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Introduction
Welcome to the Medical University of the Americas

The Medical University of the Americas is located on the beautiful island of Nevis. Beautiful, safe and easy to get to, Nevis, one of the islands that make up the twin island Federation of St. Kitts and Nevis, is part of the volcanic island chain that stretch along the eastern Caribbean Sea where it meets the Atlantic Ocean. Tourists come to Nevis to enjoy the warm Caribbean water, bask on the white sand beaches, hike the rain forest, snorkel among the reefs and investigate the ruins of the sugar cane era that dot the island. Nevis is also well known for its excellent restaurants and charming inns—many of them old plantation “great houses.”

But for all it has to offer, Nevis remains very much a low-key destination, a captivating yet tranquil oasis in which to pursue your medical studies.

To know more about our beautiful island please visit our tourism website
https://nevisisland.com/
Welcome to the Island of Nevis

Dear Students,

As Premier, let me be the first to officially welcome you to the island of Nevis and to the prestigious Medical University of the Americas (MUA). Nevis has had a long and mutually beneficial association with MUA and I am delighted that you have chosen to study at MUA and in Nevis.

Our island is famous for its hospitality and for being the birthplace of U.S. Founding Father and first Secretary of the U.S. Treasury, Alexander Hamilton. We hope that you will find time to enjoy our natural environment, our incredible cuisine and take a dive into the island's history. May the sights and sounds of Nevis be forever etched in your memory as you embark on this new chapter in your life. I wish you every success in your studies.

Warm regards,

Mark Brantley, Premier of Nevis
Our housing department at the Medical University of the Americas has set out, along with the landlords of our available housing, to provide safe, secure and reliable accommodation options to our students that will make you feel at home. This guide has been created to provide a roadmap for your accommodation and stay on the island of Nevis during your studies.
Nevis is accessible by air through the Vance Amory International Airport or the Robert L. Bradshaw (RLB) International Airport on our sister island St. Kitts and a short hop by boat across The Narrows. On the island of Nevis, particularly the Parish of St. James, hosts a wide range of housing accommodations tailored to students. Your budget and housing requirements will help guide your selection of the best accommodation. The majority of the housing provided to our students are within walking distance of the campus. All housing options are off campus and privately owned.

The Housing department encourages students to reach out to us (housing@mua.edu) prior to their arrival on the island. This communication allows for the different housing options to be provided to the student, as well as compiling flight information for the student.

Upon arrival at the RLB International Airport on St. Kitts, students will be greeted by Ms. Daisy Jones, who is our contact in St Kitts for incoming students. Ms. Jones ensures that all confirmed incoming students have arrived, transports them to the boat and communicates with the housing coordinator who arranges transportation in Nevis for arriving students.

Mrs. Jones will be outside the Customs area with an MUA sign and she will direct students to a pre-arranged taxi. Taxi rates are approved by the Ministry of Tourism and are as follows:

- transport of 1-4persons - USD$40.00
- any number over the 4 persons would be an extra USD$10.00 per person.

This is the cost you should be guided by.

The taxi will take you directly to the water taxi pier at Reggae Beach following a short 7 minutes boat ride to Nevis. Do note that you are responsible for paying the water taxi, which is normally US$20 and an additional US$2 for each piece of luggage. Upon your arrival in Nevis, one of our school vans labelled with the university name and logo, will be waiting to take you to your housing choice.
All housing is off-campus and privately owned. Two things to consider: proximity to MUA and budget when selecting your housing options.

**How to access Housing Options on Nevis:**

1. Email housing@mua.edu and request to see all housing options. PDF files will be provided upon request.
2. Make a list of options that align with your preferences.
3. Contact the landlord/s of the apartment/s you are interested in. Ask as many questions as possible and also request video and pictures of the apartment you will be occupying.
4. Make the necessary arrangements to secure the apartment after being satisfied with what you have seen.
5. Inform the Housing Department of your choice, as this assist with transportation to your apartment.

Do note that there a little to no housing options that accept pets. Wunderbar is one of the examples that accept pets with a few requirements.
Prudential Apartments

Location: Potworks

Distance from Campus: 500m (6mins walk)

Type of Accommodation: 1 Bedroom

Cost Per Person: Smaller unit US$800 – US$835; Larger unit US$900 – US$935 US; per month. Payment to be made for full semester.

