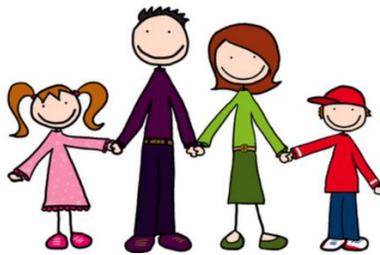


# **Eat Well: A Challenge for Some**

## **Results of a 2016 survey on the cost of food**

Research report prepared by the N.B. Front for Social Justice Inc.



Contact person: Auréa Cormier  
230C Highfield St., Moncton, NB. E1C 5R1  
aureacormier@yahoo.ca - Tel.: (506) 854-0675

Common Front for Social Justice  
Email: [fcjsnb@nbnet.nb.ca](mailto:fcjsnb@nbnet.nb.ca)  
[www.frontnb.ca](http://www.frontnb.ca)

December 2016

## I. INTRODUCTION

In Canada, eating according to the standards of quality and quantity of food recommended by Health Canada is becoming increasingly difficult for people living on a limited budget. When they are deprived of a proper diet, it affects their health. A survey conducted by the Canadian Medical Association revealed that 68% of Canadians earning more than \$60,000 felt they are healthy, whereas only 39% of those who earn less than \$30,000 felt they are healthy.<sup>1</sup>

Nutritional requirements, as a fundamental human right, cannot be fulfilled if money is lacking. This is the case of thousands of individuals and families in New Brunswick (N.B.). For the most part, these people are social assistance recipients, single-parent households earning the minimum wage, part-time workers getting a low wage, workers receiving Employment Insurance, and low-income seniors receiving the Guaranteed Income Supplement or facing high medical expenses. Many of these people are food insecure. In a country as rich as Canada, food insecurity is unfortunately a reality for many people.

The New Brunswick Common Front for Social Justice Inc. (CFSJ) is a non-profit organization committed to greater solidarity for people living in poverty. Since 2010, the CFSJ has carried out several food surveys in N.B. using the standardized tool developed by Health Canada, the National Nutritious Food Basket.<sup>2</sup> Some of the results of these surveys are posted on the CFSJ website.

This report gives the objectives of the 2016 study done by the CFSJ along with the results and several comments on how they could be used to improve the social conditions of low income people in N.B. The report ends with a conclusion and several recommendations.

## II. OBJECTIVES OF THE STUDY

The objectives of the food survey carried out in November 2016 in N.B. were as follows:

1. To use the tool developed by Health Canada (Nutritious Food Basket) to record the price of 67 food items (dairy products, protein-rich foods, fruit and vegetables, cereal products and fats and oils) in 10 food stores.
2. To analyse the changes in the price of foods recorded by the CFSJ between 2012 and 2016.
3. To calculate the cost of a nutritious diet in N.B. in 2016 according to age and gender, as well as four types of households, thus making it possible to determine the cost of a nutritious diet for all New Brunswickers.
4. To provide data on the unaffordable price of foods for social assistance recipients and workers receiving the minimum wage.
5. To formulate recommendations in order to solve the problem of food insecurity in N.B.

---

<sup>1</sup><http://fr-ca.actualites.yahoo.com/sant%C3%A9-l%C3%A9cart-entre-riches-et-pauvres-saggrave-selon-051208073.html>

<sup>2</sup> Health Canada. National Nutritious Food Basket. See: <http://www.hc-sc.gc.ca/fn-an/surveill/basket-panier/index-eng.php>

### III. METHODOLOGIE

The research team was comprised of Auréa Cormier, Emeritus Professor in Nutrition at the Université de Moncton, who acted as the lead researcher. She was assisted by Jean-Claude Basque, five members of the CFSJ in Moncton<sup>3</sup>, four volunteers in Saint John<sup>4</sup> and seven other volunteers in Bathurst<sup>5</sup>. All the members of the team were instructed on how to follow the Nutritious Food Basket methodology developed by Health Canada.<sup>6</sup> The tool measures the cost of healthy eating according to the Canadian Food Guide and encompasses 67 items including dairy products, protein-rich foods, fruit and vegetables, cereal products, and fats and oils. The foods selected are those with the lowest available price and in a specific size. An additional 5% is added electronically to the data to cover various ingredients such as spices, seasonings, coffee, tea, and ingredients used for cooking in the oven. The list does not include sugar, ice-cream or sweets of any kind. It is important to keep in mind that this is a rough estimate of the cost of foods that does not necessarily represent what middle class or wealthy consumers are in the habit of purchasing.

Ten stores were surveyed between November 24 and November 26 in 2016. The stores were not chosen randomly. Large chain stores were selected in the Bathurst, Moncton and Saint-John areas. The stores surveyed were:

- **Two former** Coop in Dieppe and Quispamsis<sup>7</sup> and **one** Foodland in Bathurst
- **Three Sobeys stores:** Bathurst, Moncton and Saint John<sup>8</sup>
- **Three Atlantic Superstores:** Bathurst, Moncton and Saint John<sup>9</sup>.
- **A Walmart store** located in Champlain Place in Moncton.



<sup>3</sup> CFSJ volunteers: Johanne Petitpas, Marilyn Riel, Nicole Young, Ann Troop and Paul Thériault.

<sup>4</sup> Volunteers in Saint John: Mike Gravel, Sara Foote, Joe Maxwell and Jeremy York.

<sup>5</sup> Volunteers in Bathurst : Nancy Arsenault, Rose-Marie Haché, Lucien Boudreault, Isabelle Boudreault, Claudette Finnigan, Brad Stewart, John Gagnon and Jean-Claude Basque.

<sup>6</sup> Health Canada, National Nutritious Food Basket. See: <http://www.hc-sc.ca/fn-an/surveill/basket-panier/index-eng.php>.

<sup>7</sup> Foodland at 850 St. Peter's Ave., Bathurst; Coop/IGA, 615 Dieppe Blvd., Dieppe; and Foodland at 1 Market St., Quispamsis.

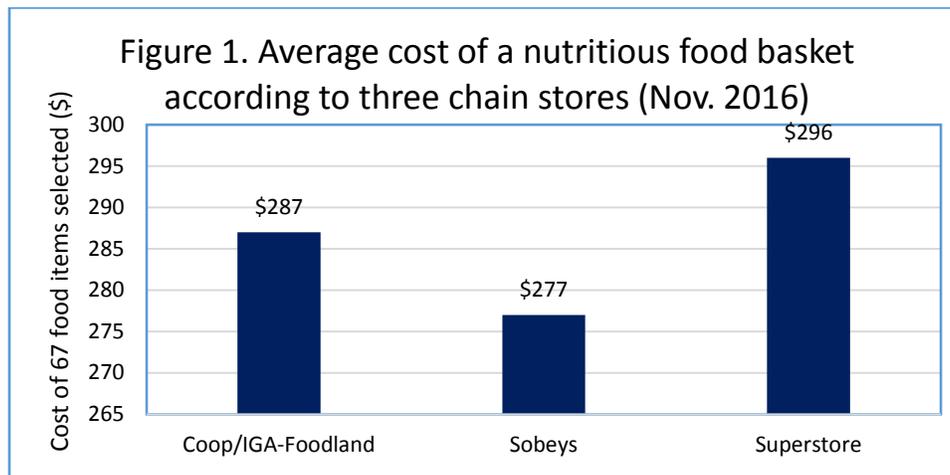
<sup>8</sup> Sobeys at Peters Ave., Bathurst; 44 E Point Way, Saint John, 55 Vaughan Blvd., Moncton.

