



Tuesday is

**PRICES\$
DAY**



Ways to Use Oatmeal

Try these simple but healthy ways to eat more oatmeal:

1. Add oatmeal instead of bread crumbs to meatloaf or burgers.
2. Enjoy a meatless meal by making a lentil loaf with oats.
3. Try simple savoury oats by topping oatmeal with soy sauce and green onions.
4. Create your own granola with oats, nuts, and dried fruit.
5. Add oatmeal to plain yogurt along with unsweetened fruit for a healthy breakfast or snack.
6. Make a crisp by topping fruit with a mixture of flour, oats, and sugar (webmd).

Oatmeal is a price controlled good and retails as follows:

Item	Size	Price
Caribbean Dreams Oats	200g	\$2.58
Avelina Quick Oats	400g	\$3.60
Caribbean Dreams Oats	400g	\$4.08
Morn Flake Jumbo Oats	500g	\$5.16
Morn Flake Oats	500g	\$5.34
Avelina Quick Oats	800g	\$6.60
Morn Flake Oats	1250g	\$10.39
Morn Flake Oats	2000g	\$17.63

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

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