

Being Poor and Eating Well: Try it!

Results of a 2012 Food Cost Survey in N.B.



**Research report prepared by
The New Brunswick Common Front for Social Justice Inc.**



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I. INTRODUCTION

Access to a nutritious diet is key to good health. In New Brunswick, as well as in Canada, purchasing the quantity and quality of food recommended by Health Canada is becoming increasingly difficult for people living on a limited budget. When deprived of a proper diet, people realize that this affects their health. A recent survey by the Canadian Medical Association reported that 68% of Canadians earning over \$60,000 reported that they are healthy while only 39% of those earning less than \$30,000 felt they were in good health¹.

Nutritional requirements, as a human right, cannot be properly fulfilled if money is lacking. Such is the fate of thousands of citizens and their families in New Brunswick (N.B.), who are mainly social assistance recipients, single-parent households earning the minimum wage, part time worker 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 citizens are food insecure. A 2009-2010 study reported that food insecurity among citizens of Canadian provinces ranged from a high of 10% in Nova Scotia to a low of 6.1% in Saskatchewan². In a country as wealthy as Canada, food insecurity is unfortunately a reality for many.

The N.B. Common Front for Social Justice Inc. (CFSJ) is a non-profit organization committed to greater solidarity within society, especially with those living in poverty. In 2010 and 2011, the CFSJ carried out a food survey using the standardized tool developed by Health Canada, the National Nutritious Food Basket³. Results of these two surveys are posted on the CFSJ website⁴.

Given that food prices continue to rise, CFSJ decided to monitor food prices again in 2012. This report presents the objectives of the 2012 CFSJ study followed by the results, some comments on how the data could be used to bring about changes in the social conditions of low-income New Brunswickers. The report ends with a conclusion, followed by several recommendations.

II. OBJECTIVES OF THE STUDY

The July 2012 N.B. food survey had the following objectives:

1. Using the tool developed by Health Canada (National Nutritious Food Basket), record in 31 food stores the prices of 67 food items (dairy products, protein-rich foods, fruit and vegetables, cereal products and lipid-rich foods);
2. Compare the 2012 food prices collected in 22 of these 31 stores with those which had been observed in the same 22 stores surveyed in July 2011 and identify the foods whose price had increased during one year;
3. Calculate the cost of a nutritious diet according to age and gender, as well as for four types of households, thus making it possible to determine the cost of a nutritious diet for all New Brunswickers;
4. Formulate recommendations to address the problem of food insecurity in N.B.



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

² http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/prov_ter-eng.php

³ Health Canada. National nutritious food basket. <http://www.hc-sc.gc.ca/fn-an/surveill/basket-panier/index-eng.php>.

⁴ <http://www.frontnb.ca/Document/food-cost-report.pdf>

III. METHODOLOGY

The research team comprised Auréa Cormier, Emeritus Professor in Nutrition, Université de Moncton who acted as principal investigator. She was regionally assisted by 20 CFSJ members and 11 others⁵. All team members were instructed on how to carry out the **National Nutritious Food Basket** methodology developed by Health Canada⁶. It measures the cost of healthy eating, based on Canada's Food Guide to Healthy Eating, and includes 67 items comprising dairy products, protein-rich foods, fruit and vegetables, cereal-based products and some fats and oils. The list only comprises items featured in the *Eating Well with Canada's Food Guide* so it excludes sugar, ice cream and all sweets. When an item is on sale, the lower price is selected as this is the probable decision made by low-income people. One must keep in mind that this is a bare bone estimate of food cost and not representative of what middle class or wealthy consumers buy.

A total of 31 stores were surveyed between July 9th and July 19th 2012, a time period comparable to the one when the 2011 CFSJ survey was conducted. Stores were not randomly chosen but an attempt was made to achieve good provincial coverage. The stores surveyed included:



- **Ten Atlantic Superstores** - Bathurst, Campbellton, Edmundston, Fredericton, Miramichi, Moncton on Main Street and Moncton on Trinity Drive, Riverview, Saint John and Tracadie-Sheila;
- **Ten Co-op Food Stores** - Bathurst, Dieppe, Fredericton, Moncton, Nelson, Robertville, Rogersville, Saint John, Saint-Louis-de-Kent and Shediac;
- **Ten Sobeys stores** - Bathurst, Campbellton, Edmundston's IGA, Edmundston's Foodland, Fredericton, Miramichi, Moncton, Riverview, Quispamsis and Saint John.
- **One SaveEasy store**, in Saint-Antoine-de-Kent, was also surveyed.