<sup>9</sup> Atlantic Superstores at 700 St Peter Ave., Bathurst; 168 Rothesay Ave., Saint-John; 165 Main St., Moncton.

## IV. RESULTS AND COMMENTS

### A. Cost of the Nutritious Food Basket in the Three Food Chains surveyed

Figure 1 shows the average price of the items included in the Nutritious Food Basket in the three Coop/IGA-Foodland stores, the three Sobeys stores and the three Atlantic Superstores in N.B. in November 2016.



The average cost in Coop/IGA-Foodland is \$287; the average cost varies depending on the region: \$298 in Bathurst, \$241 in Dieppe and \$322 in Quispamsis. **The Coop/IGA in Dieppe had the lowest price of the three stores surveyed.** This is consistent with the results of previous CFSJ surveys which showed that the Coop in Dieppe is always the most economical store in which to purchase the 67 food items in the Nutritious Food Basket. There is probably less competition in Quispamsis, on the outskirts of Saint John, which would explain why the price for the Nutritious Food Basket is higher there.

The average cost in the Sobeys stores is \$277. The cost varies in the three regions: \$296 in Bathurst, \$264 in Moncton and \$271 in Saint John. **Sobeys is the food chain in which the average price for the 67 items is the lowest in N.B.**

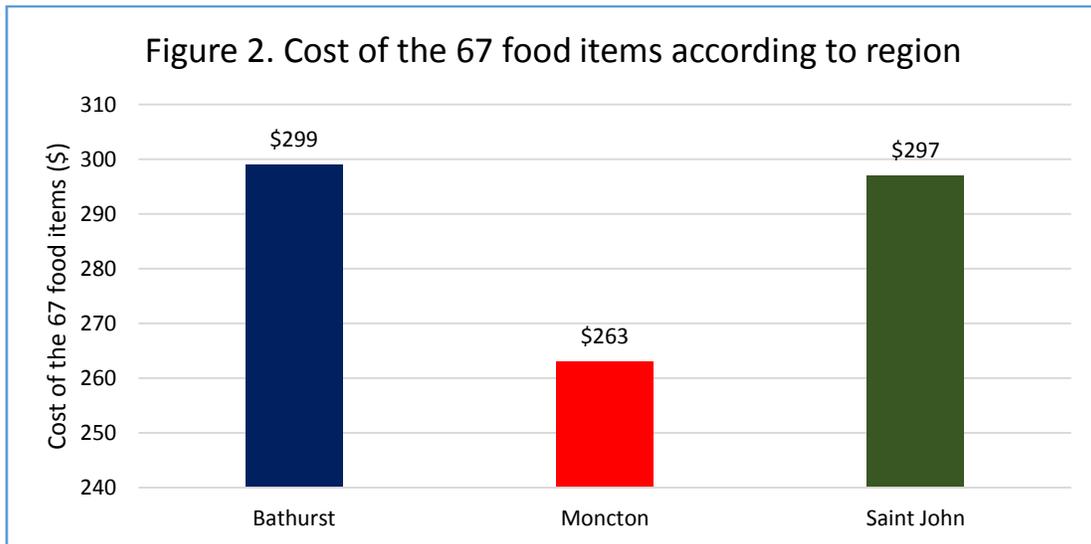
The average cost in the Atlantic Superstores is \$295.57. The cost varies in the three regions: \$284.46 in Moncton, \$302.75 in Bathurst and \$299.50 in Saint John. For a Nutritious Food Basket of 67 items, **the average price of the foods available in the Atlantic Superstores was 6.8% higher than in the Sobeys stores and 3% higher than in the COOP/IGA-Foodland stores.**

The Atlantic Superstore belongs to the George Weston group which manages the largest grocery chain in Canada. According to a November 2011 report in The Globe and Mail, there was a 50% increase in their profits. They had raised food prices to cover increases in the price of raw materials and other costs<sup>10</sup> and they were considering raising prices more.

<sup>10</sup> <http://m.theglobeandmail.com/globe-investigator/george-weston-profit-soars-50/article4201307/?service=mobile>

**B. Cost of the Nutritious Food Basket according to the regions surveyed**

Atlantic Superstore, Coop/IGA-Foodland and Sobeys have the same suppliers in the province of New Brunswick, but the average price of the basket of 67 food items is not the same in the three different regions. Figure 2 shows that in the South-East (Moncton), the price is lower than in the North (Bathurst) and in the South (Saint John). The highest price in Bathurst penalizes a region with a high unemployment rate.



The numerous sales available may explain why the cost is lower in Moncton. In November 2013, the CFSJ did a survey<sup>11</sup> to monitor the weekly food prices and the number of food sales at the Coop, Sobeys and the Atlantic Superstore. The average number of food sales in the three stores during the month of November 2013 are shown in the insert. Consumers in Moncton would have saved between \$15 and \$18 a month by taking advantage of the bargains in these three stores. There was no difference in the number of items on sale at the beginning of the month, in the second or third week or at the end of the month. These observations are of significance because seniors' pension cheques and social assistance cheques are issued in the last week of the month. The results of the survey indicated that, contrary to popular belief, these chain stores do not purposefully reduce the number of items on sale in the last week of the month.

**Average number of food items on sale in Moncton in Nov. 2013:**  
 Co-op: 28  
 Sobeys: 25  
 Atlantic Superstore: 17

Contrary to another widely-held belief, food items at the Walmart store in Champlain Place are not cheaper than those at the Coop/IGA or at Sobeys. In November 2016, the price of the 67 food items at Walmart was \$264, compared to \$241 at the Coop/IGA. The price of the food basket at Sobeys was also \$264.

<sup>11</sup> <http://frontnb.ca/reports.asp/fr> Revenu limité ? Si oui, où magasiner ?