Prudential Properties comprises of two apartment buildings with one unit having larger rooms than the other. Both units are fully furnished. The larger units have a sofa and the smaller unit, a single deep chair in the living area. Full bathroom and it is furnished with shower curtains and bath mats.
Amenities

- Full size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Microwave
- Stove
- Free high-speed internet
- Free cable TV
- Free cooking gas
- Free water
- Maintenance and spacious parking.
- 24 hours surveillance system with periodical nightly security patrol.
- Backup generator

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: JANICE LAWRENCE
Telephone: 869 663 0930
Email: prudencialnevis@gmail.com
Website: www.nevishousing.com
An all-inclusive “home away from home” for student-tenants. These units are ultra-modern and take into consideration all the needs of students studying away from their home country. The property is fenced with limited access from the general public. The entire property is under security camera surveillance.

University Apartments also provides twice-monthly housekeeping services. The property is within walking distance of MUA.

All apartments are one bedroom, one-bathroom apartments. On property, there is a sound-attenuated back-up generator. In the case of power interruption, our student-tenants can be confident that their all-important study time will never be disrupted.
Amenities

• Full-size Bed
• Night Stand
• Dresser & Mirror
• Full size Kitchen
• Coffee Maker
• Electric Kettle
• Full-size refrigerator
• 30" Gas stove with stove
• Microwave
• Toaster Stove
• Spacious Living / Dining area
• Washer/Dryer within each unit
• Resort quality flatware & kitchen utensils
• 1 Sofa, 1 chair
• Dining Table with four chairs
• Bath and Bedroom Linen
• Air Condition in Bedroom
• Study Desk and Chairs
• Ironing board and Iron
• Complimentary UAN bathrobe
• 32" Television
• 24-hour Security Cameras
• Back-up Generator

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Nigel Hanley
Telephone: 1-305-297-3089
Email: nigel@ectradingsales.com
Website: www.universityapartmentsnevis.com
Gardenview Apartments

**Location:** Potworks

**Distance from Campus:** 300m (2mins walk)

**Type of Accommodation:** 1 Bedroom

**Cost Per Person:** $1100.00 USD per month

Newly built with eight modern single unit apartments in a two-story complex. Gardenview Apartments is spacious and within two minutes walking distance to the University. Ample parking and cleaning services provided twice per month. With such close proximity you are able to get to and from classes faster. All apartments are one bedroom and fully furnished, kitchen, living room and bathroom. Washer and dryer are within the apartment.
Amenities

- Full size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Pots and Pans
- Plates and bowls, cups
- Nightstand
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Stove
- Free high-speed internet
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking.
- 24 hours surveillance system
- Backup generator

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Elizabeth Thomas
Telephone: 1-869-662-7201
Email: tlathen@yahoo.com
LaVida Apartments

Location: Potworks
Distance from Campus: 600m (7mins walk)
Type of Accommodation: 1 Bedroom
Cost Per Person: $1100.00 USD per month

All one-bedroom suites are fully furnished! Residents enjoy living seconds away from the Medical University of the Americas, beaches, island bus services, and much, much more!

We have spaces made for living life! Enjoy your home and your family in a spacious, open living area. You’ll love the upgraded kitchens our apartments offer. Complete with dark wood cabinetry, high-end counter tops, stainless steel fixtures, and state-of-the-art appliances, you’ll feel like a gourmet chef when you prepare meals!
Amenities

- Full-size Bed
- Night Stand
- Dresser & Mirror
- Full size Kitchen
- Full-size refrigerator
- 30" Gas stove with stove
- Microwave
- Spacious Living / Dining area
- Washer/Dryer unit (Shared)
- Resort quality flatware & kitchen utensils
- 1 Sofa, 1 chair
- Dining Table with four chairs
- Bath and Bedroom Linen
- Air Condition in Bedroom
- Study Desk and Chairs
- Ironing board and Iron
- Complimentary UAN bathrobe
- 32" Television
- 24-hour Security Cameras
- Back-up Generator

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Billy Claxton
Telephone: 1-869-662-8660
Email: lavicapotworks@gmail.com
Website: http://www.lavidapotworksnevis.com/
Blue Reef Apartments

**Location:** Potworks

**Distance from Campus:** 500m (8mins walk)

**Type of Accommodation:** 1 Bedroom

**Cost Per Person:** USD$400-600.00 per month

Within relatively close walking distance of the University, Blue Reef Apartments provide a home like feeling to your stay on Nevis while studying. All 6 apartments are one bedroom fully furnished, very affordable and reasonably priced.
Amenities

- Full size bed
- Refrigerator
- 32-inch Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer (Shared)
- Standing Shower
- Mirror and vanity
- Waste Bin
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Microwave
- Stove
- Free high-speed internet
- Free cable TV
- Free cooking gas
- Free water
- Maintenance and spacious parking.
- 24 hours surveillance system

