

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:

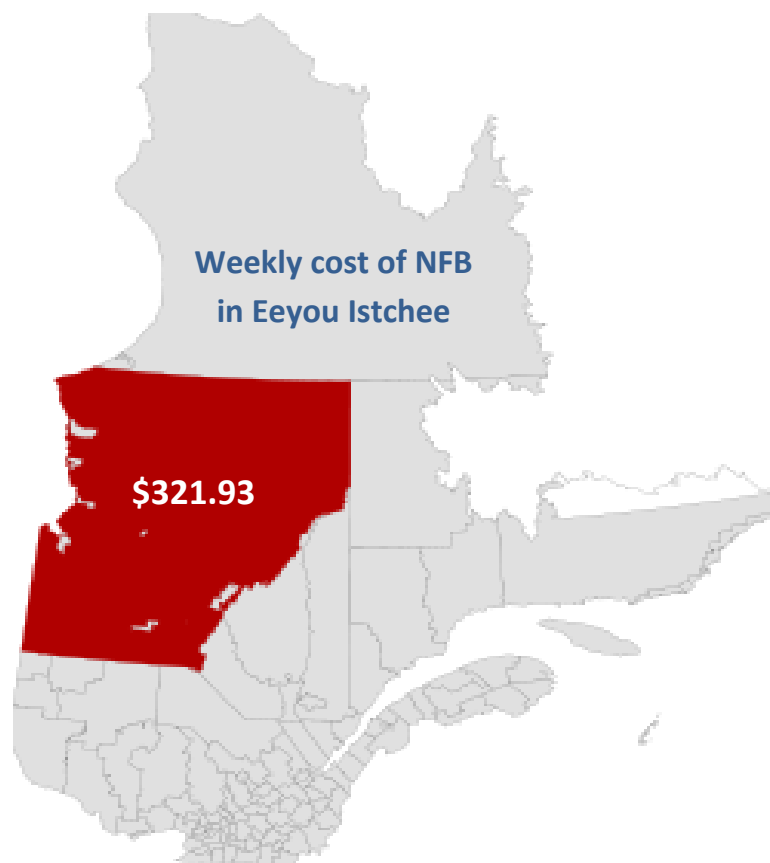
- What is the cost of the Nutritious Food Basket (NFB) in Eeyou Istchee?
- Is the NFB affordable for Eeyouch families?
- Are the NFB items available?
- Has access to nutritious foods improved since 2011?

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.