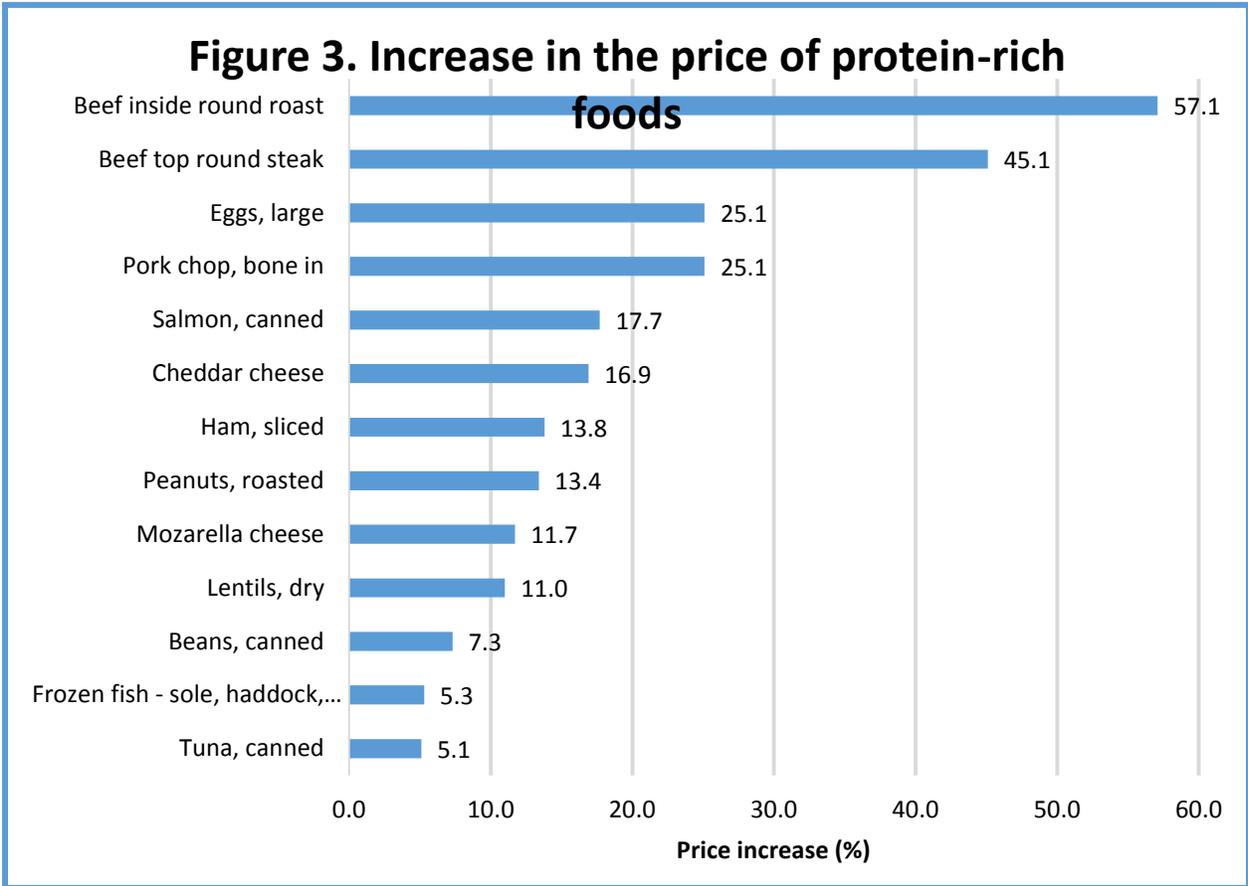
## B. The difference between the cost of food in July 2012 and November 2016

The November 2016 survey of 10 stores showed that the average cost of the Nutritious Food Basket was \$284.25, as opposed to the average of \$275.81 for the 20 stores surveyed in July 2012. That represents an **increase of 3.1% in four years**. The increase in the price of food in N.B. was not as high as one might have expected. It was only in the fall of 2016 that food stores adjusted their prices to take into account the weaker Canadian dollar.<sup>12</sup>

### Food items particularly affected by the price changes

Of the 67 food items in the Nutritious Food Basket, 25 of them were cheaper in 2016 than in 2012. The price of 15 of them remained similar (give or take 5%) and 27 of them were more expensive in 2016 than in 2012. These price differences in terms of percentages are shown in the following Figures.

Figure 3 summarizes **the percentage of increase** between 2012 and 2016 for the 13 food items considered to be good sources of protein.



<sup>12</sup> [http://www.huffingtonpost.ca/2016/10/25/Canadian-food-prices\\_n\\_12648488.html](http://www.huffingtonpost.ca/2016/10/25/Canadian-food-prices_n_12648488.html)

Even if specialists say that the overall price of food has gone down recently, our study shows that over a four-year period, the cost of 13 protein-rich food items increased. That includes various types of meat, eggs, canned and frozen fish, cheese and legumes. Protein-rich foods are essential for muscular fitness and the healthy functioning of the body. Poor people often do without these foods.

Figure 4 groups the types of fruit and vegetables that underwent price increases between 2012 and 2016. The drought in California might have affected the price of some imported fruit and vegetables.<sup>13</sup> The increases might also be caused by other factors that are more difficult to explain.