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Winston Perkins
Telephone: 1-869-664-6536
Email: winstonperkins@gmail.com
Horizon View Apartments

Location: Potworks

Distance from Campus: 500m (8mins walk)

Type of Accommodation: 1 Bedroom, Studio, 2 Bedroom

Cost Per Person: Big Studio – USD$550.00; One Bedroom – USD$650.00; Double – USD$500.00 per student

Horizon view is in close proximity to the University. There are two separate bedrooms but one bathroom in the double apartment and the total cost for the double apartment is 1000us monthly. There is also a standby generator, free laundry with washer and dryer. The laundry room is in the building but not attached to the apartment. Our main aim is to provide
Amenities

- Full size bed
- Refrigerator
- 32-inch Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer (Shared)
- Standing Shower
- Mirror and vanity
- Waste Bin
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Microwave
- Stove
- Free high-speed internet
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking.

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Stedvin Clarke
Telephone: 1-869-662-3777
Email: stedvinclarke@gmail.com
Accommodation Further Away from Campus
James Brown Apartments

The apartments are (16) one-bedroom apartments and are all identical in size, furniture and design. (8) apartments on the ground floor and (8) apartments on the top floor. Quiet ocean view location, fully furnished, Air conditioning, fenced yard, Car parking. Each apartment has its own back porch. Within the apartments, you’ll find fully furnished private air-conditioned spacious rooms all with Wi-Fi and cable TV. The apartments also boast laundry facilities, fast broadband throughout the building, and private entry to your own self-contained apartment. When it comes to choosing your accommodation, few places can beat James Brown Apartments situated at Almond Gardens for its excellent location close to the Medical University.

Location: Camps (Almond Garden)
Distance from Campus: 1.9km (5mins drive)
Type of Accommodation: 1 Bedroom
Cost Per Person: USD$375.00 per month
Amenities

- Full size bed
- Refrigerator
- Sofa
- Dining Table
- Washer and Dryer
- Standing Shower
- Mirror and vanity
- Waste Bin
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Microwave
- Oven
- Maintenance and spacious parking

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

- Water
- Internet
- Cooking Gas

Contact Information: Juliet O’loughlin
Telephone: 1-869-662-8792
Email: first1choice@hotmail.com
Website: https://jb.bestinvestuk.com/
Sunset Apartments

Location: Newcastle  
Distance from Campus: 4.5km (8-9 mins drive)  
Type of Accommodation: 1 Bedroom  
Cost Per Person: 1 bedroom unit $475.00 USD  
2-bedroom units $450.00 USD per person

Located in Newcastle, a walk away from the Airport and Runway Grill, Sunset Apartments is neatly tucked away, with privacy, ocean and mountain views. These apartments host one- and two-bedroom apartments, with a bathroom to each bedroom. Large, spacious bedroom air-conditioning, queen-size bed, large closet space, dresser, nightstand, living/dining/kitchen area: refrigerator, microwave, utensils, plates, cups, pot, bathroom (tub), individual porch area.

No need to worry about the distance as the school van collects and drops off students from and to the apartments from Monday - Friday.
Amenities

- Queen size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Pots and Pans
- Plates and bowls, cups, utensils
- Nightstand
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Stove
- Free high-speed internet
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Andrea Nicholls-Tyson
Telephone: 1-869-664-9103
Email: awcnt70@hotmail.com
Sydney’s Apartments

Located in the quiet neighborhood of Rawlins Pasture, Sydney’s Apartments are all separated. Deadbolt locks on each door, Kitchen and bedrooms are separated. Apartment building is within 10 min drive of the school. School van can also be provided for those without transportation. Front and back porches, with views of the seaside and mountain.

Location: Rawlins Pasture
Distance from Campus: 3.6km (7mins drive)
Type of Accommodation: 1 Bedroom
Cost Per Person: USD$550 per month
Amenities

- Full size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Pots and Pans
- Plates and bowls, cups, utensils
- Nightstand
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Gas Stove
- Free high-speed internet
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking.
- Bed sheets and linen not provided

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Steadroy Pemberton, Melissa Pemberton
Telephone: 1-869-662-8025, 1-869-663-1270
Email: spembest@sisterisles.kn
Sylville Apartments

**Location:** Nisbett Settlement

**Distance from Campus:** 2.9km (5mins drive)

**Type of Accommodation:** 1 Bedroom; 2 Bedroom

**Cost Per Person:** One bedroom (USD$650.00); Two Bedroom (USD$1320.00) two bathrooms; One Bedroom (Upstairs USD$600.00)

