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Access to Nutritious Food in Eeyou Istchee (2016)

- Cost of basic nutritious foods remains higher in Eeyou Istchee than in any other studied region of Quebec
- Availability of basic nutritious foods improved since 2011, but nutritious food choices are still limited in certain communities
- Having access to a variety of low-cost nutritious foods is difficult in smaller stores
- Low-income and single-parent families need a large proportion of their income to purchase basic nutritious foods
- Eating well seems to be out of reach for low-income families

Having access to nutritious foods is essential to promote health, attain food security and prevent chronic diseases (diabetes, hypertension, etc.).

We need to ensure that nutritious foods are available and affordable to all Eeyouch families.

In September 2016, 21 stores of Eeyou Istchee were visited to find out:

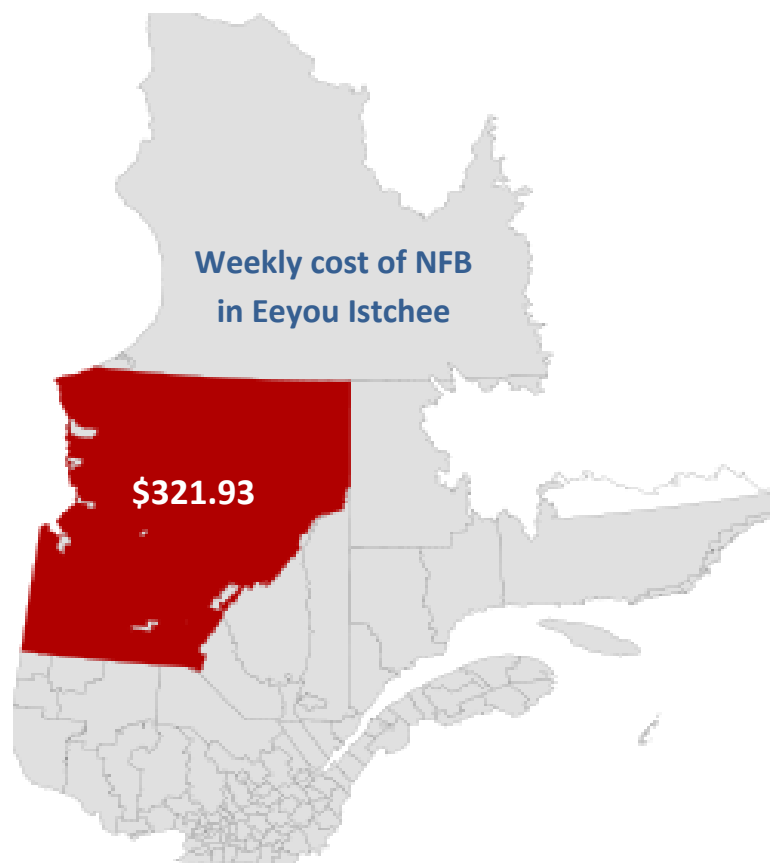
- What is the cost of the Nutritious Food Basket (NFB) in Eeyou Istchee?
- Is the NFB affordable for Eeyouch families?
- Are the NFB items available?
- Has access to nutritious foods improved since 2011?

The Nutritious Food Basket includes 71 food items, that are basic, nutritious and at low cost.

The cost of the NFB is usually based on a reference family of 4 (2 adults and 2 children), and is calculated for a one-week period.

What is the cost of the NFB?

The NFB cost **\$321.93** per week for a family of 4.



*It costs **around \$11** per person per day to eat well in Eeyou Istchee.*

Cost for larger families

To take into account larger Eeyouch families, the cost of the NFB was also calculated for a family of 6 (2 adults and 4 children).

The NFB cost \$430.00 per week for a family of 6.

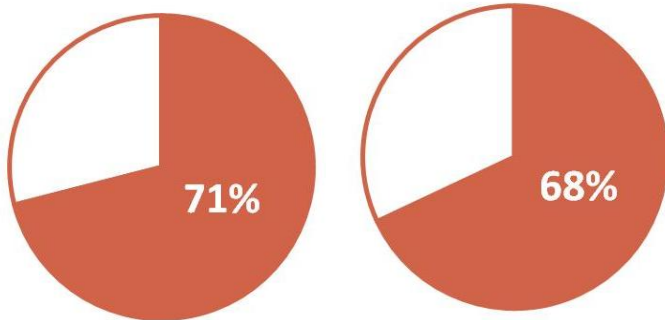
Is the NFB affordable for Eeyouch families?

Family income

Low-income families (with 1 or 2 adults) would need about 70% of their income to buy the NFB.

1 family out of 4 is low-income in Eeyou Istchee

Percentage of family income to buy the NFB



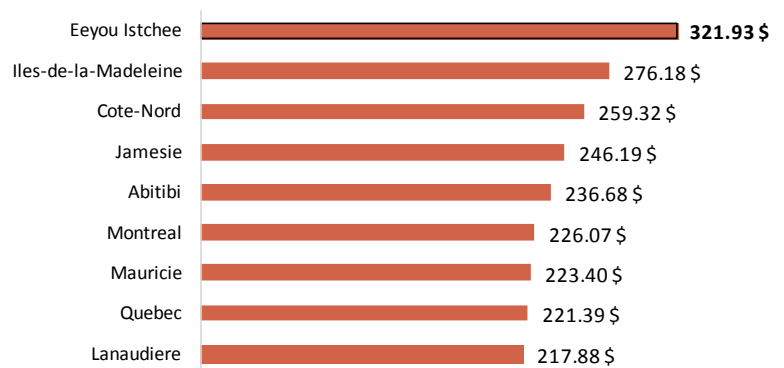
LOW INCOME FAMILIES
2 Adults & 2 Children

LOW INCOME FAMILIES
1 Adult & 2 Children

Every time a low-income family earns \$100, about \$70 is needed to buy basic nutritious foods

Comparing Eeyou Istchee to other Quebec regions

The weekly cost of the NFB is higher in Eeyou Istchee than in any other studied region of Quebec.



Basic nutritious foods are 40% more expensive than in Montreal, and 30% more expensive than in Jamesie.

Are the NFB items available?

Number of items missing varied from one community to the other.

There were generally less items missing than in 2011.

1 to 8 food items were missing (out of 71), except in Ouje-Bougoumou where 56 items were missing.

More items were missing in smaller stores.



Conseil Cri de la santé et des services sociaux de la Baie James
σ-Dd7a b7 ΔrΔ <Δa <aa b7C6σ-D7
Cree Board of Health and Social Services of James Bay

Copies of this summary may be found at:
www.creehealth.org/accessnutritiousfoods

ACCESS TO A NUTRITIOUS FOOD BASKET IN EYYOU ISTCHEE (2016 UPDATE)

INTRODUCTION

In Eeyou Istchee, prevalence of chronic diseases is high, and a large proportion of families live in food insecurity. Access to affordable nutritious foods is essential to promote health, attain food security and prevent chronic diseases.

In 2011, the Cree Board of Health and Social Services of James Bay (CBHSSJB) and the Montreal Diet Dispensary (Dispensary) collaborated to assess availability of basic nutritious foods and calculate the cost of the **Nutritious Food Basket (NFB)**. This basket is composed of 71 basic food items selected because they are nutritious and generally sold at low cost. It aims to fulfill the nutritional needs of family members according to their age, sex and physiological condition (1).

This first project took place in stores of Eeyou Istchee, as well as stores of Jamesie and Abitibi where Cree families often purchase foods. Results allowed us to conclude that:

- ❖ The cost of NFB was higher in Eeyou Istchee than any other studied region of Quebec;
- ❖ Nutritious food choices were limited in certain communities;
- ❖ Having access to a variety of low-cost nutritious foods was difficult, especially in smaller stores, and;
- ❖ Eating well seemed to be out of reach for low-income and single-parent families, since the cost of the NFB represented about 80% of their revenue (1, 2).

In 2016, the CBHSSJB has once again asked for the collaboration of the Dispensary to:

- ❖ Reassess availability and cost of the NFB in Eeyou Istchee;
- ❖ Compare the results with the previous ones, and;
- ❖ Measure changes overtime, since the situation of some stores of Eeyou Istchee has changed within the past five years (i.e. new stores, renovations, etc.).

OBJECTIVES

The goal of this project was to reassess availability and cost of basic nutritious foods in the stores of Eeyou Istchee.

More specifically, the objectives were to:

- ❖ Gather new data in the stores of Eeyou Istchee;
- ❖ Compare with previous data from 2011;
- ❖ Assess availability of NFB food items;
- ❖ Determine cost of the NFB according to family size, age, sex, physiological condition, area and food category;
- ❖ Compare cost of the NFB to other Quebec regions;
- ❖ Assess proportion of family income needed to purchase NFB, and;
- ❖ Assess impact of store size on availability and price of nutritious foods.

METHODOLOGY

Stores surveyed

Prior to data collection, 23 stores had been identified in the different communities of Eeyou Istchee. Stores located outside Eeyou Istchee were excluded, as the issue of access to nutritious foods observed in the previous data collection was specific to Eeyou Istchee.

Two of the stores identified were not surveyed due to their very limited food inventory (i.e. gas station, closing sale). Therefore, a total of **21 stores were surveyed**, among which 12 were located in Coastal communities and 9 in Inland communities. For each of these stores, a written consent had been received.

Stores had significantly changed since the last data collection; some had been renovated, closed or newly opened. Furthermore, a few convenience stores were also added since they represent an important part of the food environment in Eeyou Istchee.

Data collection

Data collection was performed by 2 data collectors (CBHSSJB nutritionists), which had previous participated in the 2011 data collection. Both data collectors had received a half-day training provided by the Dispensary prior to the data collection. Data collection was conducted at the end of September 2016, which is the same period as in 2011. This allowed for price comparison based on seasonal price variation and availability.

Data collectors recorded availability of food items, freshness, expiry dates and prices in each store. When food items were sold per unit (e.g. a whole fruit), specific weight were recorded to calculate prices per kilogram. When specific food items were missing, prices for similar items were noted (e.g. similar fruit or cut of meat, item frozen instead of fresh, item sold in smaller or larger format). Acceptable substitutes had been predetermined. Prices collected were those of the least expensive items sold at regular price. Prices of items in promotion were not used.

Data collection tool

The price tallying form used during the 2016 data collection was similar to the one used in 2011 (See Appendices 1 and 2). Prices, formats, availability of food items, freshness and expiry dates for fresh products were recorded on the price tallying form.

The price tallying form used in Eeyou Istchee was similar to the one used in other Quebec regions, but since availability of certain food items may be limited in Eeyou Istchee, substitute food items had been included on the price tallying form.

Data treatment

Data was entered in an Excel database by the Dispensary. Missing information was verified with CBHSSJB data collectors, and substitute food items were used, when necessary.

The following method was used to estimate price of missing food items:

- if a food item was missing in one store, but was available in at least one other store within the same community, the community median price was applied to the missing item;
- if a food item was missing in a community but was available in other communities of Eeyou Istchee, the regional median price was applied to the missing item.

Note that, since many food items were missing in Ouje-Bougoumou, regional median prices were applied to the missing items. Therefore, data on cost of the NFB in Ouje-Bougoumou should be used with caution as it only represents an estimation.

Analysis

The Dispensary analyzed data and provided table of results inserted in this report. The analyses performed consisted of the followings.

Descriptive statistics were provided for:

- Distribution of store size according to community;
- Availability of NFB items (number of items missing per community, type of food items missing);
- Cost of the NFB (according to family size, age, sex, physiological condition, geographical area);
- Proportion of family income needed to purchase NFB;
- Comparisons between 2011 and 2016 data.

Furthermore, the following statistical analyses were performed:

- ANOVA test to investigate the effect of store size on cost and availability of food items;
- Tukey post hoc test to identify where significant differences lie;
- T-test to determine the cost difference in NFB between Coastal and Inland geographical areas of Eeyou Istchee.

For these analyses, statistical threshold was set at $p < 0.05$.

RESULTS AND DISCUSSION

STORE SIZE AND IMPACT ON AVAILABILITY AND PRICE OF FOODS

DISTRIBUTION OF STORES ACCORDING TO SIZE AND COMMUNITY

Twenty one stores of Eeyou Istchee were surveyed and classified according to their size: very small ($\leq 2,000$ square feet); small (2,001 to 4,000 square feet); medium (4,001 to 10,000 square feet); large or very large ($> 10,000$ square feet).

According to this classification, sizes of Eeyou Istchee stores were either: very small (10), small (5) or medium (6). None of them was identified as large or very large.

