



New release

December 19, 2013

Moncton – ``It is difficult for individuals and families on low or fixed income to eat well`` says Jean-Claude Basque, Provincial Coordinator of the Common Front for Social Justice.

The Common Front for Social Justice is unveiling its' report today: **Limited revenue? If yes, where to shop?** The report is the result of a month long survey at the three major food chain stores in the Greater Moncton region researching the cost of the 67 foods items featured in the Eating Well with Canada's Food Guide.

``Co-op is where the cost of the nutritious food basket for the 67 items is least expensive (\$259.56) followed by Atlantic Superstore (\$268.61) and Sobeys (\$271.97)

The monthly average number of items on sale and money saved is more important at Co-op (\$107.77) than at Sobeys (\$96.91) and Atlantic Superstore (\$72.12) says M. Basque

The amount saved is higher at the beginning of the month (Co-op and Sobeys mainly), which is not good news for seniors or citizens on social assistance who are receiving their cheques at the end of the month.

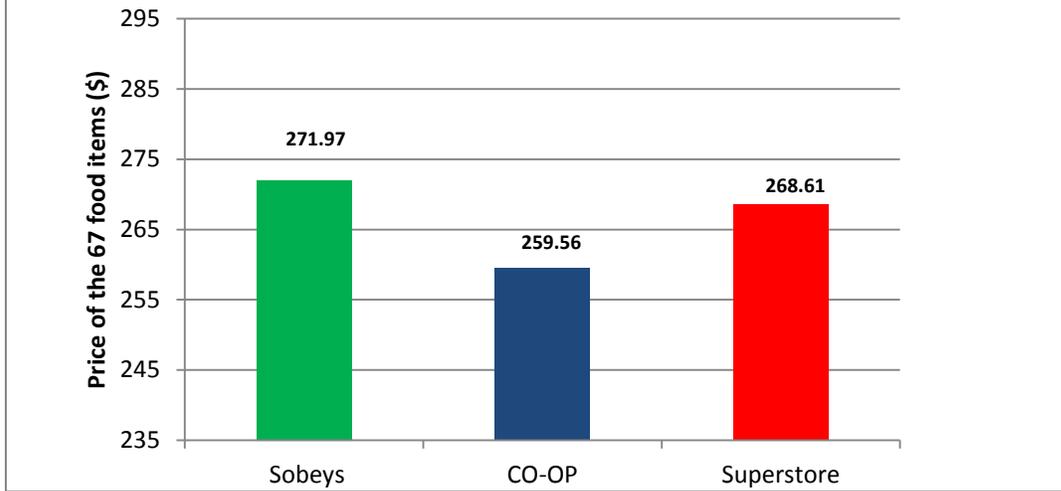
The Common Front for Social Justice has also analysed the cost of the food basket for four households; a family of four at Minimum Wage, a single parent with one child receiving social assistance and a single man receiving social assistance and a senior.

``Eating well for the first three households would mean spending 50 % of their monthly revenue, an impossibility. This is certainly one of the reason why food banks have seen an increase in their numbers`` continues M. Basque.

The Common Front for Social Justice is making a series of recommendations, one of which is to have more vegetables and fruits on sale.

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**Figure 1 - Cost of a nutritious food basket of 67 items purchased in three food outlets in November 2013**



**Monthly savings**

Sobeys: \$96.91 \$

Co-op: \$107.77 \$

Atlantic Superstore: \$72.13 \$

As we can see, eating well on a small salary, or on a low fixed income, skims off an important percentage of the monthly revenue.

- ✓ **Family of four: \$819.50 per month.** If this family relies on only one source of revenue coming from a minimum salary of \$1 720 a month, it will have to spend **48 % of its revenue in order to eat healthy.**
- ✓ **Single mother with a 9-year-old son: \$459.58 per month.** If this family is on welfare, its revenue will be \$945 and will have to spend **49% of its revenue in order to eat healthy.**
- ✓ **Single man: \$318.39 per month.** If this man is on welfare, his revenue consists of \$537 a month and he will have to spend **59% of its revenue in order to eat healthy.**
- ✓ **75-year-old woman: \$213.33 per month.** If this woman only gets Old Age Security and the Guaranteed Income Supplement, her revenue is \$1 286.51 a month. She will have to spend **17 % of her revenue in order to eat healthy.**