



Tuesday is

**PRICE\$
DAY**

Cornflakes

Cornflakes are a nutritious breakfast cereal that can provide some essential macro and micronutrients. They are rich in carbohydrates and also contain iron and vitamins C, D, B6, and B12. To make them even more nutritious, people enjoy them with milk and a variety of fresh fruit such as strawberries, bananas, mangos, apples, or blueberries. Besides providing essential nutrients, dietary fibre may help with digestion and may help to lower cholesterol levels (healthifyme).

Cornflakes is a price controlled good and retails as follows:

Item	Size	Price
Nestle Corn Flakes	180g	\$13.05
Kids Choice Cornflakes	180g	\$14.52
Alberto Cornflakes	180g	\$14.03
Country Barn Cornflakes	180g	\$13.76
Promos Cornflakes	180g	\$14.92

**For more information on price control goods contact
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