Table 1: Distribution of the 21 stores according to size & community

		Store size* (n)				
		Very small	Small	Medium	Large or Very Large	
Coastal	Chisasibi	1	1	2		
	Whapmagoostui		1	1		
	Wemindji			1		
	Waskaganish	1	1	1		
	Eastmain	2				
Inland	Waswanipi	3				
	Nemaska	1	1			
	Ouje-Bougoumou	1				
	Mistissini	1	1	1		
	All communities	10	5	6	0	

*Very small ($\leq 2,000$ sq. ft) – Small (2,001 to 4,000 sq. ft) –
Medium (4,001 to 10,000 sq. ft) – Large/Very large ($> 10,001$ sq. ft)

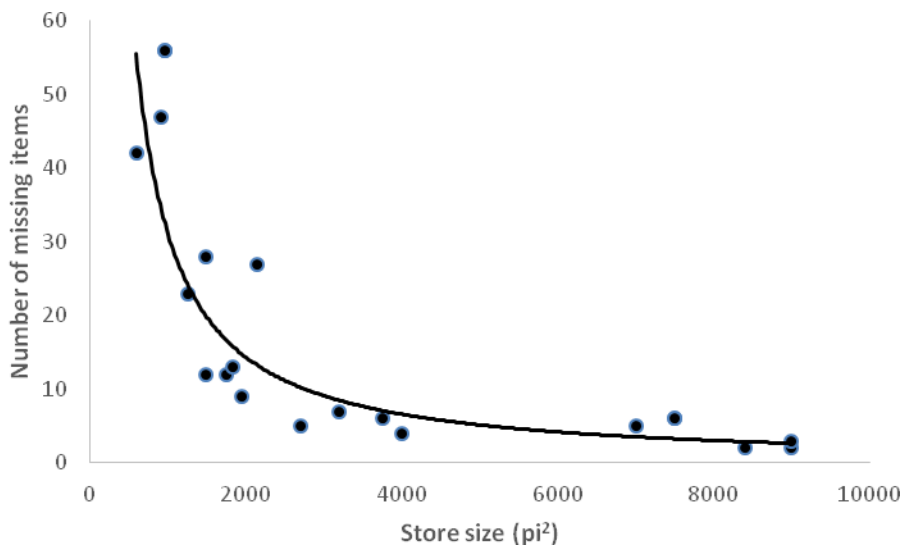
IMPACT OF STORE SIZE ON AVAILABILITY AND PRICE OF FOOD ITEMS

In Eeyou Istchee, **store size was found to have an impact on availability** of the NFB items, but had **no significant impact on price of foods**.

The following figure shows that availability of food items was inversely related to store size. Store size accounted for 41% of the missing food items variation ($p < 0.001$).

Smaller stores generally had more items missing than larger ones. Very small stores ($\leq 2,000$ square feet) had significantly more items missing than small or medium size stores (2,000-10,000 square feet). No statistical difference was observed between small and medium stores.

Figure 1: Relationship between number items missing & store size



The cost of the NFB appeared to be higher in smaller stores but it was not statistically different from larger stores.

AVAILABILITY OF BASIC NUTRITIOUS FOODS

The NFB is composed of 71 basic nutritious food items. Availability of these basic nutritious foods **varied from one community to the other**. **Inland communities** generally had **more items missing** than Coastal communities.

NUMBER OF ITEMS MISSING PER COMMUNITY

At the time of data collection, there was **1 to 8 food items missing per community** (which represents 1 to 11% of the items included in the NFB). Ouje-Bougoumou was the exception. Since there is only a convenience store in this community, 56 of the 71 food items were missing (which represents approximately 79% of the items of the NFB).

Table 2: Number of items missing per community

Communities		Stores (n)	NFB items missing (n)
Coastal	Chisasibi	4	1
	Whapmagoostui	2	3
	Wemindji	1	2
	Waskaganish	3	2
	Eastmain	2	5
Inland	Waswanipi	3	8
	Nemaska	2	7
	Ouje-Bougoumou	1	56
	Mistissini	3	2

COMPARISON OF NUMBER OF ITEMS MISSING, BETWEEN 2011 AND 2016

Compared to 2011, there were **generally less food items missing** per community, except for Ouje-Bougoumou where 15 **more** items were missing.

Table 3: Comparison of number of items missing per community, between 2011 and 2016

Communities		NFB items missing (n)	
		2011	2016
Coastal	Chisasibi	4	1
	Whapmagoostui	5	3
	Wemindji	6	2
	Waskaganish	7	2
	Eastmain	14	5
Inland	Waswanipi	13	8
	Nemaska	7	7
	Ouje-Bougoumou	41	56
	Mistissini	2	2

TYPE OF FOOD ITEMS MISSING

In 2016, the most common food items missing were **legumes** (red kidney beans, lentils, chickpeas and white beans), **flax seeds, liver, sole fillet, beef** (boneless stewing, inside round), **whole wheat flour, turnip/rutabaga and green cabbage**.

The most common food items missing in 2016 were similar to 2011.

Table 4: Most common food items missing

Item	Number of stores where food item was missing
Flax seeds	19
Red kidney beans (dry)	19
Lentils (dry)	17
Liver	16
Sole fillet (frozen)	14
Beef - boneless stewing	12
Beef - inside round	11
Chickpeas (canned)	10
White beans (dry)	10
Whole wheat flour	9
Turnip/Rutabaga	9
Green cabbage	9

For more detail on type of items missing, see Appendix 3.

COST OF BASIC NUTRITIOUS FOODS

COST OF BASIC NUTRITIOUS FOODS PER FAMILY SIZE

The cost of the NFB varies according to family size.

Family of 4

The Dispensary generally uses a reference family of 4 to calculate the weekly cost of the NFB. This reference family of 4 is composed of a man and a woman aged 31 to 50, a boy 14 to 18 and a girl 9 to 13. The reference family of 4 was used to compare the cost of the NFB in Eeyou Istchee to other Quebec regions. As shown in the table below, **the cost of the NFB was \$321.93 per week for a family of 4.**

Family of 6

In Eeyou Istchee, family size varies a lot, and families tend to be larger. To take into consideration the reality of Eeyouch families, the weekly cost of the NFB was also calculated for a reference family of 6, with 2 adults and 4 children. The reference family of 6 is composed of a man and a woman aged 31 to 50, a boy 14 to 18, a girl 9 to 13, a boy 4 to 8 and a child 1 to 3. **The cost of the NFB was \$430.00 per week for a family of 6.**

Table 5: Weekly cost of the NFB per family size

Reference family of 4		Reference family of 6	
Man 31 to 50	\$ 81.86	Man 31 to 50	\$ 81.86
Woman 31 to 50	\$ 72.76	Woman 31 to 50	\$ 72.76
Boy 14 to 18	\$ 93.82	Boy 14 to 18	\$ 93.82
Girl 9 to 13	\$ 73.49	Girl 9 to 13	\$ 73.49
		Boy 4 to 8	\$ 61.53
		Child 1 to 3	\$ 46.54
Total NFB family 4/week	\$ 321.93	Total NFB family 6/week	\$ 430.00

Smaller or larger families

The cost of the NFB can be calculated for any family size, using Appendices 4 to 6. This calculation allows taking into consideration the specific needs of smaller or larger families, according to the age, sex and physiological condition of each member.

Note that for smaller families, cost of food should be adjusted by calculating an additional amount to account for increased waste and purchase of items in smaller formats.

Adjustment for family size¹

- For a person living alone, increase cost by 20%
- For a family of two, increase cost by 10%
- For a family of three, increase cost by 5%

¹ Source: Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

COST OF BASIC NUTRITIOUS FOODS PER AGE GROUP, SEX AND PHYSIOLOGICAL CONDITION

The cost of the NFB also varies according to age, sex and physiological condition.

Appendices 4 to 6 present the cost of the NFB per age group, sex and physiological condition for Eeyou Istchee, Coastal communities and Inland communities respectively.

The quantity of food needed was calculated based the nutritional needs of each individual (i.e. according to their age, sex and physiological condition) (See Table 6 on the following page).

Breastfeeding

In addition to its many health benefits, breastfeeding represents a saving for families.

In Eeyou Istchee, breastfeeding represents a saving of approximately \$20.00 per week. This saving varies from \$18.40 to \$23.86, depending on mother's age and geographical area.

This weekly saving was calculated by comparing the additional cost to cover the nutritional needs of breastfeeding women to the cost of infant formula. (See Appendix 7 for calculations).

Table 6: Quantity of food required each week, according to age, sex and physiological condition

Food categories	Unit*	Child		Males							Females							Pregnancy			Lactation		
		0,5 to 1	1 to 3	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	≤ 18	19 to 30	31 to 50	≤ 18	19 to 30	31 to 50
MILK	3.25% fat	Litre	—	5	—	—	—	—	—	—	—	—	—	—	—	—	—	7	7	7	7	7	7
	2% fat	Litre	—	—	6	7	7	6	5	—	—	6	7	7	5	5	—	—	—	—	—	—	—
	1% fat	Litre	—	—	—	—	—	—	—	5	5	—	—	—	—	—	5	5	—	—	—	—	—
MEAT	Kg	0.06	0.21	0.48	0.48	0.75	0.75	0.75	0.75	0.68	0.42	0.42	0.60	0.60	0.60	0.60	0.48	0.60	0.60	0.60	0.60	0.60	0.60
FISH	Kg	0.03	0.12	0.18	0.24	0.30	0.30	0.30	0.30	0.30	0.18	0.24	0.24	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30
LIVER	Kg	0.01	0.03	0.06	0.09	0.09	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.09	0.09
EGG	unit	3 ^μ	3	3	4	7	7	4	4	3	3	4	4	4	3	3	3	7	7	7	7	7	7
CHEESE	g	60	60	120	120	210	180	150	150	120	90	120	150	150	150	150	120	150	150	150	150	150	150
PEANUT BUTTER	g	—	70	140	210	210	140	140	140	105	105	105	105	105	105	105	105	105	105	105	105	105	105
LEGUMES ^α	g	—	60	100	180	240	240	200	200	200	100	150	150	200	200	200	200	200	200	200	200	200	200
CITRUS FRUIT	Kg	0.5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2
OTHER FRUIT	Kg	0.5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
POTATO	Kg	0.25	0.5	1	1.5	2	1.75	1.75	1.5	1.25	1	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25
VEGETABLES	Kg	0.5	1	1.5	2.5	2.5	2.5	2.5	2.5	2.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5
BREAD	sl. ^β	1	14	21	35	42	35	35	28	28	21	28	21	21	21	21	21	35	28	28	28	28	28
BREAKFAST CEREALS	g	—	210	280	420	420	420	420	420	420	210	315	420	420	315	210	210	420	315	315	315	315	315
RICE/PASTA/FLOUR	g	30	105	210	315	630	630	630	630	525	210	315	315	525	525	420	315	420	420	315	420	420	315
BUTTER/MARGARINE	g	—	70	70	105	105	105	105	105	105	70	105	105	70	70	70	70	105	70	70	105	70	70
OTHER FATS	g	—	35	105	140	210	140	140	105	105	105	105	105	105	105	105	105	105	105	70	105	105	105
SUGAR	g	—	35	105	105	210	105	105	105	105	70	70	105	105	70	70	70	105	105	70	105	105	70
SWEETS	g	—	35	105	105	210	105	105	105	105	70	105	105	105	70	70	70	105	105	70	105	105	70
FLAXSEED	g	—	—	—	49	49	49	49	49	49	—	49	49	49	49	49	49	49	49	49	49	49	49
INFANT FORMULA ^δ	g	609	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
BABY CEREAL	g	120	105	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—

* under each group of age, sex and physiological condition, the quantity indicated corresponds to food as purchased rather than the edible portion

μ yolk only

α dry

β slice (≈ 30 g)

δ powder

COST OF BASIC NUTRITIOUS FOODS FOR THE REGION, PER GEOGRAPHICAL AREA AND PER COMMUNITY

The cost of basic nutritious foods varies according to the area and the community.

The following table presents the weekly cost of the NFB for the reference family of 4 and the daily cost per person, for the region of Eeyou Istchee, as well as per geographical area and community.

Table 7: Weekly cost of the NFB per geographical area and community

		Stores (n)	Median		Mean Weekly cost for family of 4	Standard deviation
			Weekly cost for family of 4	Daily cost per person		
Coastal	Coastal communities	12	333.73 \$	11.92 \$	336.72	47.47 \$
	Chisasibi	4	337.64 \$	12.06 \$	336.09	27.84 \$
	Whapmagoostui	2	274.37 \$	9.80 \$	274.37	19.93 \$
	Wemindji	1	321.48 \$	11.48 \$	321.48	N/A
	Waskaganish	3	328.08 \$	11.72 \$	337.32	26.71 \$
	Eastmain	2	407.08 \$	14.54 \$	407.08	52.26 \$
Inland	Inland communities	9	310.14 \$	11.08 \$	306.33	29.27 \$
	Waswanipi	3	316.24 \$	11.29 \$	315.30	2.07 \$
	Nemaska	2	285.02 \$	10.18 \$	285.02	26.07 \$
	Oujé-Bougoumou**	1	327.18 \$	11.68 \$	327.18	N/A
	Mistissini	3	312.35 \$	11.16 \$	301.25	51.28 \$
Eeyou Istchee		21	321.93 \$	11.50 \$	323.22	43.30 \$

** Data from Ouje-Bougoumou should be used with caution. It only represents an estimation since many food items were missing.