IV. RESULTS AND COMMENTS

A. Nutritious food basket cost for 67 items in the three major food chains

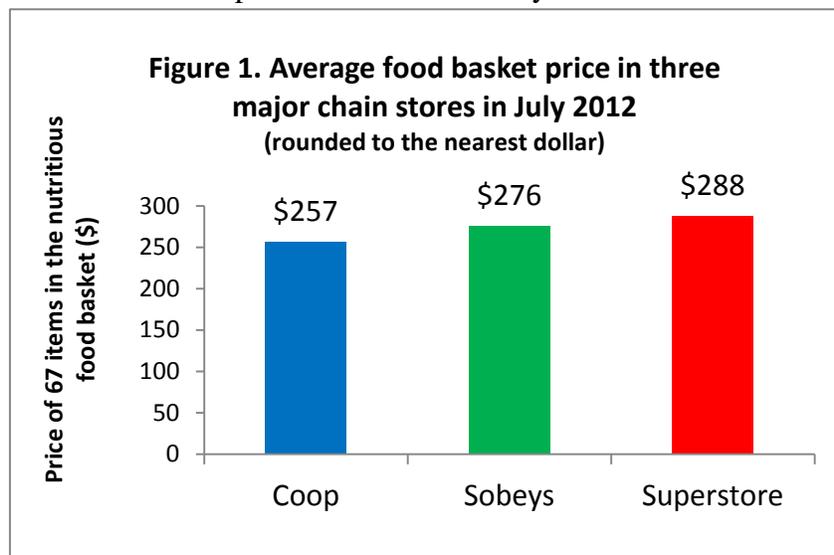
In N.B., the three major food chains are: Coop Food Stores (head office in Moncton), Sobeys (head office in Stellarton, N.S.) and Atlantic Superstore which belongs to the Weston Group with headquarters in Brampton Ontario.

In analysing the total food basket price, the small SaveEasy store in the village of Saint Anthony was excluded as it did not carry all the 67 items listed.

⁵ **CFSJ members:** Pierrette Babin, Albertine Basque, Jean-Claude Basque, Pierre Cyr, Denis Doucet, John Gagnon, Mike Gravel, Rose-Marie Gigou, Rose-Marie Haché, Susan Hopkins, Melynda Jarratt, James LeBlanc, Céline Létourneau, Beatrice Loggie, Linda McCaustlin, Johanne Petitpas, Germaine Richard, Germaine Savoie, Dan Weston (with some members of FAPO) and Nicole Young. **Additional people** who assisted in the data collection were Andrea Doucet, Rose-Marie Haché, Céline Létourneau, Stella Martin, Rhonda Mattson, Tom McNulty, Murielle Porter, Aline Robichaud, Bernice Thériault and Tracy Warden.

⁶ Health Canada, National nutritious food basket. <http://www.hc-sc.ca/fn-an/surveill/basket-panier/index-eng.php>.

Figure 1 presents the average price of the items included in the food basket in 10 Coop stores, in 10 Sobeys stores and in 10 Atlantic Superstores in N.B. in July 2012. There is a trend for Coop stores to have the lowest prices. The same trend was noted in the 2011 CFSJ's results when the same stores were paired with those surveyed in 2012.



Atlantic Superstore's average food prices, for a 67-item food basket, were **12.1% higher** than at the **Coop stores**. This chain store belongs to the George Weston group which is Canada's largest grocery store chain. On November 29, 2011, it was reported in the *Globe and Mail* that their profit soared by 50%. They raised their food prices by 5% to cover increases in raw material and others costs⁷ and they may take a wait-and-see approach

before deciding whether to put through further price increases. CFSJ's data collected in N.B.'s Atlantic Superstores indicated that the overall cost of 67 food items was higher than at Coop stores.

As for the 10 **Sobeys stores**, the average food basket cost was intermediate, being cheaper than at the Superstores and higher than at the Coop stores. Sobeys food prices, for a 67-item food basket, averaged 7.4% higher than at the Coop stores. Sobeys is a profit oriented chain store whose annual dividends have grown consistently year in and year out. Shares were at 40¢ in 2004 and rose to 92.1¢ in 2012⁸.

