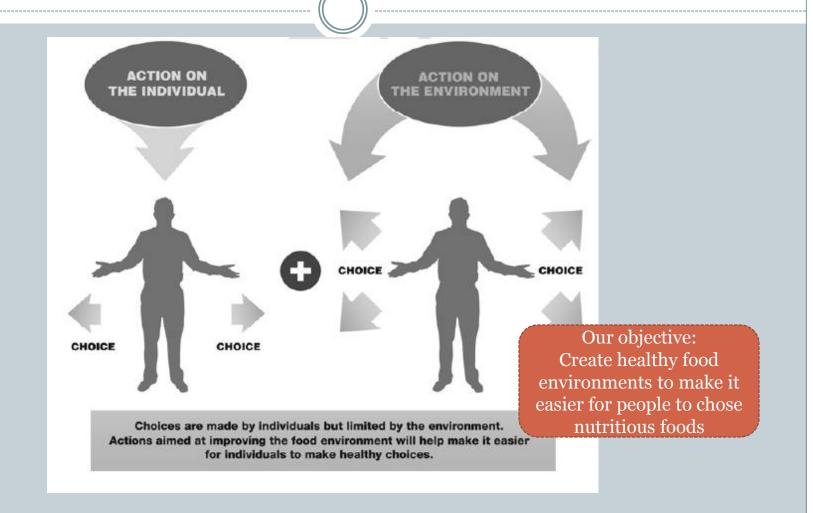


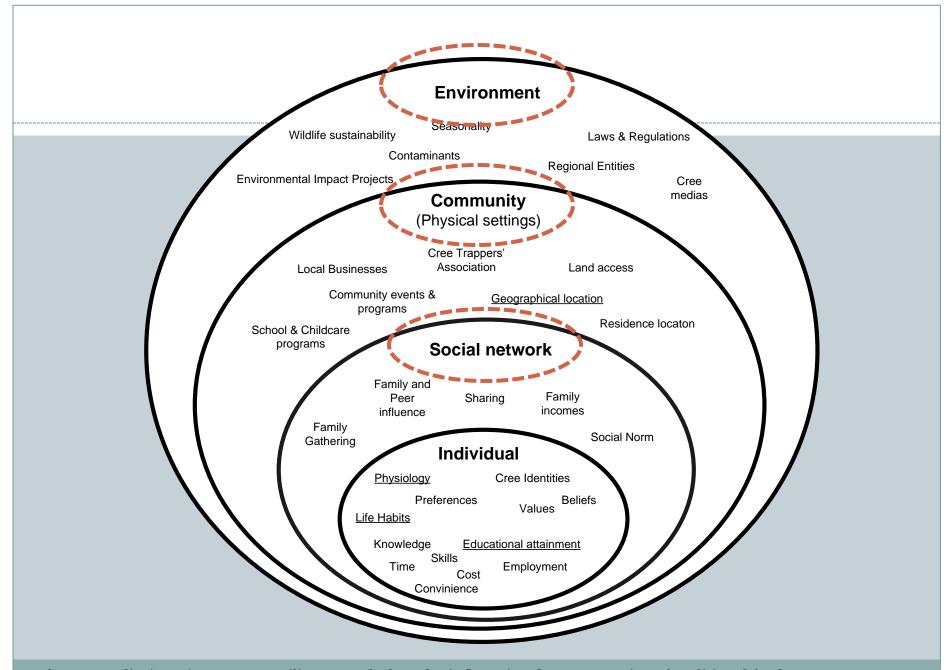
Access to Nutritious Food in Eeyou Istchee

Chantal Vinet-L., Nutritionist PH Chishaayiyyuu team

February 2014

Food environments





Community food environments in Eeyou Istchee?

- Daycares, Schools, CHB food services, Elders Home
- Stores
- Restaurants, canteens, vending machines
- Workplaces
- Community feasts/events, etc.

