



Top 5 Food Items to Buy in St. Lucia

- Locally made chocolate (Try making it myself!)
- Local Rum (Chairman's Reserve Rum, Bounty Rum, Other locally made rums from vendors)
- Hot Sauce (Baron & Viking Hot Sauce, I might like both!)
- Cocoa Sticks (Purchase at the Castries market or at a supermarket, make sure it's local!)
- Sweets & Confectionery (Coconut treats such as "confetti", "tablet" and fruit jams and jellies)

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