Region

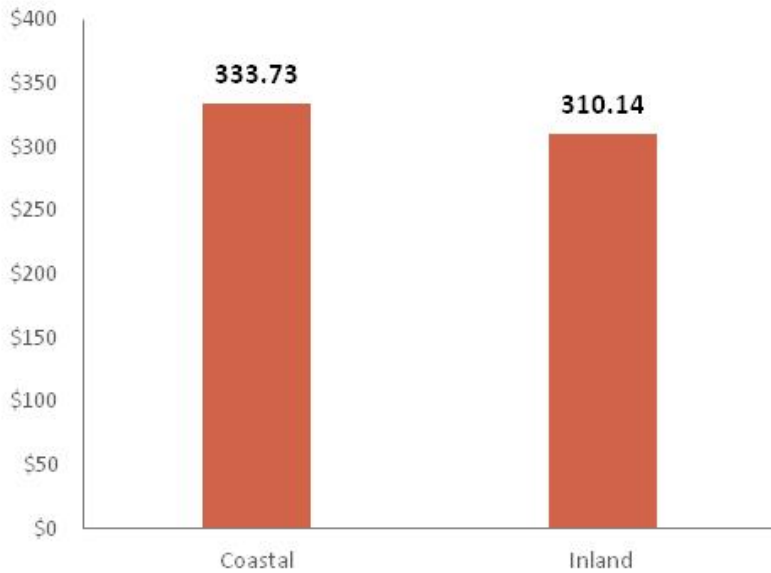
In Eeyou Istchee, the median weekly cost of the NFB was \$321.93 for a family of 4, and the daily cost was \$11.50 per person.

Geographical areas

The median weekly cost of the NFB was \$333.73 for a family of 4 in Coastal communities, and \$310.14 in Inland communities (See Figure 2 on following page). This represents a variation of more than \$23.00 per week between the two geographical areas. However, the difference in cost is not significant.

The daily cost was \$11.92 per person in Coastal communities, and \$11.08 in Inland communities.

Figure 2: Comparison of median weekly cost of NFB for a family of 4, per geographical area

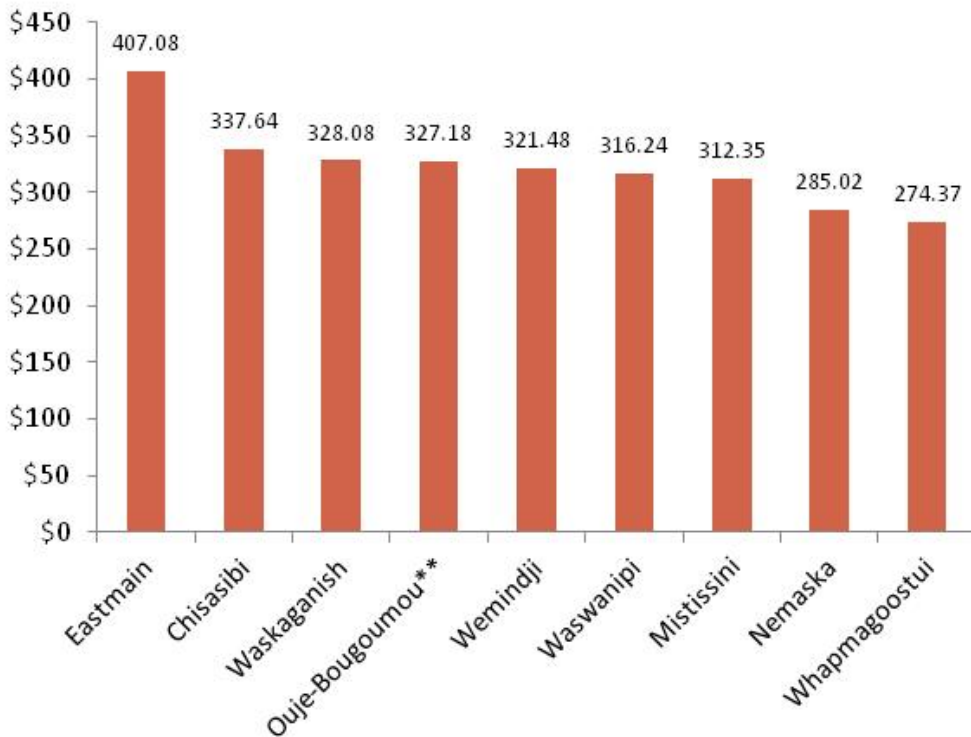


Communities

The cost of the NFB varies greatly from one community to the other.

The cost of the NFB was shown to be most expensive in Eastmain (\$407.08/week for a family of 4) and least expensive in Whapmagoostui (\$274.37/week for a family of 4), which represents a cost variation of over \$130.00 per week (See Figure 3).

Figure 3: Comparison of median weekly cost of NFB for a family of 4, per community



** Data from Ouje-Bougoumou should be used with caution. It only represents an estimation since many food items were missing.

COMPARISON OF THE COST OF THE NFB BETWEEN 2011 AND 2016

Between 2011 and 2016, the cost of the NFB increased by 3% in Eeyou Istchee, but a great variation was observed between the communities. Note that during the same period, an 8% increase was observed in Montreal.)

The most important increases in cost were observed in Mistissini (+28%), Eastmain (+16%), Chisasibi (+13%) and Waswanipi (+12%).

An important decrease in cost was observed in Whapmagoostui (-31%), where two subsidy programs are now in place (See following section for further details).

Table 8: Comparison of median weekly cost of the NFB, between 2011 and 2016

		2011	2016	\$	%
Coastal	Coastal communities	338.71 \$	333.73 \$	-4.98 \$	-1.47%
	Chisasibi	298.74 \$	337.64 \$	38.90 \$	13.02%
	Whapmagoostui	398.74 \$	274.37 \$	-124.37 \$	-31.19%
	Wemindji	322.48 \$	321.48 \$	-1.00 \$	-0.31%
	Waskaganish	349.03 \$	328.08 \$	-20.95 \$	-6.00%
	Eastmain	350.33 \$	407.08 \$	56.75 \$	16.20%
Inland	Inland communities	268.73 \$	310.14 \$	41.41 \$	15.41%
	Waswanipi	282.53 \$	316.24 \$	33.71 \$	11.93%
	Nemaska	273.72 \$	285.02 \$	11.30 \$	4.13%
	Oujé-Bougoumou**	285.48 \$	327.18 \$	41.70 \$	14.61%
	Mistissini	244.07 \$	312.35 \$	68.28 \$	27.98%
Eeyou Istchee		312.47 \$	321.93 \$	9.46 \$	3.03%

** Data from Ouje-Bougoumou should be used with caution. It only represents an estimation since many food items were missing.

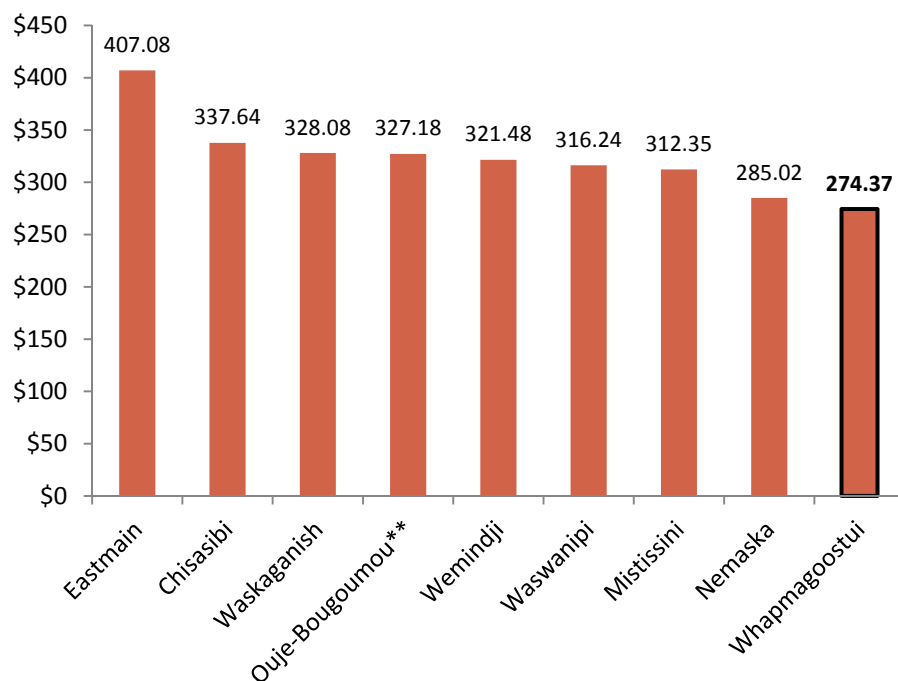
COST OF BASIC NUTRITIOUS FOODS IN WHAPMAGOOSTUI

Two subsidy programs are currently in place in Whapmagoostui/Kuujuuarapik. The Nutrition North Canada Program (NNC) is a federal subsidy program aiming to improve access to perishable nutritious food in Northern communities of Canada where year-round surface transportation is not accessible². The regional government of Nunavik³ also has a program in place aiming to subsidize essential items sold in stores. Whapmagoostui is the only community of Eeyou Istchee eligible to these programs.

The programs were not in place at the time of the first data collection, they were introduced after the 2011 data collection. Therefore, when comparing the cost of food between 2011 and 2016, we observed a **significant decrease in Whapmagoostui (-31%)** (See Table 8).

Whapmagoostui went from being the community of Eeyou Istchee where the NFB was the most expensive in 2011, to the **community where it was the least expensive in 2016** (See Figure 4).

Figure 4: Comparison of the cost of the NFB in Whapmagoostui, with other communities of Eeyou Istchee



** Data from Ouje-Bougoumou should be used with caution. It only represents an estimation since many food items were missing.

² Nutrition North Canada Program : <http://www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537>

³ Food and Other Essential Program (Kativik Regional Government): <http://www.krg.ca/food-and-other-essentials-program>

COMPARISON OF THE COST OF FOOD CATEGORIES, BETWEEN 2011 AND 2016

When comparing the cost of food between 2011 and 2016, the food categories that:

- ❖ Increased the most were: cheese, fish, meat and egg.
- ❖ Decreased the most were: potatoes, breakfast cereals, sweets, butter/margarine and other fats.

Table 9: Comparison of the cost per food category, between 2011 and 2016

Food Category	Cost/Size		Difference %
	2011	2016	
Milk 2%	2.47 \$/litre	2.37 \$/litre	-4%
Meat	11.66 \$/kg	12.90 \$/kg	11%
Fish	17.45 \$/kg	19.80 \$/kg	13%
Egg	0.28 \$/unit	0.31 \$/unit	9%
Cheese	21.41 \$/kg	24.86 \$/kg	16%
Legumes	8.14 \$/kg	8.36 \$/kg	3%
Citrus	3.29 \$/kg	3.52 \$/kg	7%
Other fruits	4.44 \$/kg	4.56 \$/kg	3%
Potato	1.75 \$/kg	1.50 \$/kg	-14%
Other vegetables	4.70 \$/kg	4.53 \$/kg	-4%
Bread	5.21 \$/kg	5.13 \$/kg	-2%
Breakfast cereals	8.94 \$/kg	7.88 \$/kg	-12%
Other cereal products	4.34 \$/kg	4.62 \$/kg	6%
Butter/Margarine	12.03 \$/kg	10.90 \$/kg	-9%
Other fats	7.85 \$/kg	7.15 \$/kg	-9%
Sugar	3.00 \$/kg	2.89 \$/kg	-4%
Sweets	9.15 \$/kg	8.22 \$/kg	-10%
Infant cereals	26.86 \$/kg	24.61 \$/kg	-8%

PRICE OF MILK

Price of milk is high in Eeyou Istchee. This may partly be due to the fact that the law on price of milk⁴ is not currently applicable in communities of Eeyou Istchee.

When comparing the price of milk in Eeyou Istchee to the maximum retail price permitted in close-by regions, the **price of a 4L bag of milk is more than \$2 higher**. The only community where the price of milk was lower than the maximum retail price of close-by regions is Whapmagoostui, where the Nutrition North program is applicable. (See Appendix 8 for further details).

⁴ Loi sur le prix du lait de consommation (Régie des marchés agricoles et alimentaires du Québec).
www.rmaa.gouv.qc.ca/index.php?id=118

COST OF BASIC NUTRITIOUS FOODS IN ECONOMICAL CONTEXT OF EYEOUCH FAMILIES

In order to find out if the NFB is affordable for families of Eeyou Istchee, the cost of the NFB was compared to family income.