Project on access to nutritious food in the stores

- In September 2011, 16 stores of Eeyou Istchee, 5 of Jamesie and 3 of Abitibi were visited to find out:
 - The **cost** of the Nutritious Food Basket (NFB)
 - o If the NFB is **affordable** for Eeyouch families
 - If the NFB items are **available**

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

KINDS AND SIZE OF FOODS USED IN PRICING LIST - September 2011

	1						ING LIST				
	FOODS							- September	2011		
		i.									
	Mills		PRICE	SIZE	CATEGORY	,					
	Mills mi				PRICE						
						FOODS					
	Milk, 1%	1	\$9.61	4 litzes				PRICE	_	C1=-	
	176		\$9.86		\$2.40 / Litre	Potato		-240	SIZE	CATEGORY	
	Viande		\$10.65	4 line				50.0		PRICE	
	Mande			* 110.60	\$2.66 / litre	Other van		20.2	4 4.54 kg	**	
	Medium gr Round stee	formd have				Other veg Carrots	embles		- 0	\$1.75 / kg	
	Round stea	k	\$12.68		\$11.66 / kg	Onions		***			
				1 kg	1.00 / 128	Celery		\$5.07		\$4.70 / kg	
				1 kg		Spinach		\$2.49	908 8	•	
				I it m		Broccoli		\$2.10	1 Treese		
	Chicken thin	he more and		20		Lam		\$3.51	170 g		
	Chicken thig	as with back		kg		Lettuce, iceb	QTZ.	\$2.66	608 8		
	Liver		20.70 1	kg		Cabbago		\$2.50	1 tunit		
						Tananage		\$3.62	1 kg		
	Fish		\$9.21 11		0.31	Tomatoes		\$2.80	1 48		
A	Sole fillets, from			- 4	9.21 / kg	Tomatoes, can	had	\$7.96	1 kg		
	Tuna links no	Zen.	£12						1 kg		
	Tunz , light, 22 Pink salm	ked	\$17.46 114	- 21	7.45 / kg			\$2.02 -	96 ml		
	Pink salmon, ca	meed	****** 175		•			\$1.26 1	40 mal		
	Egg. grade A, la		\$3.13 213	:				\$2.53 54	0 20		
	*** Brade A, 12	ž go	!	,		Frezen minos	II.Q.	\$2.46 54	0 m <u>d</u>		
	Cheese	-	\$3.37 1 doze			Frozen mixed ve	getables) mal		
	Charm			\$0.28	3 / unie	Direct		\$5.81 1	kg		- 1
	Chade process	172				Wholesat	-		-		- 1
	Cheddar mild Mozzarela	2	7.96 500 g	\$21.4	1/km 1	Hamburger or hot	NZ	\$3.20 675	85.00		- 1
	- sections					See of POS	dog	\$3.20 675	\$ \$5.21	lig	- 1
	D	\$7	7.65 300 8			real-c		\$4.09 12 110	uts		- 8
	Peanue butter		200 g		S	bredded wheat					- 81
	PI-	\$4.	.68 500 g		Bo			67.00			- 81
	Flax seed		JUU 8	\$9.36/	In Oz	its, quick		\$7.20 425 g	\$8.94/	log	
	7	UNA	VAILABLE					320 e		-	
	Legumes	-	THE		Ort	her cereal produc e. long grain		\$5.19 1 kg			
	Beams in tomato sauce Red beams				Rice	e levereal produc	tite	-0			
	Red beams		4 540 ml	\$8.14/k	Mac	e, long grain					
	Catck pan-	\$2.62	540 ml	Add I	Floor	aroni / spaghoni c, all purpose	3	5.23 900 h	\$4.34 / 10		
		\$2.10	340 ml		Flore	all purpose	2	3.76 900 m	-	• 1	
	Dried white beams	\$2.20	270 Hd		- 1012	, whole wheat	21	251-		- 1	
	Dried red beams	\$3.00	907 g 907 g		Busse		\$3	.94 1 kg		- 1	
	Yellow split peas	UNATE	907 8		Butter	Margarine		- 48			
		\$2.80	ILABLE		Manual					-	
	Cierus		907 g		Marga	1220	\$6.	82 454 g	\$12.03 / leg		
	Oranges				04.		\$4.3	4 454 8	-		
	Fromen orange juice	\$5.04	\$3	29/kg	Other i	tats					
	-Sw Jitaco	\$2.81	1 kg 33	Eg	Vern	tats taise (65% oil)					
	Other fruits	*4.01	541 ml		. elietap	le oil (canola)	\$4.83	475 ml	\$7.85 / kg		
*	*PDiec				Sugar		\$5,74	946 ml	~*		
- 2	Jananan	\$4.42			Tin			- 10 TO			
6	raper		1 kg \$4.4	4/kg	White sug	222					
Р	PATE .	20.20	ke.		Brown su	272	\$5.29	2. \$	3.00 / kg		
C	Ental according		22				\$4.08	2 kg &	- 45		
577	Mit and -		it or		Sweets			l kg			
A.	isins	22 11	8.0		Strauberry	jam					
					Honey		\$5.20	500 . 50	15 / log		
Mi:	cellan-	\$3.85 375			Molassas			500 ml \$9.	E.		
	cellaneous weekly allows							500 g			
	y worms	nice - Adult s	201 -		Infant for ann	da		300 g			
		-	and - Child S	1.43							
					Infant cereal:			30 g \$49.4	2 / 1		
							W 10 -	-0.4	1 100		
-							6.10 2	78 \$7600			
								²⁷ 8 \$26.86	/ ligg		
										D	

