugs and connectors off the ground and protected from wet conditions.

- Secure lights properly using hooks, clips, or insulated staples. Never use metal nails or tacks.

7. Turn lights off when you go to sleep or leave home.

Lights don't need to be on 24/7. Set lights to turn off at night automatically or when you're away. This greatly reduces fire risk and saves energy. Use the following:

- Timers
- Smart plugs
- Switch-controlled power strips



8. Store lights properly after the holidays.

Careful storage can extend the life of your lights and prevent damage:

- Careful storage can extend the life of your lights and prevent damage:
- Wrap strings around a reel, cardboard, or a storage spool to avoid tangles.
- Store them in a cool, dry container to prevent moisture damage.
- Avoid putting heavy objects on top of them.

9. Keep Christmas lights out of the reach of children & pets.

Careful storage can extend the life of your lights and prevent damage:

- Keep cords out of reach to prevent chewing or pulling.
- Avoid breakable glass ornaments near the bottom of the tree.
- Properly secure the Christmas tree: Make sure your tree is stable to avoid it tipping over.

10. Maintain clear walkways and passageways, as cords can become trip hazards in these areas.

- Keep cords out of aisles and walking paths. Use cable covers or tape to prevent tripping hazards.
- Replace damaged cords immediately, don't tape over them.
- Avoid running cords under rugs, as they can cause tripping and can overheat.