The following table shows the proportion of income that is required to purchase the NFB. This proportion was calculated by comparing the yearly cost of the NFB to the after-tax median income of families of Eeyou Istchee (3, 4).

Table 10: Proportion of family income needed to purchase the NFB

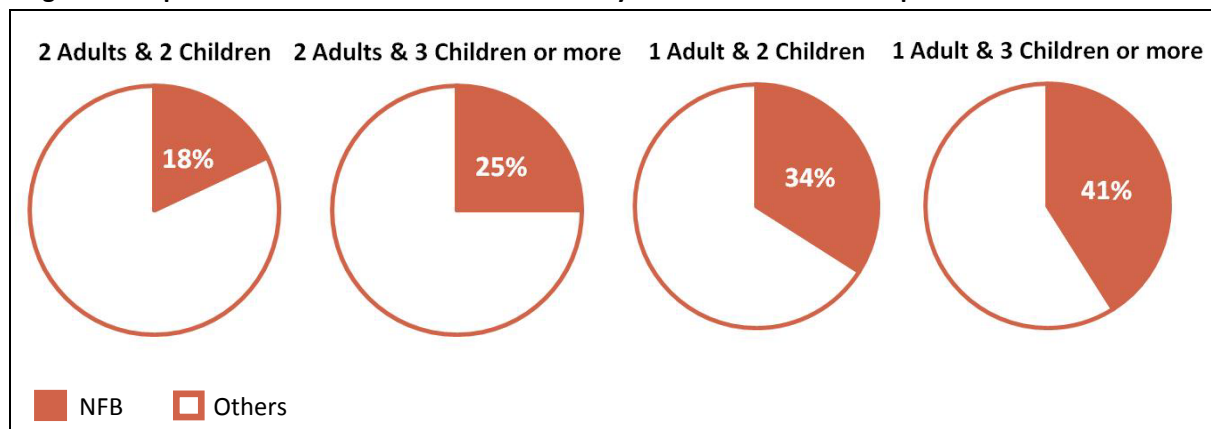
Family type	Annual After-tax Median Income (2014)⁵	Cost NFB/year	% of Income needed for NFB
All families of Eeyou Istchee			
2 Adults & 2 Children	90990	16741	18%
1 Adult & 2 Children	37000	12484	34%
2 Adults & 3 Children or more	90100	22360	25%
1 Adult & 3 Children or more	43740	18103	41%
Low-income families			
2 Adults & 2 Children	23510	16741	71%
1 Adult & 2 Children	18280	12484	68%
2 Adults & 3 Children or more	31460	22360	71%
1 Adult & 3 Children or more	26560	18103	68%

⁵ 2014 revenue data was used, as it was the most up-to-date data available when the report was produced.

The following figures further illustrate the proportion of family income needed to purchase the NFB. As shown in these figures, the proportion of income needed to purchase the NFB varies greatly according to family size and composition, whether looking at all families of Eeyou Istchee regardless of their income level (Figure 5), or comparing low-income families (Figure 6).

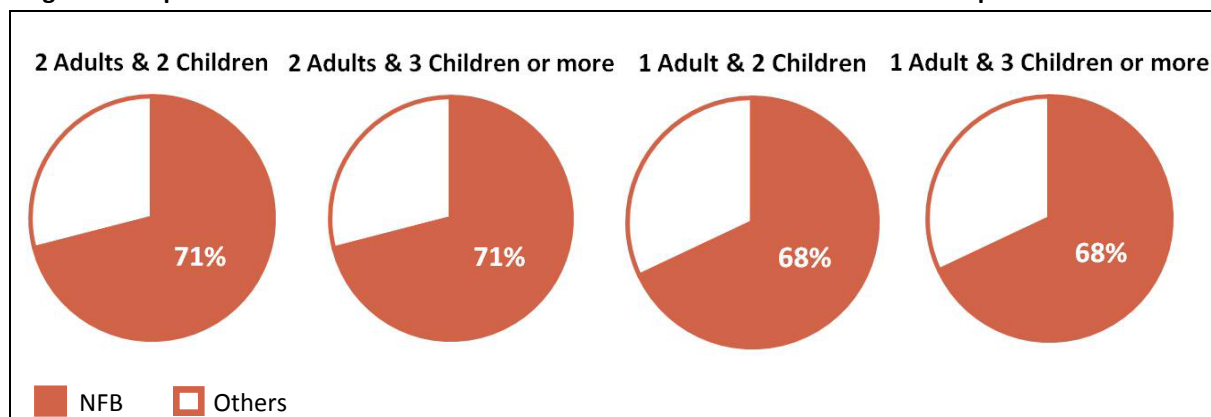
When comparing the cost of the NFB to the after-tax median income of all families of Eeyou Istchee (including families with low, average or high income levels), the proportion of income needed to purchase the NFB varied from 18% to 41%, according to family size and composition (See Figure 5). **Single parent-families need a significantly higher proportion of their income to purchase basic nutritious foods.**

Figure 5: Proportion of after-tax median income of Eeyouch families needed to purchase the NFB



When comparing the cost of the NFB to the after-tax median income of **low-income families**, the proportion of income needed to purchase the NFB varied from **68 to 71%** according to family size and composition (See Figure 6). **Low-income families need a very high proportion of their income to purchase basic nutritious foods.**

Figure 6: Proportion of after-tax median income of LOW-INCOME FAMILIES needed to purchase the NFB



COMPARISON OF THE COST OF BASIC NUTRITIOUS FOODS WITH OTHER REGIONS

When comparing the weekly cost of the NFB (for a family of 4) to other regions of Quebec⁶ ⁷, **Eeyou Istchee was the most expensive region** studied (1, 5, 6, 7, 8).

For examples, when compared to **Jamesie**, the cost of the NFB in Eeyou Istchee was approximately **30% higher**; and when compared to **Montreal**, it was **40% higher**.

Figure 7: Comparison of the cost of the NFB in Eeyou Istchee with other regions



⁶ In 2016, new data was only available for Montreal and Iles-de-la Madeleine. Data for Cote-Nord, Jamesie, Abitibi, Mauricie, Quebec and Lanaudiere represents adjusted data from previous years.

⁷ For Iles-de-la-Madeleine, the cost of the NFB was established in May 2016, whereas cost for other regions was established in September. Seasonal variation may slightly affect results.

CONCLUSION

The goal of this project was to reassess availability and cost of basic nutritious foods in the stores of Eeyou Istchee and to compare the results with those of 2011.

Results show that availability of basic nutritious foods has improved or remained similar in most communities of Eeyou Istchee, except in Ouje-Bougoumou, where a large number of items was missing. Furthermore, Inland communities generally seemed to have more items missing than Coastal communities. Availability of basic nutritious foods was also found to be more limited in smaller stores. Overall, the types of missing items were similar to 2011.

When comparing the cost of the NFB to other Quebec regions, Eeyou Istchee remained the most expensive region studied. It was approximately 30% more expensive than in Jamesie, and 40% more expensive than in Montreal.

Certain communities experienced an important increase in food cost over the past 5 years. The most significant increases were observed in Mistissini (+28%), Eastmain (+16%), Chisasibi (+13%) and Waswanipi (+12%).

Interestingly, in 2011, Whapmagoostui/Kuujuarapik was the community where the cost of the NFB was the most expensive, and has become the least expensive following the implementation of two subsidy programs (i.e. 31% decrease within 5 years). Eastmain has become the community of Eeyou Istchee where the cost of the NFB is now the most expensive.

Purchasing basic nutritious foods represent a great proportion of the income of single-parent family and low-income families. Eating well seems to be out of reach for low-income families. This is of great concern, especially since about a quarter of the families of Eeyou Istchee live with a low income (9).

Having access to affordable nutritious foods is essential to prevent chronic diseases and enhance the well-being of families. In light of these results, it appears essential to collaborate with stores and local partners to ensure availability of affordable nutritious foods in all stores of Eeyou Istchee, especially in smaller stores. Since low-income families and single-parent families are at greater risk of food insecurity, special attention should be given to that group to ensure that they have access to affordable nutritious foods.

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APPENDICES

Appendix 1: Price tallying form – Eeyou Istchee 2016

Appendix 2: Modifications pour relevé de prix – Eeyou Istchee 2016

Appendix 3: Availability of NFB items in stores of Eeyou Istchee

Appendix 4: Cost of the NFB – Eeyou Istchee (September 2016)

Appendix 5: Cost of the NFB – Coastal Communities (September 2016)

Appendix 6: Cost of the NFB – Inland Communities (September 2016)

Appendix 7: Weekly saving of breastfeeding

Appendix 8: Price of milk

Nom du magasin :
 Nom de l'enquêteur :

Superficie totale (p.c.) :
 Superficie aliments (p.c.) :

	FORMAT	AUTRE FORMAT	PRIX	N/D	Date de péréemption ou état de fraîcheur	Notes
VIANDES						
BŒUF HACHÉ MI-MAIGRE / RÉGULIER	kg					
BŒUF - INTÉRIEUR DE RONDE (rôti français ou du roi / bifteck de ronde / steak)	kg					
BŒUF EN CUBES (à ragoût, désossé / palette / épaule de bœuf)	kg					
PORC – CÔTELETTES DE LONGE (coupe du milieu / centre avec os)	kg					
PORC – QUART DE JAMBON FUMÉ (sans os – type Toupie)	kg					
PORC – FOIE (de bœuf / de poulet)	kg					
POULET, CUISSES avec DOS et PEAU (paquet de 2 à 6 cuisses max.)	kg					
POISSONS (SURGELÉS)						
FILETS DE SOLE- AIGLEFIN- TILAPIA	900 g / 400 g					
LÉGUMES FRAIS						
POMMES DE TERRE	10 lbs					
CAROTTES	5 lbs					
OIGNONS	2 lbs					
CÉLERI (le pied complet)	unité					Poids :
BROCOLI	unité					Poids :
ÉPINARDS ensachés	6 oz					
SI PAS ÉPINARDS : LAITUE ROMAINE	unité					Poids :
LAITUE ICEBERG	unité					Poids :
NAVET (RUTABAGA) ou PANAIS	kg					Poids :
CHOU VERT	kg					Poids :
TOMATES	kg					Poids :
LES FRUITS FRAIS						
POMMES en sac	4 lbs					
ORANGES en sac	4 lbs					Poids :
BANANES	kg					
RAISINS	kg					
POIRES (ou pêches)	kg					Poids :
CANTALOUPE / MELON MIEL	unité					Poids : Grosseur :
LÉGUMINEUSES SÉCHÉES						
LENTILLES (brunes ou vertes)	907 g					
HARICOTS BLANCS (navy)	907 g					
HARICOTS ROUGES (petits)	907 g					
POIS SECS CASSÉS OU ENTIERS	907 g					
GRAINES DE LIN (non moulues)	907 g					

GROUPES D'ALIMENTS	FORMAT	AUTRE FORMAT	PRIX	N/D	Date de péremption ou état de fraîcheur	Notes
LES CONSERVES						
THON PÂLE ÉMIETTÉ (dans l'eau)	170 g					
SARDINES, type Brunswick	106 g					
SAUMON ROSE	213 g					
COCKTAIL DE FRUITS dans leur jus	796 ml (28 oz)					
TOMATES	796 ml (28 oz)					
JUS DE TOMATES	540 ml (19 oz)					
PÂTE DE TOMATES	56 ml (5,5 oz)					
PETITS POIS	540 ml (19 oz)					
MAÏS EN GRAINS / EN CRÈME	540 ml (19 oz)					
FÈVES AU LARD (sauce tomate)	398 ml (14 oz)					
HARICOTS ROUGES	540 ml (19 oz)					
POIS CHICHES / LENTILLES	540 ml (19 oz)					
FRUITS SECS						
RAISINS SECS (sultana)	375 g					
RIZ, PÂTES, FARINES & PAINS						
RIZ À GRAINS LONGS	900 g					
SPAGHETTI ou MACARONI (900G) ou COUSCOUS (907G)	format :					
FARINE TOUT USAGE	2.5 kg					
FARINE DE BLÉ ENTIER	1 kg					
PAIN DE BLÉ ENTIER	675 g					
PAINS HAMBURGER	12					
LES CÉRÉALES DU DÉJEUNER ET CÉRÉALES DE BÉBÉ						
FLOCONS DE SONS (520 g) / SHREDDIES (620 g) / ALL BRAN (525 g)	format:					
SHREDDED WHEAT (425 g) / CHEERIOS (400 g) / WEETABIX (425 g)	format :					
AVOINE ROULÉE (gruau rapide)	1 kg					
CÉRÉALES DE BÉBÉ	227 g					Marque :
PRODUITS LAITIERS ET AUTRES ALIMENTS RÉFRIGÉRÉS						
LAIT 1% M.G.	4 litres					
LAIT 2% M.G.	4 litres					
LAIT ENTIER (3,25% m.g.)	4 litres					
LAIT UHT (2 % m.g.)	1 litre					
LAIT UHT (1 % m.g.)	1 litre					
FROMAGE FONDU (en tranches)	500 g					
FROMAGE CHEDDAR	300g					
FROMAGE MOZZARELLA	300 g					
BEURRE (salé)	454 g					
MARGARINE (non hydrogénée)	454 g					
OEUFS (catégorie A, gros)	1 douzaine					