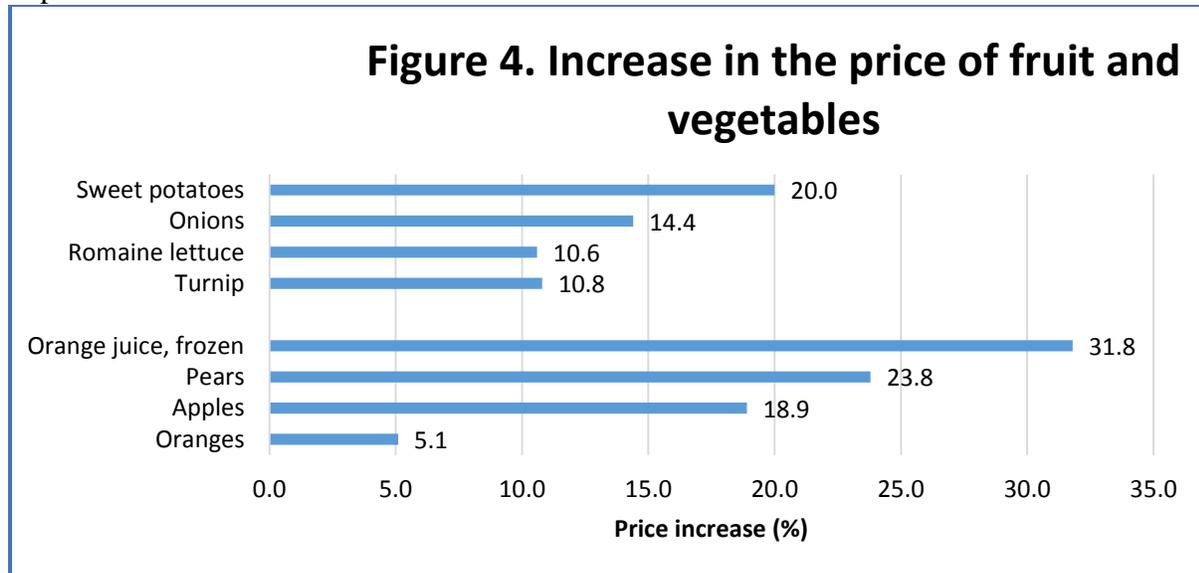
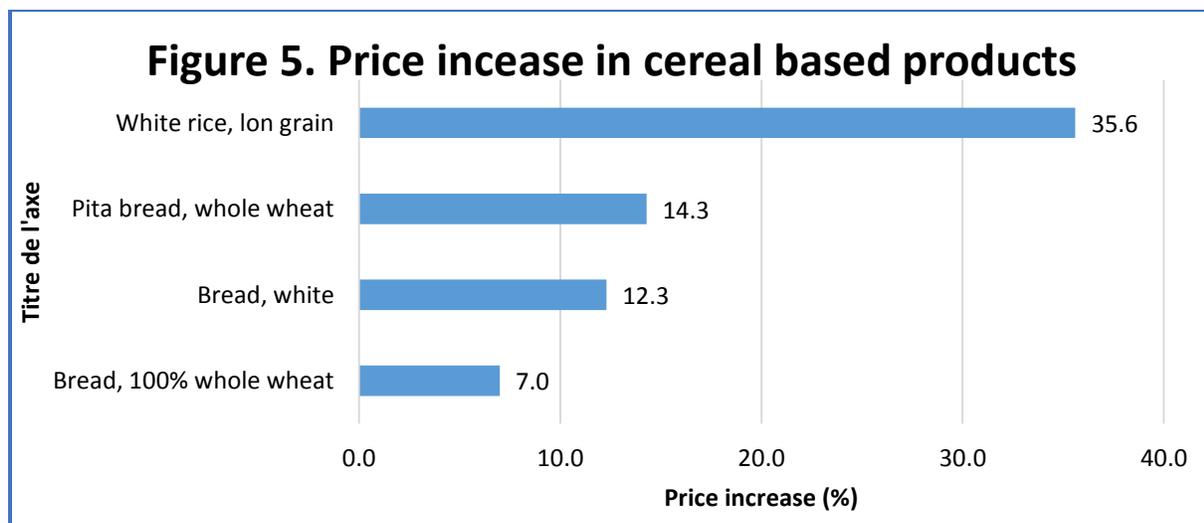


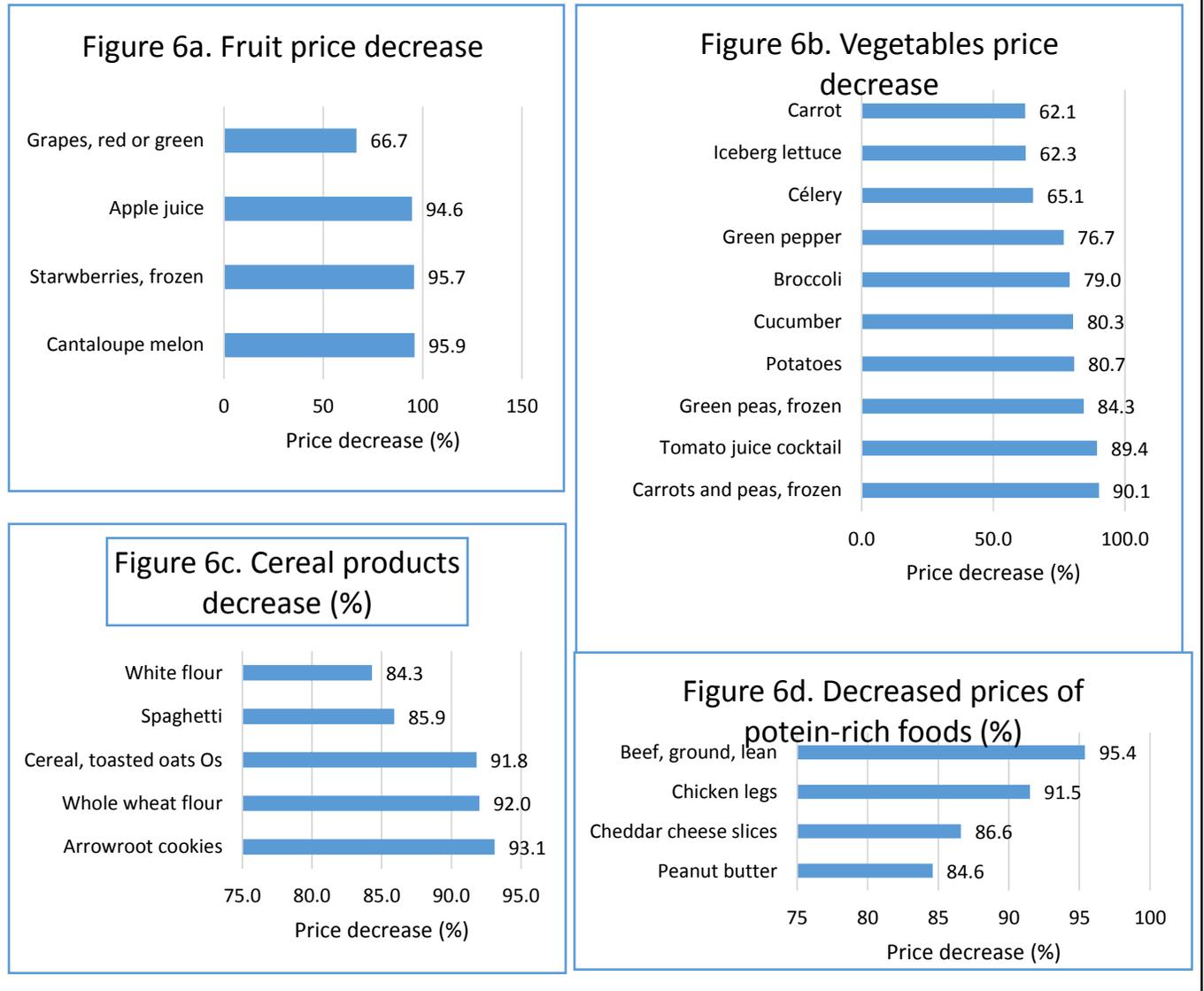
Figure 5 groups the four cereal-based products that underwent price hikes between 2012 and 2016.



