



Tuesday is

**PRICES
DAY**



Is Cheese Bad for You?

Cheese is a great source of calcium, fat, and protein. It also contains high amounts of vitamins A and B12, along with zinc, phosphorus, and riboflavin. But it is also high in calories, saturated fat, salt, is a calorie-dense food, and is low in fiber. Some people may limit or avoid cheese due to one or more of these factors. If you aren't sure whether cheese is appropriate for your diet, a dietitian can help (healthline).

Cheese is a price controlled good and retails as follows:

Item	Size	Price
Happy Cow (Yellow and White) Sliced Cheese	0.441lb	\$8.16
Anchor (Vegetarian, White, Yellow) Cheese	0.551lb	\$11.35
Tastee Cheese	0.551lb	\$17.51
Cheddar Yellow Cheese	0.551lb	\$18.70
Anchor (Vegetarian and White) Cheese	1.102lb	\$21.60
Tastee Cheese	1.102lb	\$30.80
Crest Cheese	2.205lb	\$53.89
Tastee Cheese	2.205lb	\$53.89
Cheddar Yellow Cheese	2.205lb	\$55.32
Cheddar Yellow Cheese	5lb	\$115.59
Crest Cheese	5lb	\$111.45
Tastee Cheese	5lb	\$111.45

**For more information on price control goods contact
Prices and Consumer Affairs Division
462-0834 | Hotline/whatsapp 464-4238**

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