



Government of the Virgin Islands
of the United States

Department of Licensing and Consumer Affairs

www.dlca.vi.gov

Golden Rock Shopping Center
Suite 9
St. Croix, VI 00820
Telephone: (340) 773-2226
Facsimile: (340) 773-6982

Administrative Complex
"The Battery"
St. John, VI 00830
Telephone: (340) 693-8036
Facsimile: (340) 776-6989

Property & Procurement Building
1 Sub Base, Room 205
St. Thomas, VI 00802
Telephone: (340) 774-3130
Facsimile: (340) 776-8303

DLCA CONSUMER TIPS

The Department of Licensing and Consumer Affairs (DLCA) is pleased to release consumer friendly tips that should be taken into consideration when purchasing groceries.

Consumer tips for purchasing groceries:

- **Follow freshness dating** – Some manufacturers put dates on food packages to ensure that their foods are not sold or eaten after they are stale or spoiled. Always buy food- especially dairy products with the most distant date. After the date passes, the food may still be safe to eat, but be wary. An “expiration” date indicates when the product should be thrown away. A “sell by” date is the last day a product should be sold. A “best if used by” date tells you when you can expect the quality to be at its peak.
- **Buying in bulk-** Buying in bulk is a common strategy used for saving extra cash in just about every category of consumer goods. By sitting down and planning out meals in advance, you can go to the grocery store and buy everything you need for the entire month with the exception of milk, on one grocery bill. Planning ahead allows you to purchase larger containers and quantities of product which provides you savings benefits when shopping at many wholesale grocery suppliers. When buying in bulk and shopping once a month, you also have the added benefit of saving the extra money on the gas and time it takes to go back and forth to and from the store each week.

CONSUMER TIPS



“Serving Businesses and Assisting, Educating & Protecting Consumers”