



Tuesday is

**PRICES
DAY**



CHEESE: GOOD SOURCE OF NUTRIENTS

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 (healthline).

Cheese is a price controlled good and retails as follows:

Item	Size	Price
Crest Cheese	1kg	\$54.25
Tastee Cheese	1kg	\$54.25
Cheddar Cheese	1kg	\$58.85
Hill & Dale Yellow & White Cheddar Cheese	2kg	\$106.95
Crest Cheese	2kg	\$112.45
Tastee Cheese	2kg	\$112.45
Cheddar Cheese	2kg	\$120.15

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