Coop stores had, as in the 2011 survey, the lowest prices of the three chain stores. Last year, the prices for the 67-items food basket was 1% lower than those at the Superstores and 2% lower than those at Sobeys stores. Coop stores display much locally produced food compared to the other chains which is certainly helping the local farmers and the local economies. Transport costs for these are less and benefits can be passed on to consumers.

B. Overall increase in food cost between July 2011 and July 2012

According to the CFSJ's survey, the **cost of a nutritious food basket rose by 3.33% between July 2011 and July 2012**, an important increase. This affirmation is based on observations made in 22 grocery stores, when the **2011 average cost of the food basket was \$266.92**, compared to the **2012 average of \$275.81**.

⁷ <http://m.theglobeandmail.com/globe-investor/george-weston-profit-soars-50/article4201307/?service=mobile>

The food price hike observed in N.B. in 2012 is not as important as the one CFSJ observed between July 2010 and July 2011, namely **5.74%**. However, the price increase which occurred between July 2011 and July 2012 is comparable to what Royal Bank of Canada's economist Paul Ferley, quoted in the Canadian Press, expected for Canada, namely that food costs would rise by 2.5% to 3.5% in 2012 and, in 2013, by 3% to 4%⁹. Statistics Canada reports that in N.B, between May 2011 and May 2012, the Consumer Price Index rose by 1.8%¹⁰. The overall inflation rate in Canada was recorded at 1.5 % in June of 2012¹¹. **In N.B., the 2011-2012 increase in the price of food is 3.33%, a rate which is approximately twice that of inflation.**

University of Guelph economists provide expert opinion on food price increases. In December 2011, they had predicted that while food prices would continue to inch ahead, the 2012 rise would be modest compared with the spike in prices in 2011¹². This is actually what CFSJ's survey shows. Compared to their reported Canadian average of a 4.9% food price increase in 2011, Guelph economists forecasted that the year 2012 would see an increase that is less than half of that, or just about 2%. Meat products were expected to see a 3% increase and the price of fresh vegetables, to rise by an average of 1% to 3%. Because of various factors (weather, increased world demand, higher energy prices), food prices have been going up every year for the last 10 years. These economists said that the year 2012 may be the first one in a long time where consumers will see less pressure. They predicted that some items would see a price decrease, notably the core grains and sugar. This is much welcome news for families and individuals, especially those who have been struggling to make ends meet or having trouble paying down their debt.

C. Food items particularly affected by price hikes

In 2012, of the 67 food prices compared in 22 grocery stores, **the average price for 35 of them was higher in 2012 than it was in 2011**. Conversely, 30 items were, on the average, less expensive in 2012 than in 2011. Two of them were sold at the same price (See Annex A for details).

The food items that were cheaper went from 0.3% less expensive for salad dressing to 59.7% less expensive for hydrogenated margarine. The major drop in the price of margarine is due to the fact that in 2011, the price of the trade mark *Becel* was the one recorded (often selling at \$5.99 for 908 g) while in 2012, other brands were cheaper, and selling, on average at \$3.36 for 908 g.

Most of the items priced lower in 2012, compared to 2011, were items where stores featured a sale on the day of the survey. All grocery stores had items on sale, their number ranging from a low of 7 out of 67 in one Atlantic Superstore to a high of 18 in one Coop store (see details below)¹³

⁹ The Canadian Press. Aug 6, 2012. Canadian food prices expected to rise due to U.S. drought.

¹⁰ Statistique Canada, CANSIM: *Le Quotidien*

¹¹ <http://www.tradingeconomics.com/canada/inflation-cpi>

¹² <http://budgetsense.ca/2011/12/good-news-for-2012-food-price-increases-to-ease/>