<sup>13</sup> <http://www.cbc.ca/news/business/food-fruits-vegetables-meat-prices-1.3455523> Feb 20, 2016

The price of a 900-gram package of long grain rice increased 35.6% between 2012 and 2016. Since it is an imported product, the drop in the Canadian dollar might be the cause. The price of the three flour-based products also increased. Figure 6a to 6d shows the drop in price in four food categories

Figure 6. Percentage of decrease in the price of certain cereal products, fruit, vegetables, legumes and protein-rich foods between 2012 and 2016



According to Statistics Canada, for the first time in years, the cost of certain food items went down in almost all the provinces in Canada.<sup>14</sup> Sylvain Charlebois, Dean of the Faculty of Management at Dalhousie University,<sup>15</sup> reported that the price of several products, particularly fruit and vegetables, decreased. He also stated that there were modest decreases for items such as

<sup>14</sup> <http://www.ctvnews.ca/business/food-prices-across-canada-dropped-in-august-for-first-time-in-years-> Sonja Puzic, CTVNews.ca. Sept 26, 2016

<sup>15</sup> Sylvain Charlebois, 4 Oct. 2016. The Globe and Mail. Hold the cheering about Canada's falling food prices

stewing beef, bread, carrots and some fresh fruit. Charlebois attributes this phenomenon to the weaker Canadian dollar. In addition, bumper crops in the United States resulted in a decrease in the cost of basic raw materials in food production. Finally, high inventories of food products in storage result in greater competition amongst the food distributors. The drop in food prices also occurred in the United States. Currently in North America, agricultural yields are high which keeps the prices lower. The aggressive promotion of certain foods and competition from new players like Walmart constitute a challenge for the food industry.

**D. Cost of a nutritious diet for households in N.B. in 2016**

To get a good cross-section of the food markets in N.B., the CFSJ conducted its survey in 10 food stores in N.B. Appendix A shows the average price of all 67 food items in the Nutritious Food Basket in the 10 stores in November 2016.

We used the average price in the 10 stores in order calculate what is costs on a weekly and monthly basis to properly feed households in N.B., according to the size and type of family. The program developed by Health Canada does these calculations automatically.

Table 1 indicates the cost of a nutritious diet for 16 different groups. The cost of the food items each week is multiplied by 4.33 to convert it to a monthly basis.

**Table 1. Average cost of a nutritious food basket in N. B. in 2016 according to age and sex**

Sex	Age (years)	Cost per week (\$)	Cost per month (\$)		Sex	Age (years)	Cost per week (\$)	Cost per month (\$)
Boy	2-3	27.94	<b>120.98</b>		Girl	2-3	27.42	<b>118.73</b>
	4-8	36.12	<b>156.40</b>			4-8	35.08	<b>151.90</b>
	9-13	48.05	<b>208.06</b>			9-13	41.03	<b>177.66</b>
	14-18	68.07	<b>294.74</b>			14-18	49.19	<b>212.99</b>
Man	19-30	65.61	<b>284.09</b>		Woman*	19-30	50.76	<b>219.79</b>
	31-50	59.25	<b>256.56</b>			31-50	50.19	<b>217.32</b>
	51-70	57.25	<b>247.89</b>			51-70	44.51	<b>192.73</b>
	71+	56.80	<b>245.94</b>			71+	43.67	<b>189.09</b>

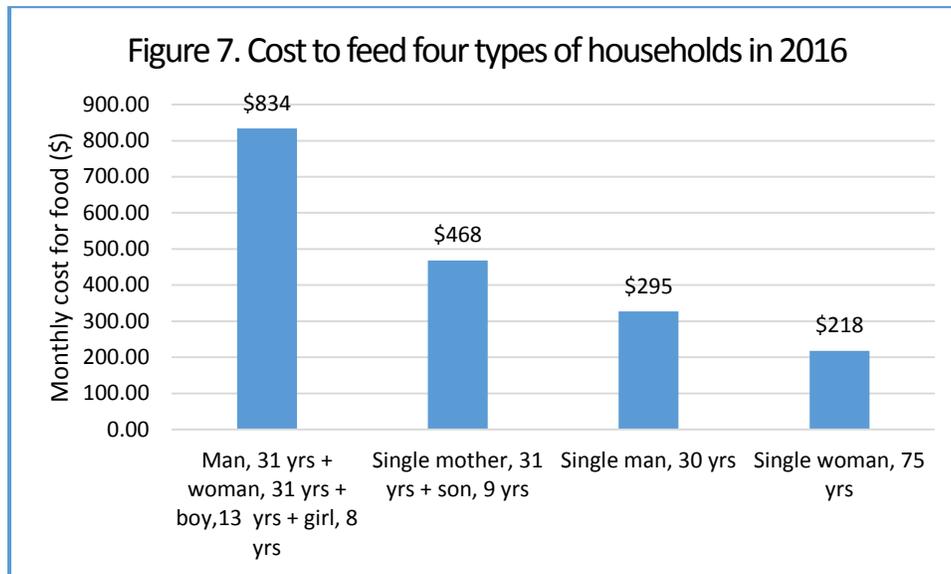
\*For a pregnant woman, the weekly cost of her diet ranges from \$53.96 and \$54,26  
 For a nursing mother, the weekly cost of her diet ranges from \$57.09 \$ and \$58.71

The smaller the household, the higher the price of food items tends to be. Health Canada recommends using the following coefficients to calculate the cost of the food items for the different sized households:

- Household of one person: multiply by 1.15;
- Household of two people: multiply by 1.10;
- Household of three people: multiply by 1.05;
- Household of four people: use the prices given.



Figure 7 indicates what it costs to feed a family of four people (a man aged 31, a woman aged 31, a boy aged 13 and a girl aged 7); a single mother with a 9-year-old son; a single man aged 30; and a single woman aged 75. The amounts have been rounded.



In November 2016, the monthly cost of a basic nutritious diet for a family of four was \$833.84. **Over a period of 12 months, this family would have to spend \$10,006 for a nutritious diet. A single mother with a 9-year-old son would have to spend \$5,615 a year. A single man would have to spend \$3,540 a year and an elderly woman \$2,609 a year.** Very often people in need do not have the money required to purchase all these food items.

## 1. UNAFFORDABLE COST OF FOOD FOR PEOPLE

Given the cost of food in N.B., thousands of individuals at the lower end of the income scale are forced to go without nutritious foods when they shop at the grocery store. This is particularly true for social assistance recipients, workers receiving the minimum wage, low income single parents with children, part-time workers in the service sector and low income seniors with health problems.

Other data from Statistics Canada on household incomes enables one to analyse the results of the CFSJ survey of the cost of food.<sup>16</sup> In 2014, households in N.B. had annual expenses of \$68,650. Taking inflation into account, that is equivalent to \$70,385 in 2016. In 2014, New Brunswick households spent \$7,683 on food,<sup>17</sup> which is equivalent to \$8,378 in 2016 and which **represents 11.9% of all their expenses.** It is well known that the percentage of the budget devoted to food decreases as the income of the household increases.