GROUPES D'ALIMENTS	FORMAT	AUTRE FORMA T	PRIX	N/D	Date de péremption ou état de fraîcheur	Notes
LES ALIMENTS CONGELÉS						
JUS D'ORANGE	355 ml					
MACÉDOINE DE LÉGUMES	1 kg					
FRUITS (PÊCHE, MANGUE, ANANAS, ETC.)	600 g					
BAIES (FRAISES, BLEUETS, ETC.)	600 g					
FRUITS MÉLANGÉS	600 g					
BEURRE D'ARACHIDES						
CRÉMEUX	500 g					
SUCRE, SUCRERIES						
SUCRE BLANC (granulé)	2 kg					
CASSONADE	1 kg					
CONFITURES DE FRAISES	500 ml					
MIEL	500 g					
MÉLASSE	300 g					
AUTRES MATIÈRES GRASSES						
MAYONNAISE (vraie mayonnaise)	475 g					
HUILE VÉGÉTALE (de Canola)	946 ml					
DIVERS						
AIL FRAIS						
VINAIGRE (blanc)	500 ml					
KETCHUP	375 g					
MOUTARDE PRÉPARÉE (douce)	250 g					
THÉ	72 sachets					
CAFÉ INSTANTANÉ	200 g					
CAFÉ, mouture fine	300 g / 400 g					Format : Préparation :
CACAO (en poudre, non sucré)	250 g					
VANILLE (essence artificielle)	43 ml					
POUDRE A PATE	450 g					
BICARBONATE DE SOUDE (soda)	500 g					
LEVURE (à pain)	Pot / Sachet :					Traditionnelle / Levée rapide
SEL (de table, iodé)	1 kg					
MOUTARDE (sèche, en poudre)						
POIVRE (moulu)						
FINES HERBES						
PERSIL						
FEUILLES DE LAURIER						
CARI (OU CUMIN)						
CANNELLE						
PRÉPARATION POUR NOURRISSON						
POUDRE (lait de vache, enrichie de fer)	730 g					
CONCENTRÉE LIQUIDE (lait de vache, enrichie de fer)	385 ml					
PRÊT À BOIRE (lait de vache, enrichie de fer)	235 ml					

Voir fin du document pour ajout 2016 pour substitut acceptable

Viandes fraîches

Item alternatif ou changement demandé : Viandes congelées

Feuille de relevé : Indiquer le prix de viande fraîche, si non-disponible obtenir le prix de la même pièce congelé en indiquant dans les commentaires qu'il s'agit de viande congelée.

Bœuf haché mi-maigre

Item alternatif ou changement demandé : Bœuf haché régulier

Différence de valeur nutritive correspond à 20 kcal et 1,5 g de gras saturé pour l'allocation hebdomadaire¹ (c'est-à-dire 7 kcal et 0,2 g de gras saturés par jour) ce qui apparaît négligeable. De plus la méthode de cuisson peut rendre cette différence encore moins significative.

Feuille de relevé : Demander d'indiquer si mi-maigre ou régulier

Intérieur de ronde (rôti français, rôti du roi)

Item alternatif ou changement demandé : Steak français

Les noms rôti français et rôti du roi sont des noms généraux pour désigner les pièces de viande issues de l'intérieur de ronde. Le steak français ou le bifteck d'intérieur de ronde s'avère un substitut adéquat. De plus, les variations de valeur nutritive sont quasi nulles (moins de 8 kcal pour l'allocation hebdomadaire) pour les viandes parées.

Feuille de relevé : Indiquer la coupe de viande dont le prix a été relevé

Bœuf en cubes

Item alternatif ou changement demandé : Bœuf à braiser

Le bœuf en cubes du PPN est issu des coupes de l'épaule : côte croisée et palette en cube ou rôti désossé sont des items acceptables pour le relevé. Bœuf à ragoût fait référence à ces parties qui requièrent une cuisson humide comme le braisage.

Feuille de relevé : Indiquer le nom de la pièce dont le prix a été relevé

Porc –côtelettes de longe

Coupe du milieu avec os s'avère moins coûteuse et inclut généralement le gras. En substitution, un paquet de coupes variées avec os et gras serait acceptable.

Feuille de relevé : Indiquer le nom de ce qui a été retenu.

¹ Basé sur les allocations pour l'homme de 19-30 ans

Porc quart de jambon fumé

Item alternatif ou changement demandé : Jambon à sandwich

Les plus grandes variations de valeurs nutritives et le coût plus élevé n'en fait pas un substitut de choix, ce prix ne devrait être relevé que si l'item demandé est manquant.

Feuille de relevé : Relever le prix du jambon cuit tranché seulement en absence de quart de jambon.

Foie de porc

Item alternatif ou changement demandé : Foie de bœuf ou de veau

Le foie de porc est le plus économique. Le foie de bœuf est un substitut adéquat mais le foie de veau est significativement plus cher et son contenu en vitamine A beaucoup plus important et son prix ne devrait être que si c'est le seul foie disponible. Le foie de poulet permettrait mieux de combiner valeur nutritive et coût que le foie de veau, en recherche de substitut.

Feuille de relevé : Foie de bœuf comme substitut

Cuisses de poulet avec dos et peau

Item alternatif ou changement demandé : Cuisses de poulet sans peau ou sans os, poitrines de poulet avec dos et peau

Les produits désossés ou sans la peau n'ont pas été retenus dans l'élaboration du PPN à cause de leur coût plus élevé, toutefois si le produit décrit était indisponible, ils pourraient servir de substitut. Quant à la poitrine, elle est moins grasse et moins calorique, mais cela correspond tout de même à moins de 10 kcal de différence par jour selon les quantités définies pour l'homme de 19-30 ans, ce qui ne présente pas un grand problème. Toutefois, le coût sera affecté par l'utilisation d'un tel produit.

Feuille de relevé : Noter l'élément donc le prix a été relevé en absence de cuisses de poulet avec dos et peau

Bologne

Item alternatif ou changement demandé : Jambon (augmenter la quantité)

Cet item était intégré d'après les statistiques de consommation. Inclus dans le PPN depuis 2005 au DDM, il avait été retiré des feuilles de relevé pour l'étude de 2009. Pour le jambon, la valeur énergétique peut être beaucoup plus basse mais vu la faible proportion que représente cet aliment dans l'allocation, la substitution n'entraînerait pas de changement majeur de valeur nutritive.

Feuille de relevé : Réintégrer bologne dans la feuille de relevé et utiliser simili-poulet ou jambon cuit tranché (non réduit en matières grasses) comme substitut

Poissons surgelés – Filet de sole, aiglefin ou tilapia (non pané)

Item alternatif ou changement demandé : Format différent?

La feuille de relevé utilisée pour l'étude de 2009 demande un prix au kg toutefois, les relevés du DDM sont fait avec des formats de filets surgelés en sac de 400 g ou de 900 g si le précédent n'est pas disponible. Ces formats ont été retenus par rapport à la famille-type.

Feuille de relevé : Utiliser dans l'ordre 400 g, 900 g et autres formats pour effectuer le relevé

Légumes frais et Fruits frais

Item alternatif ou changement demandé : congelés ou en conserve

Étant donné la situation géographique particulière du territoire, la disponibilité risque de poser problème. Toutefois, cet élément en est un important qui risque d'être mis en évidence par les résultats. C'est pourquoi le contenu en légumes et en fruits frais ne devrait pas être modifié. En absence d'épinards, la laitue romaine est prévue comme substitut.

Feuille de relevé : Si le légume ou le fruit à relever n'est pas disponible, relever le prix de ce légume ou fruit sous une autre forme et prendre soin d'indiquer les caractéristiques (par exemple, tomates en conserve étuvée, 796 ml ou brocoli surgelé, 1 kg). Pour les épinards, la laitue romaine est déjà incluse à la feuille de relevé.

Légumineuses séchées

Item alternatif ou changement demandé : réduire la variété et inclure les produits en conserve

La variété sélectionnée pour le panier l'a été pour permettre de représenter l'augmentation de la consommation de légumineuses dans les tendances de consommation, pour considérer les recommandations nutritionnelles et pour permettre une flexibilité dans la préparation d'aliments et dans l'intégration des habitudes alimentaires de divers groupes (ethnies, végétarisme, etc.). La quantité de légumineuses dans la ration alimentaire est toutefois faible. Le prix de ces aliments devrait être relevé, toujours dans le but de maintenir un panier comparable. C'est là un des compromis pour que le PPN puisse être globalement utilisé : plusieurs familles typiquement québécoises par exemple consomment très peu ou pas de légumineuses, alors que d'autres familles en consomment beaucoup plus que ce qui se retrouve dans le panier. Des items en conserve sont prévus au panier également.

Feuille de relevé : Aucun changement

Graine de lin

Item alternatif ou changement demandé : huile ou produit de poisson pour fournir des oméga-3

Intégrée à la feuille de relevé à cause de son utilisation au DDM comme source d'oméga-3, il est connu que la graine de lin est généralement l'élément le moins disponible du PPN. Malgré cela, il reste part du PPN surtout pour sa contribution aux besoins nutritionnels par rapport à son faible coût. Des poissons

étant aussi inclus au PPN, il n'est pas nécessaire de définir un produit marin pour remplacer la graine de lin.

Feuille de relevé : Aucun changement

Conserves

Item alternatif ou changement demandé : Ajout de sardines en conserve

Comme pour le thon, le premier choix serait les sardines dans l'eau suivi des sardines dans l'huile

Feuille de relevé : Ajout de sardine en conserve

Item alternatif ou changement demandé : Ajout de plus de variété de légumes et de fruits en conserve

Les items proposés (haricots jaunes ou verts, légumes mélangés pois et carottes, pêches en sirop léger et poires en sirop léger) serviront de substituts pour des légumes et fruits frais ou d'autres produits en conserve.

Feuille de relevé : Aucun changement (ou ajout de ces produits sur des lignes de substitut?)

Thon pâle émietté dans l'eau

Item alternatif ou changement demandé : Thon (entier ou en morceau) dans l'huile

Le choix du thon pâle émietté dans l'eau se base sur le plus faible niveau de contamination en mercure de celui-ci et une quantité de matières grasses réduite.

Feuille de relevé : Relever le prix du thon entier ou en morceau dans l'eau ou dans l'huile seulement si le produit initial est non disponible.

Cocktail de fruits dans leur jus

Item alternatif ou changement demandé : Cocktail de fruits dans sirop léger

Le choix du cocktail dans le jus vise la réduction des sucres raffinés ajoutés. Le prix du cocktail de fruits dans un sirop léger est relevé en l'absence du cocktail de fruits dans leur jus. Les pêches dans leurs jus et les poires dans leur jus présentent aussi des substituts adéquats au cocktail de fruit.

Feuille de relevé : Noter les caractéristiques du substitut utilisé pour relever le prix, en l'absence du produit initial

Maïs en grain

Item alternatif ou changement demandé : Maïs en crème

La valeur nutritive du PPN ne serait pas modifiée de façon significative avec le choix du maïs en crème.

Feuille de relevé : Relevé le prix des deux types de maïs (ajout du maïs en crème)

Haricots rouges, Pois chiches ou lentilles, Fèves au lard ou haricot blanc

Item alternatif ou changement demandé : Choix d'un seul produit

Voir section des légumineuses sèches pour justification de la variété de produits. Pois chiches et lentilles sont déjà présentés dans la feuille de relevé comme interchangeable pour le relevé. Les haricots blancs sont un substitut pour les fèves au lard en conserve.

Feuille de relevé : Aucun changement

Produits laitiers et autres aliments réfrigérés

Item alternatif ou changement demandé : Lait Grand PRÉ, Lait Carnation, Lait en poudre

Compte tenu de la situation géographique le prix de tous ces substituts devrait être relevé, en plus des produits initialement retenus pour le PPN.

Feuille de relevé : Ajout de lait Grand PRÉ (1% ET 2%), Lait Carnation (Lait évaporé régulier, Sans gras et 2%) et Lait en poudre

Aliments congelés

Item alternatif ou changement demandé : Ajout de fruits congelés, Ajout de légumes congelés

Comme mentionné dans les sections Fruits frais et Légumes frais, considérant la situation géographique et le but comparatif de l'étude du coût du panier, les aliments demandé en ajout ici seront vraisemblablement déjà relevés comme substituts aux produits frais.