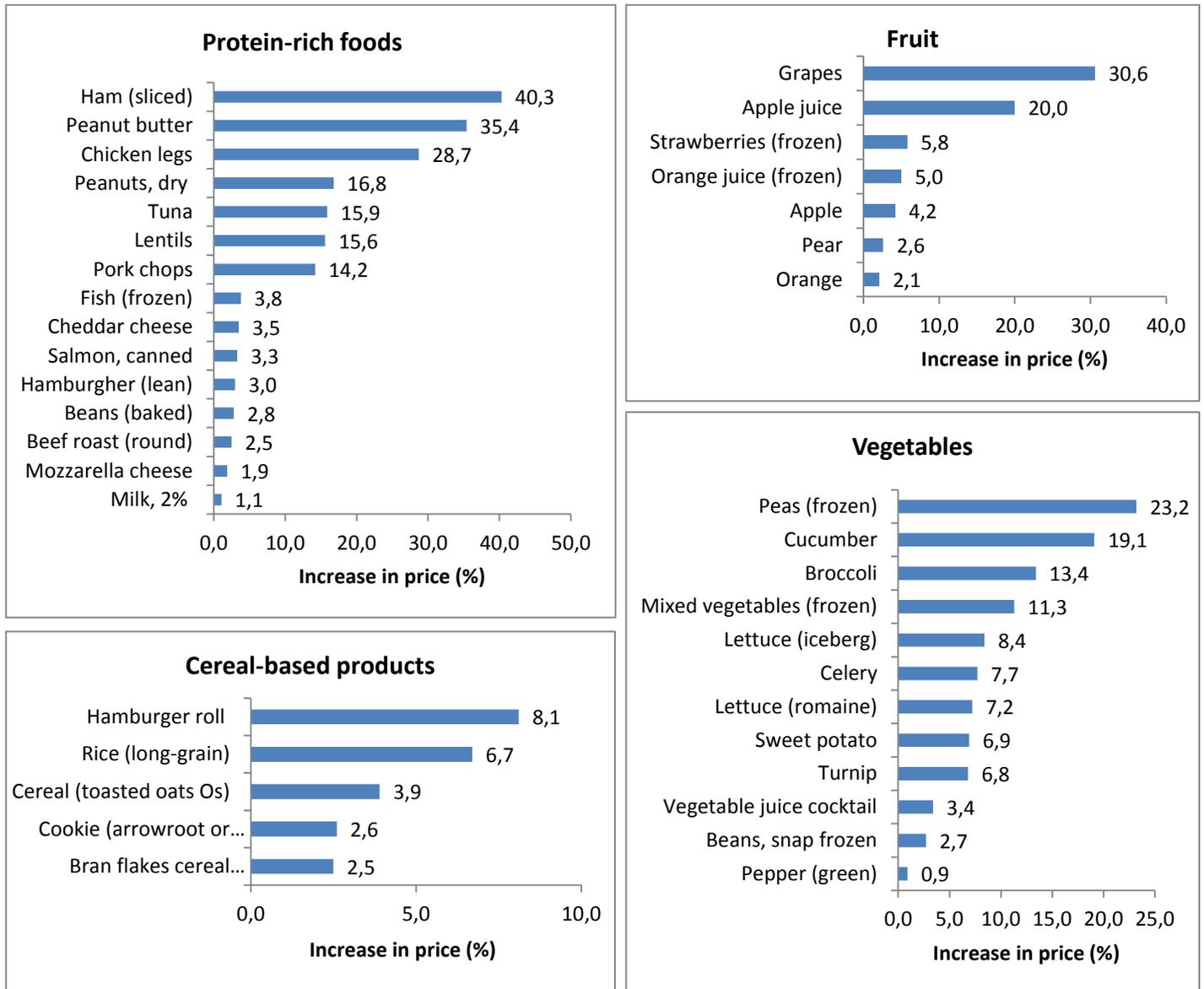
¹³ **Number of items on sale in the three chain stores on the day of the survey:**

Coop stores: Fredericton: 13; Lamèque: 10; Moncton: 18; Nelson: 13; Quispamsis: 15; Rogerville:12; St-Louis: 8.
Sobeys stores: Bathurst: 14; Edmundston's IGA: 10; Edmundston's Foodland: 16; Fredericton: 10; Miramichi: 9; Moncton: 13; Saint John: 12.

Superstore: Bathurst: 10; Edmundston: 7; Fredericton: 12; Miramichi: 7; Moncton: 11; St-Antoine: 7; St-John: 10
Tracadie-Sheila: 8.

Figure 3 indicates the price hikes within one year for protein-rich foods, for fruit, for vegetables and for cereal-based products featured in the nutritious food basket.

Figure 3. Percent price increases, by food group, between July 2011 and July 2012.