Using 11.9% as the measure for the average food expenses of a household in N.B., one can calculate how much money would be left for a **man on social assistance** and for a **worker** to

<sup>16</sup> [www.statcan.gc.ca/daily-quotidien/150122/dq/150122b.eng.htm](http://www.statcan.gc.ca/daily-quotidien/150122/dq/150122b.eng.htm)

<sup>17</sup> CANSIM – 203-0021 – Study on household expenses

feed themselves if they only spent 11.9% of their income on food. Figure 8 illustrates this situation. A 30-year-old man on welfare has an annual income of **\$7,920**. **If one uses 11.9% as the measure, he would only have \$942 a year for food.** The cost of nutritious food basket, at **\$3,540** according to CFSJ data, is certainly not accessible. **He can only purchase 27% of the nutritious food basket.** The same man, working full time at minimum wage would have a net annual income of **\$19,736**. Allowing him 11.9% of such an income for food, that would give him **\$2,349** to purchase his food. **He can only purchase 66% of the nutritious food basket.** These two scenarios demonstrate the huge financial gap which confronts this man while purchasing food, if he is dependant on social assistance or if he works at minimum wage. The cost of his nutritious food basket, at **\$3,540**, is certainly not accessible to him

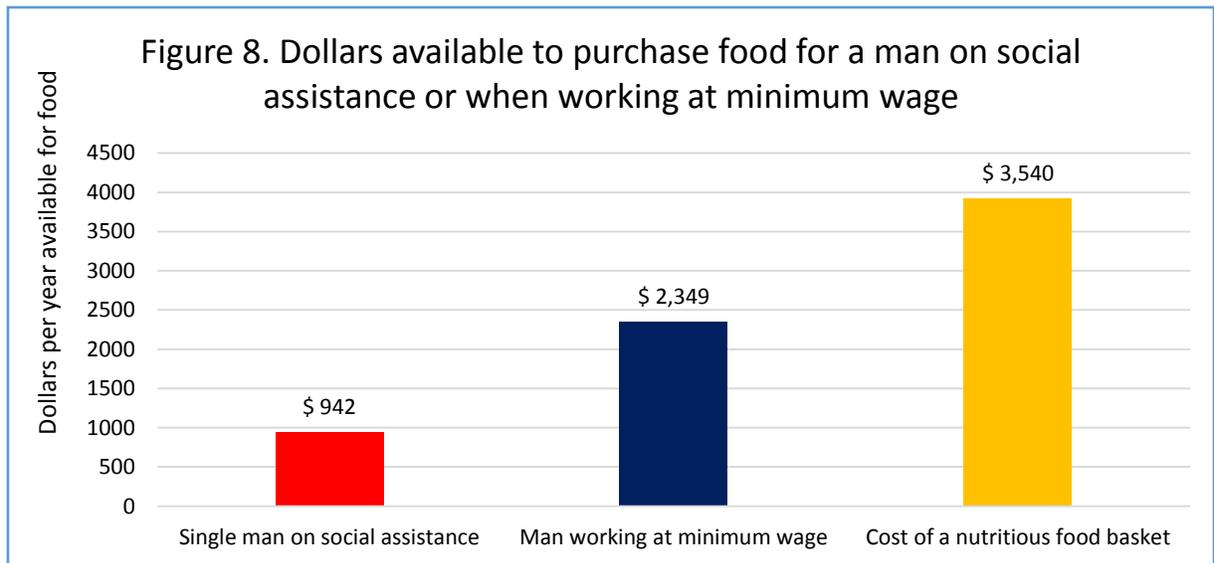
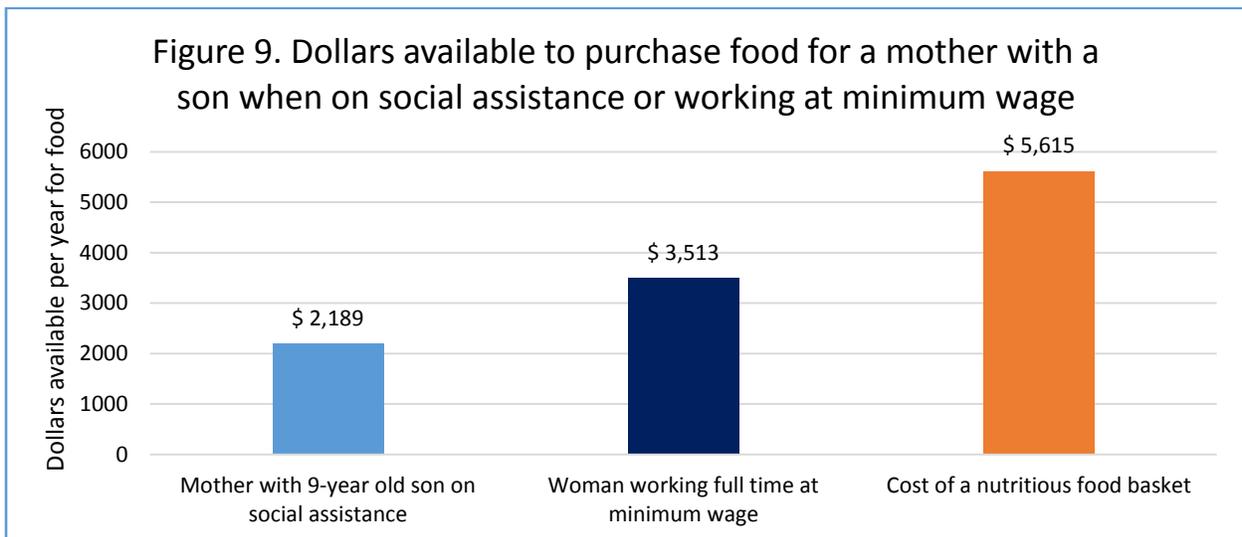
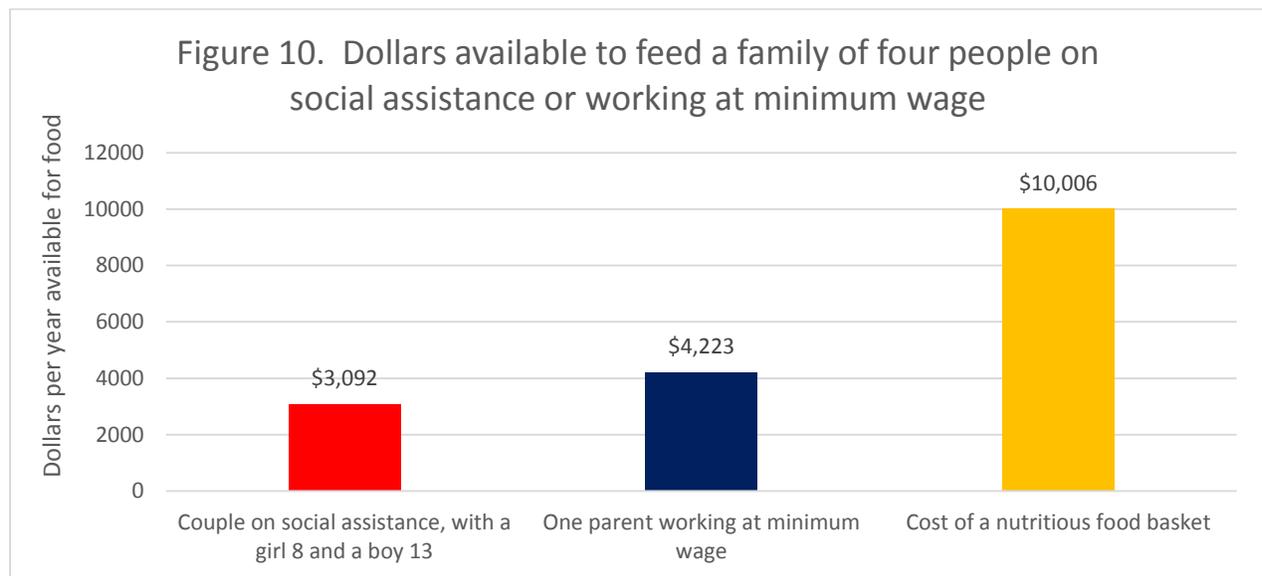