Feuille de relevé : Aucun changement ou ajout de choix précis de légumes et fruits surgelés à substituer (dans les sections de Légumes frais et Fruits frais)

Miel et mélasse

Bien que ces aliments puissent ne pas être disponible partout, ils doivent être maintenu au PPN. Le sirop d'érable peut être substitué pour le miel

Feuille de relevé : Pas de changement, à moins d'ajouter le sirop d'érable en substitut.

Ingrédients divers

Item alternatif ou changement demandé : Ajout de levure

Il n'y a pas d'inconvénient à ajouter la levure au relevé

Feuille de relevé : Ajout de la levure

Ail (en vrac)

Item alternatif ou changement demandé : Ail en boîte de 2 bulbes

Comme pour les autres éléments du PPN le format décrit pour l'étude peut ne pas être disponible auquel cas un format différent peut être utilisé et noté sur la feuille de relevé.

Feuille de relevé : Aucun changement

Épices en poudre

Item alternatif ou changement demandé : Réduction de la variété des épices (moutarde ou cari ou cannelle ou oignon)

Comme pour les légumineuses, la variété d'épices sélectionnée l'a été pour permettre une certaine flexibilité dans la préparation des repas et représenter la variation qui peut être associée aux diverses pratiques alimentaires. C'est pourquoi tous les produits disponibles devraient être relevés.

Feuille de relevé : Aucun changement

Herbes séchées (fines herbes et persil)

Item alternatif ou changement demandé : fines herbes ou persil ou herbes italiennes et retrait de feuille de laurier

Les herbes italiennes sont un substitut adéquat pour les fines herbes (selon la description des fines herbes en note de bas de tableau sur la feuille de relevé). Le persil seul et les feuilles de laurier devraient aussi être relevés pour les mêmes raisons citées ci-haut au sujet de la variété des épices.

Feuille de relevé : Aucun changement si ce n'est d'ajouter « herbes italiennes » à la note de référence aux fines herbes.

Café instantané

Item alternatif ou changement demandé : Café moulu pour café filtre

Considérant que le café filtre peut coûter de 3 à 4 fois plus cher pour une faible différence de valeur nutritive par rapport au café instantané, il semble peut pertinent de relever le prix du café filtre. Toutefois, il est possible de relever le prix de cet item et de voir les variations de prix pour l'aliment (sans l'inclure au contenu du PPN).

Feuille de relevé : Aucun changement ou ajout d'une ligne pour Café moulu, format d'environ 300 g

Ajout de Substituts 2016

En plus des aliments déjà nommé dans ce document, certains autres ont été accepté comme substitut pour le PPN de 2016.

Certains produits ont été accepté comme substitut suite à une décision se basant sur le principe, que si c'est le seul produit disponible, il est possible que la personne l'achètera sous cette forme, même si c'est plus dispendieux, par exemple, le fromage râpé. D'autres produits ont seulement été accepté sous la base que la valeur nutritive est similaire et remplit les mêmes critères nutritionnels que celui déjà présent dans le PPN.

Foie de porc : Le cœur de poulet a été accepté comme substitut au foie de porc étant donné sa haute valeur en fer hémique.

Onions : les oignons rouges ont été accepté comme substitut aux onions jaunes dans le cas de l'absence de ceux-ci. Cependant, leur prix étant habituellement plus élevé, il y aura un impact sur le coût du PPN.

Pomme de terre : les pommes de terres rouges ont été accepté comme substitue aux pommes de terre dans le cas de l'absence de ceux-ci. Cependant, leur prix étant habituellement plus élevé, il y aura un impact sur le coût du PPN.

Jus de légumes : le jus de légumes a été accepté comme substitut au jus de tomate étant donné la similarité entre les deux produits.

Orange : Le kiwi a été accepté comme substitut aux orange étant donné le contenu similaire en vitamine C.

Jus d'orange : le jus d'orange frais fait de concentré ou non a été accepté comme substitut au jus d'orange concentré congelé.

Fruits et légumes frais : certains fruits étant offert à l'unité ou sous forme de contenant prêt à manger ont été accepté comme substituts (pomme, banane, orange, céleri, brocoli, carotte) Ces produits étant plus dispendieux, il y aura un impact sur le coût du PPN.

Miel et mélasse : le sirop de table a été accepté comme substitut pour le miel et la mélasse étant donné son utilisation similaire possible dans les recettes.

Fromage cheddar ou mozzarella: Le fromage râpé a été accepté comme substitut étant donné que la valeur nutritive est la même que le fromage en brique. Par contre, ce produit étant habituellement plus dispendieux, il y aura un impact sur le prix du PPN.

Fromage cheddar ou mozzarella: Le fromage en grain a été accepté comme substitut étant donné que la valeur nutritive est similaire que le fromage en brique. Par contre, ce produit étant habituellement plus dispendieux, il y aura un impact sur le prix du PPN.

Fromage cheddar ou mozzarella: Le fromage râpé a été accepté comme substitut étant donné que la valeur nutritive est la même que le fromage en brique. Par contre, ce produit étant habituellement plus dispendieux, il y aura un impact sur le prix du PPN.

Lait : Le lait de type purefiltre a été accepté comme substitut pour le lait 1%, 2% et 3.25% étant donné que la valeur nutritive est la même. Par contre, ce type de lait étant habituellement plus dispendieux, il y aura un impact sur le prix du PPN.

Riz à grains long étuvé : Le riz Minute Rice a été accepté comme substitut étant donné sa valeur nutritive similaire.

Céréales à déjeuners froides : Les Raisins Bran, les Rice Krispies, les Cornflakes, les Special K, les Vector, les Mini-wheats ont été acceptés comme substituts étant donné qu'elles sont toutes enrichies en vitamines et minéraux, comme le fer et l'acide folique. Par contre, certaines de ces vitamines n'étant pas fait de grains entiers, leur contenu en fibre est beaucoup moins élevé que ceux présent dans le PPN.

Table: Availability of NFB items in stores of Eeyou Istchee

(LEGEND: Available Not Available)

Communities →		Chisasibi				Whapmagoostui		Wemindji	Waskaganish			Eastmain		Waswanipi			Nemaska		Ouje-Bougoumou*	Mistissini			
Foods ↓	Stores →	N° 1	N° 2	N° 3	N° 4*	N° 1	N° 2		N° 1	N° 2	N° 3	N° 1	N° 2*	N° 1	N° 2*	N° 3*	N° 1	N° 2*		N° 1	N° 2*	N° 3*	
MILK	Fresh 1%, 4 litres	✓	2 L	P		\$ only	Skim, P	P	✓		✓	Skim, P 2L	UHT	2 L			\$ only			✓	✓		
	Fresh 2%, 4 litres	✓	✓	✓	UHT	✓	2 L, P	P	✓	✓	✓	2L, P	UHT	2 L	2 L	✓	\$ only	2 L	2 L	✓	✓	UHT	
	Fresh 3,25%, 4 litres	✓	2 L	P		✓	P	P	\$ only	1 L	✓	2L, P	P	2 L	2 L	✓	✓	UHT	2 L	✓	✓		
MEAT	Beef, medium ground	Lean	X-Lean	X-Lean		✓	Frozen	✓	Lean	Frozen	Lean	Lean	Frozen	Lean Frozen	X-Lean Frozen		Frozen			✓	α		
	Beef, inside round	✓	✓			✓		✓	✓	Frozen	✓	✓	Frozen							✓			
	Beef, boneless stewing	Angus	S. S.	Frozen			Frozen	\$ only	✓	Frozen		✓								✓			
	Pork loin chops, with bones	✓	✓	Frozen \$ only		✓	Frozen	✓	✓	Frozen	✓	Frozen	Frozen	Frozen							Boneless		
	Boneless ham, quarter style	✓	S. S.	✓		✓	✓	✓	✓	S. S.	✓	✓		S. S.	S. S.	S. S.	Picnic			S. S.	✓	S. S.	
	Chicken legs with back	✓	✓	β		✓	Frozen	✓	✓	Frozen	✓	Frozen	Frozen	β, Frozen			Frozen				✓		
LIVER, pork	Chicken hearts	Beef \$ only				Beef frozen			Beef frozen											✓	Veal frozen		
FISH	White fish fillets, frozen			✓			✓	\$ only		✓	✓		✓				✓						
	Tuna, light, flaked, canned	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓			✓	✓			✓		✓	
	Salmon, pink, cannde	✓	\$ only	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓		S. S.	
EGG, category A, large	✓	\$ only	✓	✓	✓	✓	✓	\$ only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
CHEESE	Process, slices	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Cheddar, mild	✓	\$ only	✓		✓	✓	✓	✓	✓	✓	✓	✓	Grated	✓	✓	✓		curd	✓	✓		
	Mozzarella	✓	\$ only	✓		✓	✓	✓	✓	Grated	✓	S. S.	✓	✓	Grated	Grated	✓	✓		✓	ficello	Grated	
PEANUT BUTTER	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
LEGUMES	CANNED	Beans, pork, tomato sauce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
		Red kidney beans	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			S. S.		
		Chick peas	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓		
	DRY	Lentils			✓			✓		✓											✓		
		White beans	✓	✓	✓		✓	✓	✓	✓		✓	✓				✓				✓		
		Red kidney		✓	✓																		
		Split yellow peas	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓		✓	✓			✓		
CITRUS FRUITS	Oranges	✓	✓	Unit		✓	✓	✓	✓	✓	✓	✓	✓	Unit		Unit				✓			
	Orange juice, frozen	✓		✓		✓	✓	✓	✓	✓	✓		S. S.	S. S.	S. S.	✓			S. S.	✓	S. S.	S. S.	
OTHER FRUITS	FRESH	Apples	✓	✓	✓		✓	✓	✓	\$ only	✓	✓	✓	Unit	Unit		\$ only			✓	Unit		
		Bananas	✓	✓	✓		✓	✓	✓	✓ very ripe	✓ very ripe	✓ very ripe	✓	Unit	Unit		\$ only			✓			
		Grapes	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓			✓	μ	
		Pears/Peaches	✓	\$ only	✓ bad		✓	✓	✓			✓	✓	✓	Unit	Unit		✓			✓		
		Cantaloupe		✓	✓		✓	✓	✓	✓		✓ Bad		✓ bad		S.S.		✓ Very ripe			✓	cup	
	Fruit salad/cocktail in own juice	✓	✓	✓		✓	\$ only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	S. S.		
	Raisins	✓	✓	✓		✓	✓	\$ only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	

* Convenience store UHT Ultra high temperature L Litre P Purfiltre α Four-patty package S. S. Suitable substitute β Chicken drumstick

Table: Availability of NFB items in stores of Eeyou Istchee (continued)

(LEGEND: Available Not Available)

Communities		Chisasibi				Whapmagoostui		Wemindji	Waskaganish			Eastmain		Waswanipi			Nemaska		Ouje-Bougoumou*	Mistissini		
Foods ↓	Stores →	N° 1	N° 2	N° 3*	N° 4*	N° 1	N° 2		N° 1	N° 2	N° 3	N° 1	N° 2*	N° 1	N° 2	N° 3*	N° 1	N° 2		N° 1	N° 2	N° 3*
POTATO		✓	✓	✓	✓	✓	✓	✓	Red	✓	✓	Red	✓	✓	✓	✓	\$ only		✓			
OTHER VEGETABLES	Carrots	✓	\$ only	✓		✓ bad	✓	\$ only	✓	✓	✓	✓	✓	✓	✓	✓	\$ only		✓	μ		
	Onions	✓	✓	Red		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		\$ only		✓			
	Celery	✓	✓	✓ bad		✓	✓	✓	✓	✓	✓	✓	\$ only	✓	✓		✓		✓	μ		
	Spinach/Romaine lettuce	✓	\$ only	✓		✓	✓	✓	✓	✓	✓	✓	\$ only	✓	✓		\$ only		✓			
	Broccoli	✓	\$ only	✓		✓	✓	✓	✓		✓	✓ bad			S. S.	\$ only		✓	μ			
	Lettuce, iceberg	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	\$ only	✓ not fresh		✓	✓		✓			
	Turnip/Rutababa	✓ mou	\$ only	✓ mou		\$ only	✓	✓	✓		✓		✓	✓			\$ only		✓			
	Green cabbage	✓	✓	✓		✓	✓	✓	✓		✓		✓	✓			✓		✓			
	Tomatoes	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	\$ only		✓			
	Tomatoes	✓	✓	✓		✓	✓	✓	✓	✓ not fresh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Tomato juice	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	S. S.	S. S.	✓		✓		✓	✓	✓	
	Tomato paste	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		
	Green peas	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	S. S.
	Corn, whole kernels/cream	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Mixed vegetables, frozen	✓	\$ only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
BREAD	Whole wheat	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓		\$ only		✓	✓	✓	✓	
	Hot dog/hamburger bun	✓	✓	✓		✓	\$ only	✓	✓	✓	✓	✓	✓	✓		\$ only		✓	✓	✓	✓	
BREAKFAST CEREALS	Shredded wheat	S. S.	✓	✓	✓	✓	✓	✓	✓	S. S.	✓	✓	✓	S. S.		S. S.	✓	S. S.	✓	S. S.	S. S.	
	Bran flakes	✓	S. S.	✓		✓	✓	✓	✓	✓	✓	S. S.	✓	S. S.	S. S.	S. S.	✓		✓	S. S.	S. S.	
	Oatmeal, quick	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
OTHER CEREAL PRODUCTS	Rice, long grain	S. S.	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Macaroni/spaghetti	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Flour, all purpose	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
	Flour, whole wheat	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓				✓		✓	✓		
BUTTER/ MARGARINE	Butter	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Margarine	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
OTHER FATS	Mayonnaise (65% oil)	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
	Vegetable oil (canola)	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
SUGAR	Sugar, white	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Sugar, brown	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
SWEETS	Strawberry jam	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
	Honey	✓	✓	✓		✓	✓	✓	✓	Ω	✓	✓	✓	✓	Ω	✓	✓	✓		✓	Ω	Ω
	Molasses	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓			
FLAX SEED								✓												✓		
INFANT FORMULA δ		✓ 3	✓ 3	✓ 3		✓ 3	✓ 3	✓ 1	✓ 2	✓ 2	✓ 2	✓ 3	✓ 2	✓ 1	✓ 2	✓ 1	✓ 3	✓ 1		✓ 3		
BABY CEREAL, iron enriched		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓			