Reference family

- The cost of the NFB is:
 - Usually based on a reference family of 4 (2 adults and 2 children)
 - Calculated for a one-week period



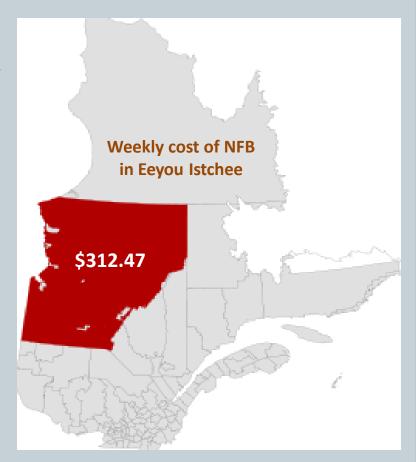
• To take into account larger Eeyouch families, NFB cost is also calculated for a family of 6 (2 adults and 4 children)

What is the cost of the NFB?

Cost of the NFB

• In Eeyou Istchee, the average weekly cost of the NFB, for a family of 4 is \$312.47

It costs at least \$10.00 per person per day to eat well in Eeyou Istchee



Cost of the NFB (2)

Table 9. Weekly cost of the NFB for the reference family of four in Eeyou Istchee and its individual communities*

Standard

deviation

\$0.35

\$0.00

\$0.00

\$0.00

\$0.00

n/a

\$0.33

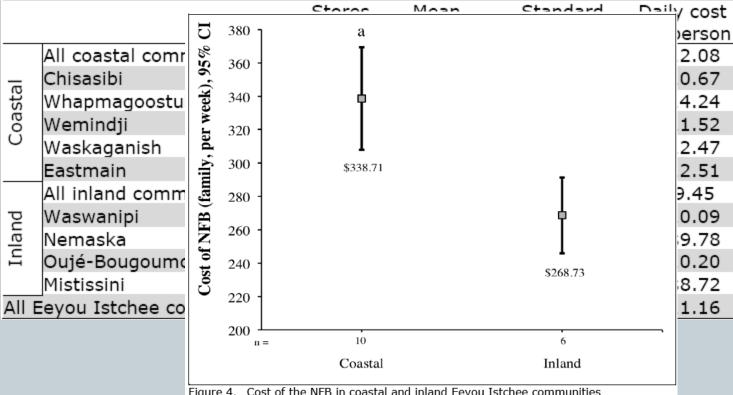
\$1.64

n/a

n/a

\$0.00

\$0.33



i	Figure 4	Co	ost of the NFB in coastal and inland Eeyou Istchee communities
			Higher in coastal stores compared to inland ones ($p = 0.002$)

Cost of the NFB (3)

For larger families

o For a family of 6, the weekly cost of the NFB is \$418.41.

Breastfeeding: a saving

o In addition to its health benefits, breastfeeding represents a saving of more than \$30.00 per week compared to the cost of infant formula.