Located in the Nisbett Settlement area, right behind the Police Station, 5mins drive and 15-20 mins walk from the University, is Sylville Apartments. This apartment has 2 one bedroom on the ground floor and a 2-bedroom apartment that can be converted into a one-bedroom apartment if needed. With views of Mount Nevis and its surrounding areas, this apartment is best for students who want peace and quiet. Hilary Lightfoot your landlord is friendly and ready to help with any request. Surrounding the yard are a variety of plants and fruits trees. Each apartment also has a porch for days when you just want to relax. Electric fence, AC and DC current, Cleaner provided one a month at your own expense.
Amenities

- Full-size Bed
- Night Stand
- Dresser & Mirror
- Full size Kitchen
- Full-size refrigerator
- Gas stove
- Microwave
- Spacious Living / Dining area
- Washer/Dryer unit (Shared)
- Resort quality flatware & kitchen utensils
- 1 Sofa, 1 chair
- Dining Table with four chairs
- Bath and Bedroom Linen
- Air Condition in Bedroom
- Study Desk and Chairs
- Ironing board and Iron
- Complimentary UAN bathrobe
- 32" Television
- Back-up Generator
- Fenced Yard
- Electric Fence

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.

Contact Information: Hilary Lightfoot
Telephone: 1-869-663-0965
Email: angeltaxi@hotmail.com
The Cottons

Location: Rawlins Pasture
Distance from Campus: 3.6km (7mins drive)
Type of Accommodation: 1 Bedroom
Cost Per Person: USD$550 per month

With 4 apartments in total, all a mirror image of each other. Each apartment has 2 large separate bedrooms unattached to each other with their own en-suite bathrooms. Very large/spacious lounges. Fully equipped kitchens. Freshly painted apartments. US Queen beds each bedroom, desk, walk in clothes closets, large car park. Popular student area. Most of our apartments have ocean views and are completely fly screened. All bedrooms have air conditioning and it should be noted that this part of the island is well known for its onshore cooling breeze. Each apartment benefits from a sizeable veranda and are well maintained and well presented.

The apartments are also fully equipped with all cooking utensils and appliances, some stainless steel and granite worktops. Bed linen is provided, ceiling fans and additional fans available if required with a high-capacity generator for power outages.
Amenities

- Queen size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Pots and Pans
- Plates and bowls, cups, utensils
- Nightstand
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Walk-in Closet
- Gas Stove
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking

Utilities to be Paid

Tenants are responsible for the cost of their own electricity consumption. All units are individually metered.
- Internet

Contact Information: Myra Williams
Telephone: 1-869- 663-6296
Email: kairaw3@yahoo.com
Website: www.nevis-accommodation.com
Located in Newcastle, Shaw’s Road, St. James Parish in Nevis, this apartment is 7-10min drive away from the school and built within a quiet community. A total of 8 apartments, 4 in each building.
Amenities

- Queen size bed
- Refrigerator
- Television
- Sofa
- Ceiling Fans
- Dining Table
- Washer and Dryer within each unit
- Standing Shower
- Mirror and vanity
- Waste Bin
- Pots and Pans
- Plates and bowls, cups, utensils
- Nightstand
- Desk and Chair
- Chest of Drawers
- Air conditioning in bedroom only
- Closet
- Stove
- Free high-speed internet
- Free cable TV,
- Free cooking gas
- Free water
- Maintenance and spacious parking

Utilities to be Paid

- Electricity. The landlord pays the electricity bills which is then pass on to the tenants.
- Internet. Tenants are responsible for paying.

Contact Information: Clive Evelyn
Telephone: 1-869-662-9097
Email: cliveevelyn@hotmail.com
It is important to know your rights and responsibilities and what to do if something goes wrong. As a student you are expected to:

- Pay your rent on time.
- Keep your rental unit clean.
- Avoid causing any damage and pay for the repairs of any damage you cause.
- Keep noise to a minimum - parties and music can disturb your neighbors.
- Contact your landlord as soon as you can when there is a serious problem in the unit needing repair or service.
- Respect your neighbor’s right to peace and enjoyment of their property.
- Allow your landlord entry to your space for repairs (with notice).

The Small Tenements Act and The Rent Restriction Act as statutory laws of St. Kitts and Nevis that helps to protect the rights of both the landlord and tenant. Students are encouraged to be well versed with these laws. A copy of both these laws can be provided at the Administration Building or at the following links:

**Small Tenements Act**

**Rent Restriction Act**

If you do have an issue with your landlord or with the unit, it is important to communicate with your landlord first to try and resolve any issues. Keep a record of conversations, texts or emails and take pictures when there are maintenance issues.
The below information details a low, medium and high end of your estimated monthly cost of living while on the island. All prices listed below are estimated in USD $ and based on a one person living situation. A family or students sharing an apartment may vary with costs.