Figure 9 shows the amount of money spent on food by a mother with a 9-year-old son, based on her income source.



The annual income of the single mother with one child is **\$18,391**. Using 11.9% as the measure for food expenses, she would have **\$2,189** for food. With only that amount, **she would only have access to 39% of a nutritious food basket**. She would definitely experience food insecurity. Working full time on the minimum wage, the same woman would have a net annual income of **\$29,522**. Allocating her 11.9% of her salary for food would leave **\$3,513** to spend on food. With such a small amount, **she would only have access to 63% of a nutritious food basket and have a hard time to feed herself and her son properly**. Neither the woman on social assistance nor the woman earning the minimum wage would have the **\$5, 615** required to buy the Nutritious Basket of Food.

Figure 10 shows the amount of money available to feed a family of four people.



The annual income of a couple receiving social assistance with two children is **\$25,982**. Using 11.9% as a measure for food expenses, this gives them **\$3,092** a year, or **\$258**, a month to spend on food which is definitely not enough. **The couple would only have access to 31% of a nutritious food basket** The same household would find it very difficult to be well nourished **given that their nutritious food basket costs \$10,006**. The same household with one parent working full time with the minimum wage would have a net income of **\$35,485**. Taking 11.9% of the income for food would give them **\$4,223** a year or **\$352** a month to feed themselves. **It would only have access to 42% of a nutritious food basket**. With so little money, this family would have a very hard time to feed themselves properly.

As Figures 8, 9 and 10 show, the financial situation of welfare recipients and of minimum wage workers is disastrous. It is easier to understand the severity of the food situation if one reads Hunger Count, the report on food banks in Canada. In 2016 in N.B., 19,769 people received help from food banks of which 32.5% were children.

The situation of the approximately 36,900 people in N.B. living on social assistance is very serious. The clear majority of them have not had an increase in their base rate since 2014, which may mean that their health has deteriorated. For workers earning the minimum salary, the

situation seems less disastrous. However, there is definitely a problem when one realizes that none of the three cases (the single man, the single mother with one child or the couple with two children) would be able to purchase the Nutritious Food Basket.

For minimum wage workers, the situation seems less disastrous. However, what stands out is that in none of the three scenarios - single male, single-parent with one child or couple with two children - none of them can purchase the basic food basket. That, in itself, is a problem.

The numbers given above show that there are many people in N.B. who cannot afford a nutritious diet, consequently their health is compromised. This is reflected in the health care costs in the province. In 2011, Christine Saulnier, director of the Canadian Centre for Policy Alternatives in Nova Scotia, published research in which she states that the direct cost of poverty, for the government of N.B., is approximately half a billion dollars per year. Of this amount, 196 million dollars are health care expenditures. Her report is based on a series of research which, one after the other, indicate a link between poverty and health problems, illiteracy, rise in crime rates, poor performance of children in school and stress for all those living in poverty.<sup>18</sup>

Article 25 of the Declaration of Human Rights states that every person has the right to a standard of living adequate for the health and well-being of himself and his family, **including adequate food**, clothing, housing, medical care and social services... The data in Figures 8, 9 and 10 clearly show that people who depend on social assistance and people receiving the minimum wage cannot feed themselves adequately. It is urgent that our governments correct this situation.

Food insecurity linked to a low income leads to a multitude of problems related to people's health and social well-being. Not having enough to eat has an impact on the social determinants of health, such as schooling, early childhood development and education. Food insecurity also contributes to chronic diseases such as heart conditions and cancer, the two most common chronic afflictions in N.B. In addition, people living in a situation of food insecurity are more likely to have mental health problems and other chronic conditions such as high blood pressure, heart diseases and diabetes. Pregnant mothers with a low income have less access to nutritious foods. It is known that poor nutrition during pregnancy can be harmful to the health of the baby and subsequently throughout its life. A government concerned with the well-being of its citizens must give priority to people who are the most vulnerable and who depend on social assistance.

## VI. CONCLUSION

In November 2016, the Common Front for Social Justice (CFSJ) surveyed the price of the 67 food items contained in the Nutritious Food Basket, a tool developed by Health Canada. The team who carried out the survey collected the prices in 10 grocery stores in New Brunswick: three Coop/IGA-Foodland stores, three Sobeys stores, three Atlantic Superstores and one Walmart store. These stores are located in the North East, the South East and the South of the province. In addition, the 2016 survey re-examined the data collected from grocery stores in 2012. It was thus possible to calculate the increase in the cost of food in N.B. over a period of four years. Using the 2016 data we could calculate the annual cost of feeding individuals of

---

<sup>18</sup> Saulnier, Christine. 2011. Series "Point de mire," Coût de la pauvreté au Nouveau-Brunswick, pp. 1- 2.

different ages and gender and households in N.B.

The CFSJ survey shows that the cost of the Nutritious Food Basket was \$284.25 in November 2016, compared to \$275.81 in July 2012. That represents a 3.1% increase in four years. In 2016, of the 67 food items surveyed, 25 were cheaper than in 2012. Fifteen food items cost the same as in 2012 (give or take 5%) and there were 27 food items that were more expensive than in 2012. Food prices have been reduced in the United States, which has an impact on the price of many of the foods imported. In Canada, there has been a decrease in prices since the summer of 2016, and as this survey was conducted in November 2016, the prices of many grocery basket foods had decreased. Finally, there is more competition between store chains because of new players like Walmart.

Using the tool developed by Health Canada, the CFSJ was able to calculate the weekly and monthly cost of the most economical nutritious diet since we always recorded the cheapest prices. The analysis of the data shows that amount of money that individuals and households on social assistance receive not only keeps them in a deplorable situation from the point of nutrition but violates their human rights. Although less distressing, the situation of workers earning the minimum wage is also problematic. The amount of money they have left for buying food does not constitute 11.9% of their total expenses, the percentage observed for average Canadians.

