

NB Common Front for Social Justice

News Release

For immediate publication



Being Poor and Eating Well: Try it!

August 27, 2012 -Moncton- Food prices increased by 3.33% reveals a 2012 Survey conducted by the N.B. Common Front for Social Justice

The Common Front for Social Justice (CFSJ) surveyed the price of 67 food items included in Health Canada's nutritious food basket. The survey teams went to 31 N.B. grocery stores, 10 from each of the Coop, Sobeys and Superstore food chains as well as to one Save Easy store in St-Antoine. Thus, the province was covered from north to south and east to west.

“We observed that overall food prices vary according to chain store. The total price of the 67 food items included in the nutritious food basket for 10 **CO-OP** stores was \$257 (**lowest prices**). It averaged \$276 in the 10 **Sobeys stores** surveyed (**medium range increase**). Where food prices were the highest was in the 10 **Atlantic Superstores (highest prices)** where the average cost of the 67 items came to **\$288**” says Auréa Cormier, the person responsible for the survey on behalf of the NB Common Front for Social Justice.

The results of the present survey indicate that **between July 2011 and July 2012, the price of food has risen by 3.33%. This increase is more than twice as important as the overall inflation rate in Canada, namely 1.5% in June 2012.** All food groups showed variations in prices when compared to those of 2011.

1. Here are some of the highlights:

- In the **high protein food group, 15 food items were more expensive in 2012.** Seven of these items had major price hikes which ranged from 40.3% for sliced ham to 14.2% for pork chops. Eight other high protein items had

more modest price increases, ranging from 3.8% for frozen fish fillet down to 1.1% for milk.

- In the **fruit group**, **seven items had price increases** ranging from 30.6% for grapes down to 2.1% for fresh oranges.
- In the **vegetable group**, **12 of them were sold for a higher price** than in 2011, these ranging from 23.2% for frozen peas down to 0.9% for green peppers.
- In the **cereal-based products**, **five of them were more expensive** in 2012 compared to 2011, ranging from 8.1% for hamburger rolls to 2.5% bran flakes cereal.
- In the **fats and oil group**, **canola oil was 5.4%** more expensive and **Italian salad dressing cost more by 11.2%**.

“We analysed the monthly costs of eating well in 2012 for four types of households. It is very clear that for each type, the food cost requires an important part of the budget, especially for a couple with two children (\$827.45 per month) and for a single parent with one child (\$464.43 per month)” continues Auréa Cormier.

“We are making eleven recommendation in order to change the situation especially for people who are living in poverty” concludes Jean-Claude Basque.

For information

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