



Tuesday is

**PRICES
DAY**

The Red Bean

Red beans — including small red beans and dark red kidney beans — are a good source of iron, phosphorus and potassium. They're also an excellent low-fat source of protein and dietary fiber. Red beans also contain phytonutrients (mayoclinic).

Item	Size	Price
Alberto Red Bean Peas	1lb	\$6.91
Goya Red Bean peas	1lb	\$7.54
Peak Red Bean Peas	1lb	\$7.65
Celia's Red Bean Peas	1lb	\$8.87
Goya Red Kidney Beans	1lb	\$9.47
Drummond Red Bean Peas	1lb	\$9.95



**For more information on price control goods contact
Prices and Consumer Affairs Division
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