There are 19 protein-rich foods included in the nutritious food basket. As indicated in Figure 3, **the price of 15 of these protein-rich foods did increase.** This is especially pronounced in the case of sliced ham as well as for three vegetable-based protein sources, namely peanut butter, dry peanuts and lentils. The price of chicken legs and pork chops increased by 28.7% and 14.2%, respectively. The other eight remaining protein-rich products had more modest price increases, ranging from 1.1% for milk to 3.8% for frozen white fish fillets. The price hikes of the six last items are closer to the 3% increase in meat predicted by University of Guelph’s economists¹⁴.

¹⁴ <http://budgetsense.ca/2011/12/good-news-for-2012-food-price-increases-to-ease/>

These protein-rich foods are important source of nutrients to replenish the muscles and to provide vitamins and minerals to the body.

In the **fruit group, the price of 7 out of the 11 listed items did increase**. Imported grapes increased by 30.6%, possibly reflecting the rise in fuel required in the transport. Surprisingly, apple juice, a product often produced in Nova Scotia, had a 20% price hike. Five other fruits included in Health Canada’s list also rose in price, ranging from 2.1% to 5.8%. These fruits are important sources of vitamins, minerals and fibres. Many people living in poverty have the perception that they are malnourished because they cannot afford to buy fruit.

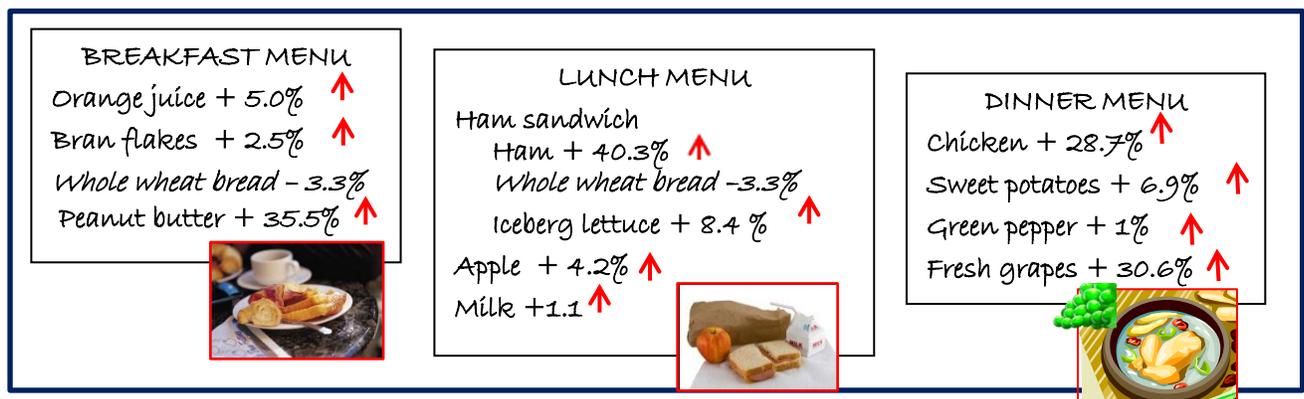
Vegetables also provide many vitamins and minerals as well as some cancer prevention components. **Eleven of the 20 vegetables included in the list increased in price** between 2011 and 2012. Price increases go from 23.2% for frozen peas to 0.9% for fresh green peppers.

Cereal-based products are the main source of calories, especially for low-income households. The price of flour had risen by 26% between 2010 and 2011, then causing a rise of 10% in the price of bread. Such price increases did put a great deal of pressure on poor people’s food budget. **Of the 13 cereal-based products surveyed in 2012, only five of them cost more in 2012**. The price of flour and other wheat-based products seems to have stabilized. However, the price of hamburger rolls rose by 8.1%. In July 2012, prices for whole wheat and for white bread were slightly lower than the previous year, this possibly being due to the fact that bread was often on sale on the day the survey was conducted. The price of long grain rice rose by 6.7%, the oat-based cereal “Toasted Os” rose by 3.9%, the arrowroot or social tea cookies by 2.6% and the bran flakes cereal by 2.5%.

In the fat and oil group, the price of salad dressing rose by 11.8% and that of canola oil by 5.4%.

People living on low income have difficulty adjusting to price hikes and consequently, nutritious foods are often beyond their financial capacity. This inevitably has a negative impact on their health status. Price increases restrict their menus choices. When a household is on a limited budget, it is increasingly difficult to decide what to serve for breakfast, lunch and supper. The expensive foods must be taken off the menu. Figure 3 is an illustration of menus which might need to be changed.

