



Tuesday is

**PRICES
DAY**

Mackerel In A Can? Is It Any Good?

Canned mackerel is a tasty seafood dish that's healthy and full of essential nutrients. It provides proteins, healthy fats, vitamin D, and minerals (potassium, sodium, and magnesium) that help develop tissues and improve heart health (thebrilliantkitchen).

Canned mackerel is a price controlled good and retails as follows:

Item	Size	Price
Grace Mackerel in Tomato Sauce / Hot & Spicy	5oz	\$3.09
Grace Mackerel in Tomato Sauce	7oz	\$5.71
Rainbow Mackerel in Tomato Sauce	15oz	\$6.95
Valrico Mackerel in Tomato Sauce	15oz	\$9.13
Valrico Mackerel in Brine	15oz	\$9.13
Grace Mackerel Hot & Spicy	15oz	\$9.31
Grace Mackerel in Tomato sauce	15oz	\$9.35

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

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