



Tuesday is

**PRICE\$
DAY**



How Long to Soak Lentils

Lentils are tiny, so they don't need to soak at all to cook in a reasonable amount of time. Unsoaked lentils will cook in 15 to 30 minutes depending on the type. But if you want to soak them to potentially ease digestion, aim for a minimum of two hours and a maximum of 12. Two to four hours is a good starting point (purewow.com/food/soaking-lentils#).

Lentil is a price controlled good and retails as follows:

Item	Size	Price
Alberto Lentil Peas	0.75lb	\$4.95
Drummond Lentil Peas	1lb	\$5.06
Celia's Lentil Peas	1lb	\$5.75
Peak Lentil Peas	1lb	\$5.95
Goya Lentil Peas	1lb	\$7.54

**For more information on price control goods contact
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