



Tuesday is

**PRICE\$
DAY**

HOW TO CHOOSE A HEALTHY HOT SAUCE

Hot sauce is typically low in calories and free of carbs, protein, and fat. It also contains a bit of vitamin C and capsaicin, which have been associated with numerous health benefits. However, it also packs a fair amount of sodium in each serving, so you should choose a product that's low in sodium and free of artificial ingredients or other additives. (healthline).

Hot sauce is a price controlled good and retails as follows:

Item	Size	Price
Chief Home-style Pepper Sauce	85ml	\$2.75
Grace Pepper Sauce	88.7ml	\$3.23
Chief Home-style Pepper Sauce	155ml	\$7.63
Grace Pepper Sauce	177.4ml	\$4.68
Caribbean Flavour Assorted Hot Pepper Sauce	300ml	\$4.17
Chief Chunky Yellow Hot Sauce	300ml	\$5.85
Chief Assorted Hot Pepper Sauces	300ml	\$5.85
Matouks Hot Sauce	300ml	\$7.62
Grace Pepper Sauce	354.9ml	\$8.59
Caribbean Flavour Assorted Pepper Sauces	750ml	\$8.70
Chief Assorted Hot Pepper Sauces	750ml	\$11.70
Matouks Hot Sauce	750ml	\$15.25

**For more information on price control goods contact
Prices and Consumer Affairs Division
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