* Convenience store S. S. Suitable substitute μ 12-individual-serving package δ Available number of types (powder/concentrated liquid/ready-to-use liquid) Ω Table syrup

COST OF THE NUTRITIOUS FOOD BASKET – September 2016

Eeyou Istchee

The following table gives the minimum cost of an adequate diet based on individual market order prepared by the Montreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Intakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

SEX / AGE	CALORIES	PROTEIN	DAILY COST	WEEKLY COST	MONTHLY COST
Child					
6-11 months	735	19	\$6.42	\$44.94	\$193.26
1-3 years	1435	59	\$6.65	\$46.54	\$200.11
Boy/Man					
4-8	1930	84	\$8.79	\$61.53	\$264.59
9-13	2610	112	\$11.26	\$78.84	\$339.01
14-18	3260	135	\$13.40	\$93.82	\$403.45
19-30	2850	124	\$12.35	\$86.45	\$371.75
31-50	2690	114	\$11.69	\$81.86	\$352.01
51-70	2490	110	\$11.32	\$79.26	\$340.81
> 70	2340	103	\$10.82	\$75.73	\$325.64
Girl/Woman					
4-8	1800	80	\$8.34	\$58.35	\$250.93
9-13	2280	100	\$10.50	\$73.49	\$316.01
14-18	2330	104	\$10.97	\$76.82	\$330.34
19-30	2300	100	\$10.64	\$74.51	\$320.40
31-50	2200	98	\$10.39	\$72.76	\$312.85
51-70	2030	94	\$10.07	\$70.51	\$303.18
> 70	1930	88	\$9.58	\$67.06	\$288.35
Pregnant					
< 18	2780	118	\$12.41	\$86.88	\$373.57
19-30	2615	113	\$12.02	\$84.13	\$361.74
31-50	2485	112	\$11.83	\$82.78	\$355.93
Breastfeeding					
< 18	2650	113	\$12.08	\$84.57	\$363.67
19-30	2615	113	\$12.02	\$84.13	\$361.74
31-50	2525	112	\$11.87	\$83.08	\$357.23

The minimum adequate cost of a nutritive diet is **\$11.50 per person per day** for a family of four: a man (31-50 years), a woman(31-50 years), a boy (14-18 years) and a girl (9-13 years)*.

* Adjustment for family size

- For a person living alone, increase cost by 20%
- For a family of two, increase cost by 10%
- For a family of three, increase cost by 5%

Source : Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

KINDS AND SIZE OF FOODS USED IN PRICING LIST – September 2016

FOODS	PRICE	SIZE	CATEGORY PRICE	FOODS	PRICE	SIZE	CATEGORY PRICE
Milk				Other vegetables			\$4.53 / kg
Milk, whole	\$9.64	4 litres	\$2.41 / litre	Carrots	\$6.61	2.27 kg	
Milk, 2%	\$9.49	4 litres	\$2.37 / litre	Onions	\$2.72	908 g	
Milk, 1%	\$8.97	4 litres	\$2.24 / litre	Celery	\$2.61	1 unit	
Meat			\$12.90 / kg	Spinach	\$1.21	170 g	
Medium ground beef	\$15.02	1 kg		Broccoli	\$3.32	608 g	
Round steak	\$18.47	1 kg		Lettuce, iceberg	\$2.65	1 unit	
Stewing beef	\$18.41	1 kg		Turnip	\$3.12	1 kg	
Pork loin chop	\$13.26	1 kg		Cabbage	\$1.95	1 kg	
Ham, smoked boneless	\$22.32	1 kg		Tomatoes	\$6.91	1 kg	
Chicken thighs with	\$8.74	1 kg		Tomatoes, canned	\$2.90	796 ml	
Liver	UNAVAILABLE			Tomato juice	\$2.36	540 ml	
Fish			\$19.80 / kg	Tomato paste	\$1.36	156 ml	
Sole fillets, frozen	\$18.03	1 kg		Green peas	\$2.54	540 ml	
Tuna, light, flaked	\$2.59	170 g		Corn, whole kernel	\$1.63	540 ml	
Pink salmon, canned	\$3.56	213 g		Frozen mixed vegetables	\$7.02	1 kg	
Egg, grade A, large	\$3.66	1 dozen	\$0.31 / unit	Bread			\$5.13 / kg
Cheese			\$24.86 / kg	Whole wheat bread	\$3.23	675 g	
Cheese process	\$9.35	500 g		Hamburger or hot dog	\$3.66	12 units	
Cheddar mild	\$7.94	300 g		Breakfast cereals			\$7.88 / kg
Mozzarella	\$8.91	300 g		Shredded wheat	\$6.28	425 g	
Peanut butter	\$5.15	500 g	\$10.31 / kg	Bran flakes	\$6.27	520 g	
Flax seed	UNAVAILABLE			Oats, quick	\$4.05	1 kg	
Legumes			\$8.36 / kg	Other cereal products			\$4.62 / kg
Beans in tomato sauce	\$2.94	540 ml		Rice, long grain	\$5.02	900 g	
Red beans	\$2.25	540 ml		Macaroni / spaghetti	\$4.40	900 g	
Chick peas	\$1.92	540 ml		Flour, all purpose	\$7.88	2,5 kg	
Lentils	UNAVAILABLE			Flour, whole wheat	\$4.25	1 kg	
Dried white beans	\$3.69	907 g		Butter/Margarine			\$10.90 / kg
Dried red beans	UNAVAILABLE			Butter	\$6.24	454 g	
Yellow split peas	\$3.10	907 g		Margarine	\$3.57	454 g	
Citrus			\$3.52 / kg	Other fats			\$7.15 / kg
Oranges	\$4.76	1 kg		Mayonnaise (65% oil)	\$4.66	475 ml	
Frozen orange juice	\$3.39	341 ml		Vegetable oil (canola)	\$5.09	946 ml	
Other fruits			\$4.56 / kg	Sugar			\$2.89 / kg
Apples	\$4.38	1 kg		White sugar	\$5.29	2 kg	
Bananas	\$2.67	1 kg		Brown sugar	\$3.68	1 kg	
Grapes	\$8.29	1 kg		Sweets			\$8.22 / kg
Pears	\$5.17	1 kg		Strawberry jam	\$4.90	500 ml	
Cantaloupe	\$4.85	1 kg		Honey	\$6.48	500 g	
Fruit cocktail	\$5.51	796 ml		Molasses	\$1.99	300 g	
Raisins	\$4.45	375 g		Infant formula			
Potato	\$6.82	4.54 kg	\$1.50 / kg	Powder	\$26.94	730 g	
				Concentrated	\$5.10	385 ml	
				Ready to drink	\$3.95	235 ml	
				Infant cereals	\$5.59	227 g	\$24.61 / kg

Miscellaneous weekly allowance – Adult: \$2.71 - Child: \$1.52

Use this list of reference prices to find the best buys at the grocery store.

COST OF THE NUTRITIOUS FOOD BASKET – September 2016

Coastal Communities (Eeyou Istchee)

The following table gives the minimum cost of an adequate diet based on individual market order prepared by the Montreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Intakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

SEX / AGE	CALORIES	PROTEIN	DAILY COST	WEEKLY COST	MONTHLY COST
Child					
6-11 months	735	19	\$6.43	\$45.01	\$193.55
1-3 years	1435	59	\$6.79	\$47.51	\$204.28
Boy/Man					
4-8	1930	84	\$9.12	\$63.81	\$274.39
9-13	2610	112	\$11.71	\$81.94	\$352.33
14-18	3260	135	\$13.88	\$97.14	\$417.70
19-30	2850	124	\$12.78	\$89.47	\$384.73
31-50	2690	114	\$12.10	\$84.71	\$364.26
51-70	2490	110	\$11.81	\$82.66	\$355.42
> 70	2340	103	\$11.29	\$79.04	\$339.89
Girl/Woman					
4-8	1800	80	\$8.66	\$60.61	\$260.63
9-13	2280	100	\$10.92	\$76.42	\$328.61
14-18	2330	104	\$11.40	\$79.77	\$343.03
19-30	2300	100	\$11.04	\$77.29	\$332.33
31-50	2200	98	\$10.78	\$75.46	\$324.47
51-70	2030	94	\$10.55	\$73.82	\$317.41
> 70	1930	88	\$10.06	\$70.40	\$302.71
Pregnant					
< 18	2780	118	\$12.71	\$88.99	\$382.68
19-30	2615	113	\$12.33	\$86.29	\$371.05
31-50	2485	112	\$12.13	\$84.91	\$365.13
Breastfeeding					
< 18	2650	113	\$12.39	\$86.75	\$373.02
19-30	2615	113	\$12.33	\$86.29	\$371.05
31-50	2525	112	\$12.17	\$85.21	\$366.42

The minimum adequate cost of a nutritive diet is **\$11.92 per person per day** for a family of four: a man (31-50 years), a woman(31-50 years), a boy (14-18 years) and a girl (9-13 years)*.

* Adjustment for family size

- For a person living alone, increase cost by 20%
- For a family of two, increase cost by 10%
- For a family of three, increase cost by 5%

