



Tuesday is

**PRICE\$
DAY**

PREPARE POTATOES TO REAP HEALTH BENEFITS

Potatoes may provide health benefits, depending on how they are prepared. They're generally eaten boiled, baked, or fried and frequently served as a side dish or snack. Common potato-based foods and food products include french fries, potato chips, and potato flour. Cooked potatoes with the skin are a good source of many vitamins and minerals, such as potassium and vitamin C (Healthline).

Potato is a price controlled good and retails as follows:

Wholesaler	Item	Size	Wholesale Price
Christo's Wholesale	Dutch Potatoes	22lbs	\$38.00
Christo's Wholesale	Dutch Potatoes	50lbs	\$85.00
Chase Wholesale	Dutch Potatoes	50lbs	\$104.60
Go To Enterprise	Idaho Potatoes	50lbs	\$152.50
Island Provision Ltd	Irish Potatoes	50lbs	\$157.50
Island Provision Ltd	Idaho Potatoes	50lbs	\$217.50

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

Like us on Facebook and follow us on Instagram.