



## **Linstead Market's Ready-to-Eat Products Shorten Preparation Time in the Kitchen**

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KINGSTON, JM, - After almost 30 years in the business, Linstead Market Jamaica has become well-known for its premium line of ready-to-eat foods. The products allow consumers to prepare meals in a short time due to the fact that they are already cooked in the can.

By providing local favourites, such as ackee and callaloo in canned form, Linstead Market Jamaica is making it possible for lovers of Jamaican food to prepare meals without starting from scratch. A number of food products from the brand only require reheating to be consumed as is or combined with other foods.

Busy work schedules have resulted in many people not being able to prepare meals from scratch. This has also affected many Jamaicans living abroad and at home, with many resorting to fast food and other alternatives that might be unhealthy. People indulge in these alternatives to escape the tasks of first sourcing ingredients to cook, washing them, and then preparing them for cooking, a process that can vary from minutes to hours.

Linstead Market Jamaica's canned foods, which are put through several recommended steps in order to meet a number of international safety standards as set out by the USFDA, are also healthy and nutritious meal choices. Preparing a meal using these foods can significantly reduce the amount of time it takes to prepare a meal, allowing consumers the time to focus on other activities.

Managed by Canco Limited, a company that has been in operation since 1986, Linstead Market Jamaica has been embraced by Jamaicans locally and in the diaspora, as well as by non-Jamaicans who like Jamaican cuisine. In addition to ackee and callaloo, the brand has also become a preferred choice for canned soups, jams and jellies, all of which are also ready to eat.

A recent relaunch of Linstead Market Jamaica's Facebook page has helped to highlight the brand's range of food products. Fans of the brand have been expressing their appreciation by commenting on several of the posts and sending inbox messages.

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For more information about Linstead Market, contact the company here: Linstead Market Linstead Market 876-920-4466 1/2 Kingsway Suite 25, Kingston 10, Jamaica, W.I.

## **Linstead Market**

*Linstead Market Jamaica is a retail brand of Canco Limited, which was formed in 1986 and exports canned and bottled Jamaican foods to several overseas markets.*

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