Cost of the NFB: per age, sex and condition

Eeyou Istchee Communities

Appendix 8

COST OF THE NUTRITIOUS FOOD BASKET - September 2011 The following table gives the minimum cost of an adequate diet based on individual market order prepared The following table gives the minimum cost of an adequate oner cased on monutonal market order prepared by the Monreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Innakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

			assume characteristic activity patterns for			
SEX / AGE Child	CALORD	ES			activity patterns for	
6-11 months		ES PROTE		WEEKI		
1-3 years	735		COST	COST	MONTHLY	
	1435	19	\$6.49	5031	COST	
Boy/Man		59	\$6,54	\$45.42		
4-8			90.34	\$45.81	\$195.31	
9-13	1930			412.01	\$196.98	
14-18	2610	84	\$8.59			
19-30	3260	112	\$10.00	\$60.13		
31-50	2850	135	\$10.96	\$76.72	\$258.60	
51-70	2690	124	\$12.85	\$89.97	\$329.90	
>70	2490	114	\$12.01	\$84.05	\$386.87	
-	2340	110	\$11.37	\$79.56	\$361.42	
Girl/Woman		103	\$11.25	\$78.74	\$342.11	
4-8			\$10.80	\$76.74	\$338.58	
9-13	1800			\$75.63	\$325.21	
14-18	2280	80			4023.21	
19-30	2330	100	\$8.18	857.00		
31-50	2300	104	\$10.24	\$57.28	\$246.30	
51-70	2200	100	\$10.65	\$71.71	\$308.35	
>70	2030	98	\$10.42	\$74.53	\$320.48	
70	1930	94	\$10.18	\$72.96	\$313.73	
Dram	2930	88	\$10.12	\$71.23	\$306.29	
Pregnant			\$9.70	\$70.84	\$300.29	
19-30	2780			\$67.91	\$304.61	
31-50		118			\$292.01	
31-30	2615	113	\$12.01			
D	2485	112	\$11.64	\$84.09	£2.01 -	
Breastfeeding			\$11.47	\$81.51	\$361.59	
-18	244-			\$80.30	\$350.49	
19-30	2650	113			\$345.29	
31-50	2013	113	\$11.71			
			\$11.64	\$81.96		
The minimum adec		12	\$11.51	\$81.51	\$352.43	
aspe unummade	Mate con - c			\$20.50	\$350.40	

The minimum adequate cost of a maritive diet is \$11.16 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)* \$346.54 Adjustment for family size

For a person living alone, increase cost by 20%

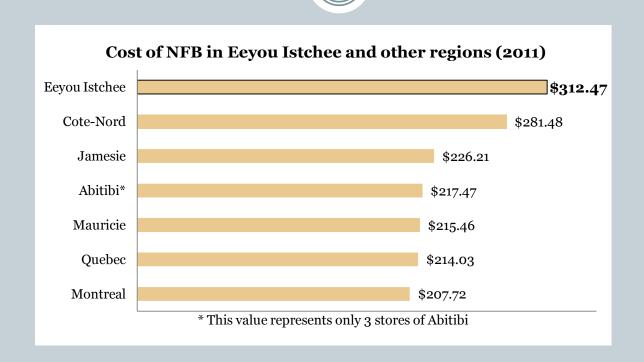
- For a family of two, increase cost by 10% For a family of three increase cost by 5%

For a lammy of times, increase cost by 5%
 Source : Family Food Budgeting, United States Department of Agriculture, Publication revised July 1979.

Example for a larger family

Family members	Daily cost	Weekly cost	Monthly cost
Breastfeeding mother, 40 y.o.	11.51	80.59	346.54
Father, 40 y.o.	11.37	79.56	342.11
8 months old baby	6.49	45.42	195.31
3 y.o. child	6.54	45.81	196.98
8 y.o. girl	8.18	57.28	246.30
14 y.o. boy	12.85	89.97	386.87
18 y.o. daughter, pregnant	11.71	81.96	352.43
Grand-mother, 72 y.o.	9.70	67.91	292.01
Total for the family	78.35	548.50	2358.55

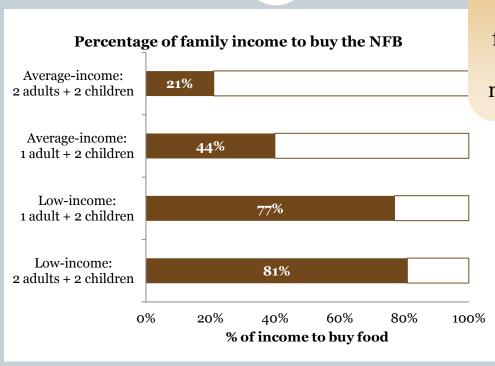
Cost of the NFB: comparing to other Qc regions



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

Is the NFB affordable for Eeyouch families?

