

## Cost savings basseterre

How much are living costs in St Kitts and Nevis? Are groceries cheap? Is it expensive to live in St Kitts and Nevis? This article answers common questions about moving to Saint Kitts and Nevis, taking a detailed look at St Kitts and Nevis's cost of living.

St Kitts and Nevis have built an excellent reputation for their rich cuisine. The country is filled with restaurants and hotels providing delicious food. The main inspirations for the national dishes are Creole, West Indian, Chinese, Western, and Indian. Due to the high number of restaurants present on the island, you can enjoy a wide range of restaurant prices.

Typically, a meal in an inexpensive restaurant costs \$22, while a three-course meal for two in a mid-range restaurant costs \$92. Local and imported beers are cheaper than average in Saint Kitts and Nevis for those who enjoy going to the bar.

Healthcare is available for all St Kitts and Nevis residents. In terms of medical facilities, St Kitts and Nevis are home to the Joseph N France General Hospital--located in St Kitts--and the Alexandra Hospital--located in Nevis.

Each hospital provides various types of treatment, but emergency evacuation might be needed in more severe cases. Therefore, it is recommended to have private insurance that covers evacuation. Saint Kitts and Nevis also have several private clinics.

Allianz, Bupa, and Pacific Prime are some of the most renowned expat health providers, with premiums including full health coverage from \$200 to \$400 per month.

Because St Kitts and Nevis imports many products, the Saint Kitts and Nevis cost of groceries can be moderate to expensive. However, local products are relatively low-cost.

Locally produced fresh vegetables, fruits, and meat are cheap, such as white rice, eggs, chicken, local cheese, tomatoes, potatoes, and onions. Imported food such as milk, fresh white bread, oranges, and imported wine is more expensive than average.



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Web: <https://www.hollanddutchtours.nl/contact-us/>

Email: [energystorage2000@gmail.com](mailto:energystorage2000@gmail.com)

WhatsApp: 8613816583346