The information gathered in this survey is made available to nutritionists, social workers and other individuals interested in knowing the minimum amount of money required to feed people of different ages and gender in N.B. The data shows, for example, that a 30-year-old man wishing to purchase nutritious food should spend \$326.70 a month. In the case of a recipient of social assistance in the so-called “designated” category, the Department of Social Development only gives him or her \$576 a month. The cost of food would thus constitute 57% of his or her monthly budget. The percentage the person would have to allow for food is abnormally high, given the fact that Statistics Canada reports that, on average, food represents 11.9% of the total expenditures of a household. The person would have very little money left to cover his or her other necessities!

Given the fact that one of the roles of the CFSJ is to apply pressure in order to obtain better social policies and greater solidarity amongst the people of New Brunswick, this survey provides solid arguments for political decision makers who absolutely must act so that people living poverty can live and not just survive.

## **V11. RECOMMENDATIONS**

Given the results of the 2016 survey on the cost of food and the repercussion on social and economic issues in N.B., the CFSJ makes the following recommendations:

1. That the Department of Social Development add a substantial amount of money to the next provincial budget in order to significantly raise the social assistance rates for the approximately 38,000 recipients.
2. That the Department of Social Development enable recipients of social assistance to keep a

much larger portion of the income they earn when they work part time.

3. That the government of N.B. change the very restrictive legislation imposed on people who are unable to work, preventing them from being recognized officially as invalids.
4. That the government of New Brunswick put a tax on junk food.
5. That the human rights commissioner, along with other provincial departments, develop an awareness campaign focussed on the necessity to reduce poverty in the province so as to respect human rights. The CFSJ suggests a campaign aimed at demolishing myths regarding people living in poverty.
6. That the Minimum Wage Commission recommend that the minimum wage be increased progressively to \$15 an hour and then indexed so that workers can maintain their purchasing power.
7. That chain stores (Superstore, Sobeys et Coop/IGA-Foodland) develop a policy to promote healthy food in their flyers, that they put more basic nutritious foods on sale and that they promote them more extensively.
8. That food stores make a concerted effort to purchase products from N.B. or from the Maritimes in order to help local farmers and local economies.
9. That electronic and print media encourage the promotion of healthy eating habits and the notion of food security in N.B.

## **ACKNOWLEDGEMENTS**

We wish to express our sincerest thanks to the members of the CFSJ and their collaborators who carried out this survey. The Common Front for Social Justice wishes in particular to thank Auréa Cormier who directed the project and wrote this report.

**Annexe A –  
Average cost of 67 food items included in the nutritious food basket of 10 grocery stores in 2016**

<b>MILK &amp; MILK ALTERNATIVES</b>	<b>Description</b>	<b>Average Price</b>	<b>FATS AND OILS</b>	<b>Description</b>	<b>Average price</b>
Milk, partly skimmed, 2% M.F.	4 L	6.39	Vegetable oil, canola	1.89L	7.83
Cheese, processed food, cheddar, slices	500 GM	3.87	Salad dressing, mayonnaise type	475ML	3.25
Cheese, mozzarella, partially skim	200 GM	4.31	Salad dressing, italian, regular	950ML	4.60
Cheese, cheddar	200 GM	4.49	Margarine, tub, non-hydrogenated	907 GM	3.43
Yogourt, fruit bottom, 1% to 2% M.F.	750 GM	3.51			
			<b>WHOLE GRAIN PRODUCTS</b>		
<b>MEAT, POULTRY, FISH AND LEGUMES</b>			Cereal, bran flakes with raisins	775 GM	5.39
Egg, chicken	doz	3.44	Cereal, oats, quick cooking	1 KG	2.87
Chicken, legs	1 KG	8.57	Cereal, toasted oats - Os	525 GM	3.86
Ham, sliced, regular (approx. 11% fat)	175 GM	4.04	Cracker, saltine, unsalted top	450 GM	2.44
Beef, hip, inside (top) round roast	1 KG	15.96	Pasta, spaghetti, enriched	900 GM	1.89
Beef, hip, inside (top) round steak	1 KG	16.85	Grains, wheat flour, whole-grain	2.5 KG	5.32
Beef, ground, lean	1 KG	9.15	White flour, all-purpose	2.5KG	4.89
Pork, loin, centre chop, bone-in	1 KG	1.17	Rice, white, long-grain, parboiled	900 GM	4.34
Fish (sole, haddock, etc.) frozen	400GM	5.75	Cookies, plain (arrowroot, social tea)	350 GM	2.98
Beans, baked, canned in tomato sauce	398 ML	1.09	Roll, hamburger	350 GM	2.80
Tuna, light, canned in water	170 GM	1.84	Bread, white	675 GM	3.10
Salmon, chum (keta), canned	213GM	2.59	Bread, whole wheat	675 GM	3.23
Peanut butter, smooth type	500 GM	3.30	Bread, pita, whole-wheat	284 GM	2.88
Peanuts, drv roasted	700 GM	5.75	<b>TOTAL</b>		284.25
Lentils, drv	454 GM	2.22			
<b>VEGETABLES AND FRUITS</b>					
Beans, snap (green or yellow), frozen	1KG	4.12			
Vegetables, mixed, frozen	1KG	3.11			
Peas, green, frozen	1KG	3.02			
Orange juice, frozen concentrate	355 ML	1.95			
Strawberry, frozen, unsweetened	600 GM	4.70			
Lettuce, cos or romaine (Weigh it)	1KG	3.77			
Mushroom, raw	1 KG	10.14			
Lettuce, iceberg (Weigh it)	1 KG	1.93			
Carrot, raw	1 KG	1.54			
Onion, raw	1 KG	2.70			
Tomato, red, raw	1KG	4.07			
Potato, white, raw	4.54KG	4.09			
Sweet potato, raw	1 KG	4.26			
Cabbage, raw	1 KG	1.78			
Rutabaga (turnip), raw	1 KG	1.73			
Broccoli, raw (Weigh it)	1 KG	3.61			
Cucumber, raw (Weigh it)	1 KG	2.85			
Pepper, sweet, green, raw	1 KG	4.34			
Celery, raw	1 KG	2.14			
Apple, raw	1 KG	3.84			
Banana, raw	1 KG	1.93			
Oranges, all commercial varieties, raw	1 KG	3.08			
Pear, raw	1 KG	5.35			
Grape, red or green, raw	1 KG	5.79			
Melon, cantaloupe, raw (Weigh it)	1 KG	2.59			
Apple juice, canned or bottled with vitamins	1.36 L	1.88			
Peach, canned halves or slices, juice pack	398 ML	1.84			
Corn, canned vacuum packed	341 ML	1.11			
Tomato, canned, whole	796 ML	1.39			
Vegetable juice cocktail	1.89 L	2.74			
Raisin, seedless (sultana)	750 GM	5.79			