### Approximate monthly cost (One Person)

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<tr>
<th></th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
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</thead>
<tbody>
<tr>
<td>Rent</td>
<td>500</td>
<td>800</td>
<td>1100</td>
</tr>
<tr>
<td>Food</td>
<td>100</td>
<td>250</td>
<td>350</td>
</tr>
<tr>
<td>Utilities</td>
<td>Listed below</td>
<td>Listed below</td>
<td>Listed below</td>
</tr>
<tr>
<td>Phone</td>
<td>5</td>
<td>30</td>
<td>60</td>
</tr>
<tr>
<td>Transportation</td>
<td>3</td>
<td>10</td>
<td>40</td>
</tr>
</tbody>
</table>

Utilities – Electricity $80-120, Internet - $40-60

*Electricity cost depends on a range of factors, from air conditioning, appliances used, lights etc. This cost is varying from month to month*
Transportation

On the island of Nevis, there is no public transportation. However, there are private vans that run along the main road into the heart of Charlestown. These buses are marked with a green license plate beginning with the letter H. Cash only is accepted through this mode of transportation. Prices ranges from $3- $5 depending on distance.

Taxis are also available as well, which are more expensive, as taxis are mostly used by tourists. There is not a public way of contacting taxi’s but through different contacts or inquiring through Admin a taxi can be called for you.

Uber, although unofficial here in Nevis, has various persons who engage in the business. These services range from USD 5 to 10 depending on the distance and personal requests of the driver.

The Royal Diadem – 1-869-767-9072
Nick@Nite Taxi Services – 1-869-668-8842
Ahura Travels – 1-869-660-0906

Rentals or leased vehicles are also available. Business such as M&M Car Rental and Nevis Car Rentals have a wide variety of vehicles for rent or lease once you possess a valid temporary driver’s license.

The Medical University of the Americas provides a van service that takes students to and from their homes. This van service is operated on a schedule from 7am to 10:30pm and does not operate outside of the schedule. Students are picked up at mornings via the schedule and brought to campus to begin their classes.
There are 3 major grocery stores on the island, namely RAMS, Horsford’s Valuemart or IGA and Best Buy. These stores are located in Charlestown with the exception of Best Buy having another branch in Gingerland. Many students frequent RAMS and Valuemart as they stock many of the items that would be found in American and Canadian stores.

Horsford’s Valuemart along with City Drug Store and Evelyn’s Drug Store are three of the pharmacies on the island, also located in Charlestown.

Contact information
Potworks Estate, St. James Parish, Nevis, West Indies
1-869-469-9177 (ext 361)
housing@mua.edu

Potential shopping list of necessities. The prices are in ranges in consideration of the different product sizes and brands. Located on the island is also a whole sale division of Ram’s Supermarket called Ram’s Cash and Carry. This division is located in Charlestown behind the Ram’s Supermarket.

<table>
<thead>
<tr>
<th>Items</th>
<th>Cost (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>$2 - $11</td>
</tr>
<tr>
<td>Milk</td>
<td>$3 - $10</td>
</tr>
<tr>
<td>Bread/ Bagels</td>
<td>$1 - $5</td>
</tr>
<tr>
<td>Eggs</td>
<td>$4 - $5</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3 - $8</td>
</tr>
<tr>
<td>Chicken wing/breast/Quarters</td>
<td>$4 - $11</td>
</tr>
<tr>
<td>Salmon</td>
<td>$20 - $48</td>
</tr>
<tr>
<td>Tofu</td>
<td>$3 - $5</td>
</tr>
<tr>
<td>Rice</td>
<td>$2 - $6</td>
</tr>
<tr>
<td>Pasta</td>
<td>$3 - $5</td>
</tr>
<tr>
<td>Toilet Paper</td>
<td>$7 - $19</td>
</tr>
<tr>
<td>Detergent</td>
<td>$6 - $19</td>
</tr>
<tr>
<td>Fabric Softener</td>
<td>$4 - $12</td>
</tr>
<tr>
<td>Shampoo</td>
<td>$7 - $12</td>
</tr>
<tr>
<td>Cleaning supplies</td>
<td>$4 - $17</td>
</tr>
<tr>
<td>Condiments (Ketchup/Mustard/Mayonnaise etc.)</td>
<td>$3 - $6</td>
</tr>
<tr>
<td>Deli Meats</td>
<td>$5 - $9</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>Starting at less than $1</td>
</tr>
<tr>
<td>Fresh Fruits</td>
<td>Starting at less than $1</td>
</tr>
</tbody>
</table>