Source : Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

KINDS AND SIZE OF FOODS USED IN PRICING LIST – September 2016

FOODS	PRICE	SIZE	CATEGORY PRICE	FOODS	PRICE	SIZE	CATEGORY PRICE
Milk				Other vegetables			\$4.95 / kg
Milk, whole	\$9.65	4 litres	\$2.41 / litre	Carrots	\$6.47	2.27 kg	
Milk, 2%	\$10.09	4 litres	\$2.52 / litre	Onions	\$3.20	908 g	
Milk, 1%	\$9.79	4 litres	\$2.45 / litre	Celery	\$2.93	1 unit	
				Spinach	\$1.41	170 g	
Meat			\$14.51 / kg	Broccoli	\$3.82	608 g	
Medium ground beef	\$16.09	1 kg		Lettuce, iceberg	\$3.00	1 unit	
Round steak	\$17.87	1 kg		Turnip	\$4.06	1 kg	
Stewing beef	\$19.25	1 kg		Cabbage	\$2.23	1 kg	
Pork loin chop	\$13.36	1 kg		Tomatoes	\$7.50	1 kg	
Ham, smoked boneless	\$20.02	1 kg		Tomatoes, canned	\$3.23	796 ml	
Chicken thighs with back	\$8.54	1 kg		Tomato juice	\$2.38	540 ml	
				Tomato paste	\$1.53	156 ml	
Liver		\$9.38 / kg		Green peas	\$2.50	540 ml	
				Corn, whole kernel	\$2.69	540 ml	
Fish			\$20.38 / kg	Frozen mixed vegetables	\$7.00	1 kg	
Sole fillets, frozen	\$16.91	1 kg					
Tuna , light, flaked	\$2.50	170 g		Bread			\$5.58 / kg
Pink salmon, canned	\$4.14	213 g		Whole wheat bread	\$3.63	675 g	
				Hamburger or hot dog	\$3.49	12 units	
Egg, grade A, large	\$3.82	1 dozen	\$0.32 / unit				
				Breakfast cereals			\$8.92 / kg
Cheese			\$25.03 / kg	Shredded wheat	\$7.00	425 g	
Cheese process	\$9.06	500 g		Bran flakes	\$6.48	520 g	
Cheddar mild	\$8.27	300 g		Oats, quick	\$4.93	1 kg	
Mozzarella	\$9.32	300 g					
Peanut butter	\$5.17	500 g	\$10.34 / kg	Other cereal products			\$5.17 / kg
				Rice, long grain	\$5.21	900 g	
Flax seed	UNAVAILABLE			Macaroni / spaghetti	\$4.89	900 g	
				Flour, all purpose	\$8.92	2,5 kg	
Legumes			\$8.76 / kg	Flour, whole wheat	\$5.65	1 kg	
Beans in tomato sauce	\$3.19	540 ml					
Red beans	\$2.29	540 ml		Butter/Margarine			\$12.19 / kg
Chick peas	\$2.01	540 ml		Butter	\$7.34	454 g	
Lentils	\$3.22	907 g		Margarine	\$3.68	454 g	
Dried white beans	\$3.88	907 g					
Dried red beans	UNAVAILABLE			Other fats			\$8.24 / kg
Yellow split peas	\$3.03	907 g		Mayonnaise (65% oil)	\$5.30	475 ml	
				Vegetable oil (canola)	\$5.85	946 ml	
Citrus			\$3.77 / kg				
Oranges	\$5.47	1 kg		Sugar			\$2.77 / kg
Frozen orange juice	\$3.11	341 ml		White sugar	\$4.71	2 kg	
				Brown sugar	\$4.13	1 kg	
Other fruits			\$4.62 / kg				
Apples	\$4.31	1 kg		Sweets			\$10.32 / kg
Bananas	\$2.50	1 kg		Strawberry jam	\$6.14	500 ml	
Grapes	\$9.09	1 kg		Honey	\$8.08	500 g	
Pears	\$6.09	1 kg		Molasses	\$2.30	300 g	
Cantaloup	\$3.45	1 kg					
Fruit cocktail	\$6.09	796 ml		Infant formula			
Raisins	\$5.11	375 g		Powder	\$27.64	730 g	
				Concentrated	\$5.58	385 ml	
Potato	\$7.88	4.54 kg	\$1.74 / kg	Ready to drink	\$4.15	235 ml	
Miscellaneous weekly allowance - Adult: \$2.96 - Child: \$1.74				Infant cereals	\$6.43	227 g	\$28.33 / kg

Use this list of reference prices to find the best buys at the grocery store.

COST OF THE NUTRITIOUS FOOD BASKET – September 2016

Inland Communities (Eeyou Istchee)

The following table gives the minimum cost of an adequate diet based on individual market order prepared by the Montreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Intakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

SEX / AGE	CALORIES	PROTEIN	DAILY COST	WEEKLY COST	MONTHLY COST
Child					
6-11 months	735	19	\$6.41	\$44.88	\$192.98
1-3 years	1435	59	\$6.51	\$45.57	\$195.93
Boy/Man					
4-8	1930	84	\$8.46	\$59.25	\$254.79
9-13	2610	112	\$10.82	\$75.74	\$325.69
14-18	3260	135	\$12.93	\$90.51	\$389.19
19-30	2850	124	\$11.92	\$83.43	\$358.76
31-50	2690	114	\$11.29	\$79.02	\$339.77
51-70	2490	110	\$10.84	\$75.86	\$329.20
> 70	2340	103	\$10.35	\$72.42	\$311.40
Girl/Woman					
4-8	1800	80	\$8.01	\$56.10	\$241.22
9-13	2280	100	\$10.08	\$70.56	\$303.41
14-18	2330	104	\$10.55	\$73.87	\$317.65
19-30	2300	100	\$10.25	\$71.74	\$308.47
31-50	2200	98	\$10.01	\$70.05	\$301.23
51-70	2030	94	\$9.60	\$67.20	\$288.95
> 70	1930	88	\$9.10	\$63.72	\$273.99
Pregnant					
< 18	2780	118	\$12.11	\$84.76	\$364.47
19-30	2615	113	\$11.71	\$81.96	\$352.43
31-50	2485	112	\$11.52	\$80.64	\$346.74
Breastfeeding					
< 18	2650	113	\$11.77	\$82.40	\$354.33
19-30	2615	113	\$11.71	\$81.96	\$352.43
31-50	2525	112	\$11.56	\$80.94	\$348.05

The minimum adequate cost of a nutritive diet is **\$11.08 per person per day** for a family of four: a man (31-50 years), a woman(31-50 years), a boy (14-18 years) and a girl (9-13 years)*.

- * Adjustment for family size
- For a person living alone, increase cost by 20%
 - For a family of two, increase cost by 10%
 - For a family of three, increase cost by 5%

Source : Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

KINDS AND SIZE OF FOODS USED IN PRICING LIST – September 2016

FOODS	PRICE	SIZE	CATEGORY PRICE	FOODS	PRICE	SIZE	CATEGORY PRICE
Milk				Other vegetables			\$4.11 / kg
Milk, whole	\$9.63	4 litres	\$2.41 / litre	Carrots	\$6.74	2.27 kg	
Milk, 2%	\$8.88	4 litres	\$2.22 / litre	Onions	\$2.24	908 g	
Milk, 1%	\$8.15	4 litres	\$2.04 / litre	Celery	\$2.29	1 unit	
Meat			\$11.28 / kg	Spinach	\$1.01	170 g	
Medium ground beef	\$13.96	1 kg		Broccoli	\$2.83	608 g	
Round steak	\$19.07	1 kg		Lettuce, iceberg	\$2.29	1 unit	
Stewing beef	\$17.57	1 kg		Turnip	\$2.18	1 kg	
Pork loin chop	\$13.17	1 kg		Cabbage	\$1.67	1 kg	
Ham, smoked boneless	\$24.62	1 kg		Tomatoes	\$6.33	1 kg	
Chicken thighs with	\$8.94	1 kg		Tomatoes, canned	\$2.57	796 ml	
Liver	\$10.54	1 kg	\$10.54 / kg	Tomato juice	\$2.35	540 ml	
Fish			\$19.22 / kg	Tomato paste	\$1.18	156 ml	
Sole fillets, frozen	\$19.15	1 kg		Green peas	\$2.57	540 ml	
Tuna, light, flaked	\$2.69	170 g		Corn, whole kernel	\$2.57	540 ml	
Pink salmon, canned	\$2.98	213 g		Frozen mixed vegetables	\$7.04	1 kg	
Egg, grade A, large	\$3.50	1 dozen	\$0.29 / unit	Bread			\$4.69 / kg
Cheese			\$24.70 / kg	Whole wheat bread	\$2.84	675 g	
Cheese process	\$9.63	500 g		Hamburger or hot dog	\$3.83	12 units	
Cheddar mild	\$7.61	300 g		Breakfast cereals			\$6.84 / kg
Mozzarella	\$8.51	300 g		Shredded wheat	\$5.55	425 g	
Peanut butter	\$5.14	500 g	\$10.28 / kg	Bran flakes	\$6.06	520 g	
Flax seed	UNAVAILABLE			Oats, quick	\$3.18	1 kg	
Legumes			\$7.97 / kg	Other cereal products			\$4.08 / kg
Beans in tomato sauce	\$2.69	540 ml		Rice, long grain	\$4.82	900 g	
Red beans	\$2.20	540 ml		Macaroni / spaghetti	\$3.91	900 g	
Chick peas	\$1.82	540 ml		Flour, all purpose	\$6.84	2,5 kg	
Lentils	UNAVAILABLE			Flour, whole wheat	\$2.86	1 kg	
Dried white beans	\$3.51	907 g		Butter/Margarine			\$9.61 / kg
Dried red beans	UNAVAILABLE			Butter	\$5.13	454 g	
Yellow split peas	\$3.17	907 g		Margarine	\$3.47	454 g	
Citrus			\$3.26 / kg	Other fats			\$6.06 / kg
Oranges	\$4.04	1 kg		Mayonnaise (65% oil)	\$4.03	475 m	
Frozen orange juice	\$3.68	341 ml		Vegetable oil (canola)	\$4.33	946 ml	
Other fruits			\$4.50 / kg	Sugar			\$3.01 / kg
Apples	\$4.46	1 kg		White sugar	\$5.88	2 kg	
Bananas	\$2.84	1 kg		Brown sugar	\$3.23	1 kg	
Grapes	\$7.49	1 kg		Sweets			\$6.12 / kg
Pears	\$4.25	1 kg		Strawberry jam	\$3.66	500 ml	
Cantaloupe	\$6.24	1 kg		Honey	\$4.88	500 g	
Fruit cocktail	\$4.93	796 ml		Molasses	\$1.68	300 g	
Raisins	\$3.78	375 g		Infant formula			
Potato	\$5.76	4.54 kg	\$1.27 / kg	Powder	26.24	730 g	
				Concentrated	4.61	385 ml	
				Ready to drink	3.76	235 ml	
				Infant cereals	\$4.74	227 g	\$20.90 / kg

Miscellaneous weekly allowance – Adult: \$2.47 - Child: \$1.30

Use this list of reference prices to find the best buys at the grocery store.

APPENDIX 7: WEEKLY SAVING OF BREASTFEEDING

Table: Weekly saving of breastfeeding, compared with cost of infant formula

Age group	Cost NFB for Breastfeeding Women	Cost NFB for Women (Not Breastfeeding)	Additional Cost to Cover Nutritional Needs of Breastfeeding Women (\$)	Weekly Cost of Infant Formula (609 g /week)	Weekly Saving of Breastfeeding
Coastal					
14-18	86.75 \$	79.77 \$	6.97 \$	28.16 \$	21.19 \$
19-30	86.29 \$	77.29 \$	9.01 \$		19.15 \$
31-50	85.21 \$	75.46 \$	9.76 \$		18.40 \$
Inland					
14-18	82.40 \$	73.87 \$	8.53 \$	32.39 \$	23.86 \$
19-30	81.96 \$	71.74 \$	10.22 \$		22.17 \$
31-50	80.94 \$	70.05 \$	10.89 \$		21.50 \$
Eeyou Istchee					
14-18	84.57 \$	76.82 \$	7.75 \$	29.75 \$	22.00 \$
19-30	84.13 \$	74.51 \$	9.62 \$		20.13 \$
31-50	82.78 \$	72.76 \$	10.02 \$		19.73 \$

APPENDIX 8: PRICE OF MILK

The price of milk is high in Eeyou Istchee. This may partly be due to the fact that the law on price of milk⁸ is not currently applicable in communities of Eeyou Istchee.

Table: **Median price of milk in Eeyou Istchee, per community and geographical area**

		Fresh milk			UHT
		Whole milk	2% milk	1% milk	2% milk
		4L bag	4L bag	4L bag	1L cont.
Coastal	Coastal communities	9.65	10.09	9.79	3.98
	Chisasibi	10.60	10.45	9.90	3.73
	Whapmagoostui	7.09	6.57	6.57	4.04
	Wemindji	9.99	9.99	9.99	3.99
	Waskaganish	9.99	9.99	8.69	3.99
	Eastmain	10.57	13.47	13.79	4.12
Inland	Inland communities	9.63	8.88	8.15	3.85
	Waswanipi	8.65	8.50	7.60	3.95
	Nemaska	11.40	8.89	8.09	3.87
	Ouje-Bougoumou	9.60	9.00	8.75	NA
	Mistissini	8.87	9.15	8.17	3.75
Eeyou Istchee		9.64	9.49	8.97	3.87

For other close-by regions (including Jamesie and Abitibi), as of 2016, the law on price of milk established the following maximum retail prices.

Table: **Maximum retail price of milk in Region II according to Law on retail price of milk**

	Whole milk (3.25%)	2% milk		1% milk
	4L bag	4L bag	1L	4L bag
Region II (including Jamesie & Abitibi)	7.38	7.13	1.88	6.86

When comparing the price of milk in Eeyou Istchee to the maximum retail price permitted in close-by regions, the median price of a 4L bag of milk is \$2.26 higher for the whole milk, \$2.36 for the 2% milk and \$2.11 for the 1% milk. Out of our nine communities, Whapmagoostui was the only community where the price was lower. It is also the only community eligible to the Nutrition North federal subsidy program.

Furthermore, it is important to note that in Eeyou Istchee, families often consume UHT milk (GrandPré©), which is more convenient for them, as well as for smaller retailers (e.g. in their hunting camps where no refrigeration is possible, at home or in smaller stores where refrigeration space is limited). Unfortunately, UHT milk is not currently covered by the law on price of milk. When comparing the median price of 1L of UHT milk in Eeyou Istchee to the maximum retail price established for 1L of 2% fresh milk in close-by regions, we also observed a significant difference of approximately 2\$ per liter (3.87-1.88 = \$1.99).

⁸ Loi sur le prix du lait de consommation (Régie des marchés agricoles et alimentaires du Québec).
www.rmaa.qc.ca/index.php?id=118