

**Table 4: Monthly Movements in the cost of a Sample Basket of Basic Food Items  
Jan-11**

ITEMS	UNIT	December 2010		January 2011		% change	\$ value change
		Unit Cost	Total Cost	Unit Cost	Total Cost	Total Cost	Total Cost
3 pks Rice	2kg	16.12	48.36	16.07	48.21	(0.3)	-0.15
1 sack Flour	10kg	57.31	57.31	58.08	58.08	1.3	0.77
2 pks Granulated Sugar	1800g	16.33	32.66	17.15	34.30	5.0	0.36
4 lbs Sugar (brown)	454g	3.20	12.80	3.29	13.16	2.8	0.36
4pks Milk UHT	1litre	9.69	38.76	9.73	38.92	0.4	0.16
1pk Powdered Milk	800g	45.07	45.07	45.08	45.08	0.0	0.01
4 pks Evaporated Milk	250mL	5.69	22.76	5.79	23.16	1.8	0.40
1 box Tea Bags	50	15.34	15.34	15.32	15.32	(0.1)	-0.02
2 pks Milo	300g	17.83	35.66	17.81	35.62	(0.1)	-0.04
1 pkt Coffee	385g	23.38	23.38	23.38	23.38	0.0	0.00
4 tins Sardines	125g	6.54	26.16	6.60	26.40	0.9	0.24
2 dozen Eggs	Doz	15.77	31.54	15.83	31.66	0.4	0.12
4 lbs Split Peas	454g	2.98	11.92	2.97	11.88	(0.3)	-0.04
2 lbs Red Beans	454g	6.92	13.84	6.83	13.66	(1.3)	-0.18
2 lbs Black-eye Peas	454g	5.28	10.56	5.55	11.10	5.1	0.54
2 lbs Lentils	454g	4.86	9.72	4.88	9.76	0.4	0.04
5 lbs Cheese	454g	19.05	95.25	18.98	94.90	(0.4)	-0.35
2 Golden Ray	250(240)g	8.07	16.14	8.21	16.42	1.7	0.28
4 Blue Band	250(240)g	5.77	23.08	5.78	23.12	0.2	0.04
4 pks Macaroni	400g	4.67	18.68	4.61	18.44	(1.3)	-0.24
2 lbs Smoked Herring	454g	11.49	22.98	11.43	22.86	(0.5)	-0.12
3 lbs Salted Fish	454g	21.36	64.08	21.36	64.08	0.0	0.00

ITEMS	UNIT	December 2010		January 2011		% change	\$ value change
		Unit Cost	Total Cost	Unit Cost	Total Cost	Total Cost	Total Cost
1 Soya Oil	2 Litre	29.86	29.86	29.03	29.03	(2.8)	-0.83
1 pk Baking Powder	455g	8.36	8.36	8.47	8.47	1.3	0.11
2 pks Curry Powder	85g	5.85	11.70	5.92	11.84	1.2	0.14
10 lb Potato	454g	2.87	28.70	2.86	28.60	(0.3)	-0.10
3 lbs Onion	454g	3.03	9.09	2.94	8.82	(3.0)	-0.27
3 lbs Garlic	454g	13.75	41.25	13.04	39.12	(5.2)	-2.13
4 lbs Fish	454g	9.33	37.32	10.13	40.52	8.6	3.20
16 lbs Chicken (4)*	454g	8.89	142.24	7.66	122.56	(13.8)	-19.68
5 lbs Beef	454g	19.33	96.65	19.50	97.50	0.9	0.85
5 lbs Pork	454g	18.92	94.60	18.82	94.10	(0.5)	-0.50
2 lbs Pig Tails	454g	14.42	28.84	14.30	28.60	(0.8)	-0.24
2 bt Mauby	750mL	9.93	19.86	9.93	19.86	0.0	0.00
4 tins Orange Juice	19 oz	8.88	35.52	8.92	35.68	0.5	0.16
8 tins Chicken Vienna Sausage	141g	3.72	29.76	3.94	31.52	5.9	0.14
2 pkts Crix	10 oz	9.53	19.06	9.92	19.84	4.1	0.78
4 lbs Cabbage	454g	4.86	19.44	5.17	20.68	6.4	1.24
4 bundles Patchoi	bdl	7.79	31.16	6.91	27.64	(11.3)	-3.52
6 bundles Bodi	bdl	6.19	37.14	5.21	31.26	(15.8)	-5.88
4 lbs Plantain	454g	6.86	27.44	7.31	29.24	6.6	1.80
4 lbs Sweet Potato	454g	5.95	23.80	5.88	23.52	(1.2)	-0.28
4lbs Green Fig	454g	2.74	10.96	2.70	10.80	(1.5)	-0.16
8 lbs Tomatoes (medium)	454g	11.32	90.56	10.96	87.68	(3.2)	-2.88
5 lbs Pumpkin	454g	3.33	16.65	2.85	14.25	(14.4)	-2.40
4 bundles Dasheen Bush	bdl	6.26	25.04	5.58	22.32	(10.9)	-2.72
4 lbs Melongene	454g	8.18	32.72	6.31	25.24	(22.9)	-7.48
4 head Lettuce	head	7.17	28.68	6.22	24.88	(13.2)	-3.80

ITEMS	UNIT	December 2010		January 2011		% change	\$ value change
		Unit Cost	Total Cost	Unit Cost	Total Cost	Total Cost	Total Cost
2 pkt Carrots	pack	5.07	10.14	5.18	10.36	2.2	0.22
4 Dry Coconuts	each	5.00	20.00	5.36	21.44	7.2	1.44
4 lbs Banana (ripe)	454g	4.58	18.32	5.31	21.24	15.9	2.92
1doz. Oranges	each	1.22	14.64	1.06	12.72	(13.1)	-1.92
1 bt Dishwashing Liquid	750 ml	11.14	11.14	11.00	11.00	(1.3)	-0.14
1 pkt Soap Powder	975g	19.96	19.96	19.76	19.76	(1.0)	-0.20
1 pkt Toilet Soap (3)	each	13.40	13.40	13.41	13.41	0.1	0.01
2 Tubes Toothpaste	100 ml	10.01	20.02	10.02	20.04	0.1	0.02
<b>Average % Change</b>							
<b>TOTAL - Sample Basket</b>		<b>1780.07</b>		<b>1743.05</b>		<b>-2.08</b>	<b>-37.02</b>

\* Average Dressed Weight Prices  
on the Live Market