



Tuesday is

**PRICE\$
DAY**



IS CORNED BEEF HEALTHY MEAT?

Corned beef is a popular staple but is corned beef a healthy meat? Corned beef is an excellent source of protein, vitamin B12, and iron. Individually, these nutrients play many roles in your body, but they all collaborate to make healthy red blood cells. It's also high in selenium, which is essential for creating your thyroid hormones (Healthline).

Corned beef a price controlled good and retails as follows:

Item	Size	Price
Rainbow Corned Beef	7oz	\$5.96
Hereford Corned Beef	7oz	\$6.00
Rainbow Corned Beef	7oz	\$7.04
Eve Corned Beef	7oz	\$7.18
Grace Corned Beef	7oz	\$9.69
Grace Low Salt Corned Beef	7oz	\$9.69
Rainbow Corned Beef	12oz	\$7.51
Hereford Corned Beef	12oz	\$7.53
Rainbow Corned Beef	12oz	\$8.60
Eve Corned Beef	12oz	\$9.42
Grace Corned Beef	12oz	\$11.84
Grace Low Salt Corned Beef	12oz	\$11.84
Cal's Corned Beef	12oz	\$14.38

**For more information on price control goods contact
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