



Tuesday is

**PRICE\$
DAY**



WHOLE WHEAT VS. WHITE FLOUR

What makes whole wheat flour different from white is the processing. White flour goes through a process where it loses its natural nutrients. Because of this, it's oftentimes enriched with added nutrients after processing. Whole wheat flour naturally has the level of fiber found in wheat. Fiber is an important part of your diet, as it prevents constipation, helps control blood sugar, wards off heart disease, and even assists in weight-loss management (thespruceeats).

Flour is a price controlled good and retails as follows:

Item	Size	Price
Hibiscus White Flour	1kg	\$4.35
Caribbean Grains White Flour	1kg	\$4.77
Easy Bake White Flour	1kg	\$5.36
Purity Enriched White Flour	1kg	\$5.46
Easy Bake Wheat Flour	1kg	\$5.94
Lotus All Purpose White Flour	2kg	\$7.50
Lotus Bakers White Flour	2kg	\$7.50
Purity Enriched White Flour	2kg	\$10.00
Easy Bake Wheat Flour	2kg	\$10.21

**For more information on price control goods contact
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