Family Income



In Eeyou Istchee, each time a low-income family earns \$100.00, about \$80.00 is needed to buy the NFB

- An average-income family of 4 would spend 21% of their income to buy the NFB.
- The percentage is:
 - Twice as high for an average-income family of 1 adult and 2 children
 - 4 times as high for a low-income family

Family Income (2)

Families with 2 children

Families with ≥ 3 children

Families buying in Jamesie

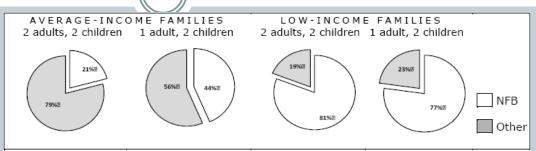


Figure 5. Eeyou Istchee – Proportion of the after-tax median income occupied by the cost of the NFB for four types of families with two children

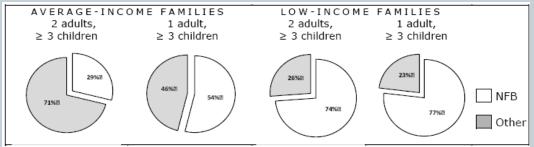


Figure 6. Eeyou Istchee – Proportion of the after-tax median income occupied by the cost of the NFB for four types of families with three or more children

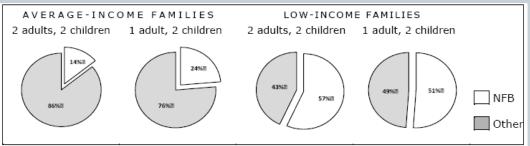


Figure 7. Jamésie – Proportion of the after-tax median income occupied by the cost of the NFB for four types of families with two children

Are the NFB items available?

Are the NFB items available?

• Overall, 2 to 41 food items (out of the 71 in NFB) were missing in the communities of Eeyou Istchee.

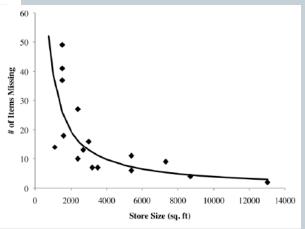
Less food compared

Mostly ve

Table 5.	NFB items 'truly missing' per Eeyou
	Istchee individual community

		•	NFB items	_		
		Stores	missing			
Com	munities	(n)	(n)			
	Chisasibi	3	4			
<u>ia</u>	Whapmagoostui	2	5			
Coastal	Wemindji	2	6	iccina		
ၓ	Waskaganish	2	7	# of Itome Missing		
	Eastmain	1	14	# 06		
	Waswanipi	2	13			
Inland	Nemaska	1	7			
Inli	Oujé-Bougoumou	1*	41			
	Mistissini	2	2			
* (Only a convenience store in the community 					

aller stores



Conclusion of the project

- Cost of basic nutritious foods is higher in Eeyou Istchee than in any other studied Quebec region
- Nutritious food choices are limited in certain communities
- Access to a variety of low-cost nutritious foods is difficult, especially in smaller stores
- Eating well seems to be out of reach for low-income and single-parent families
- Accessibility to nutritious foods is essential to promote health and prevent chronic diseases (diabetes, hypertension, etc.)
- Ensure that nutritious foods are available and affordable to all Eeyouch families

Up to now?

Sharing the results

- o PH management
- o Part of the Chishaayiyuu PH team
- CHB Nutritionists
- Board of directors (briefing sheet, presentation and resolution)
- o Political leaders (letters from Bella Petawabano)
- Public health team

What next?

Sharing the results

- Other health workers: Community organizers
- Store managers
- Health Canada, MSSS, etc.

Discuss solutions to improve access to nutritious foods

- Store managers and political leaders
- Make sure nutritious food items are available and affordable
 - Grocery store in each community
 - Provide at lease the basic nutritious food items (or a wider variety!)
 - Display the prices of each food items

Use of results by other local and regional initiatives

- Eeyou Atawin, Quebec en forme, etc. (Health portrait/planning)
- Nutritionists and community organizers: Budgeting activities

Questions and discussion

 How could we share and use the results further in order to improve access to nutritious foods in Eeyou Istchee?

Megwetch!

Full report and summaries:

http://creehealth.org/library/online/accessnutritious-food-basket-eeyou-istchee