Figure 4. Samples of observed price increases in breakfast, lunch and dinner menus



D. Cost of feeding a nutritive diet to N.B. households in 2012

In order to achieve good coverage of the three major N.B. chain stores, the prices of the 67 food items were recorded in 10 Coops, 10 Sobeys and 10 Superstores. Annex B presents the food basket prices recorded in each of the 30 stores. These 30 prices were averaged and used to calculate the weekly cost of a basic nutritious diet for families of any size or composition. The program developed by Health Canada does this calculation. Based on the data collected in 30 stores in July 2012, the cost of a basic nutritious diet for 16 different groups was obtained and is presented in Table 1. Weekly food cost is multiplied by 4.33 to put it on a monthly basis.



Table 1. Average cost of foods in the Nutritious Food Basket in N.B. in 2012 by age and gender.

Sex	Age (years)	Cost per week (\$)	Cost per month (\$)	Sex	Age (years)	Cost per week (\$)	Cost per month (\$)
Boy	2-3	27.89	120.76	Girl	2-3	27.37	118.51
	4-8	35.92	155.53		4-8	34.86	150.94
	9-13	47.74	206.71		9-13	40.81	176.71
	14-18	67.49	292.23		14-18	48.75	210.09
Man	19-30	65.03	281.58	Woman*	19-30	50.28	217.71
	31-50	58.73	254.30		31-50	49.77	215.50
	51-70	56.75	245.73		51-70	44.16	191.21
	71+	56.20	243.35		71+	43.31	187.53

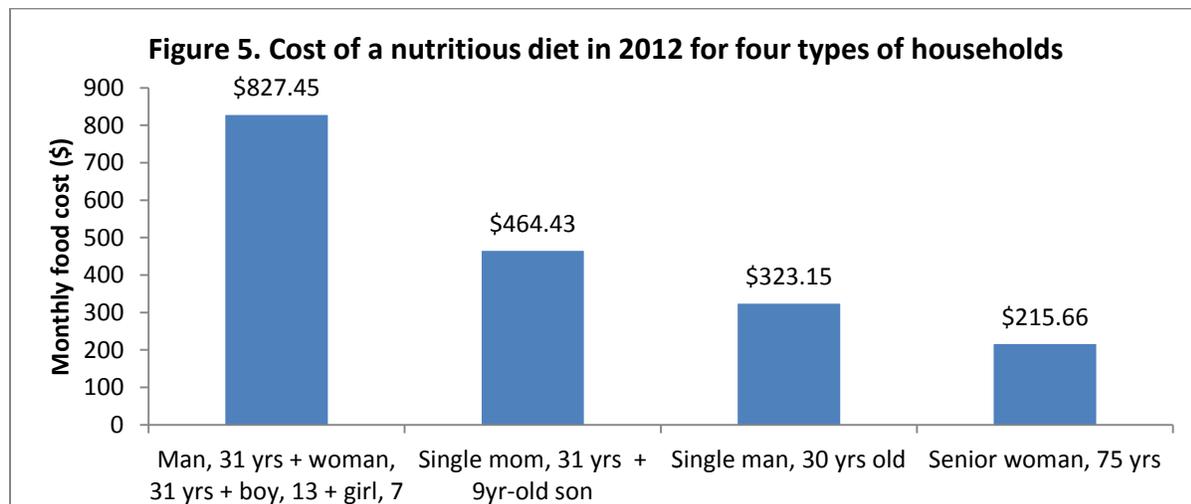
*Pregnant mothers' food cost per week ranges from \$53.58 to \$54.88 and lactating mothers, from \$56.66 to \$58.30.

When households are smaller, the price per person for food tends to be higher. Health Canada recommends that the following factors be used to adjust food cost for different households:

One-person household: multiply by 1.15; two-person household: multiply by 1.10;

three-person household: multiply by 1.05; four-person household: use the number as is.

Figure 5. shows the monthly food cost for a reference family of four (man, 31, woman, 31, boy, 13 and girl, 7), for a single mom with a 9 year-old son, for a single man and for a 75-year old woman.



In July 2012, the monthly cost of a basic nutritious diet for a reference family of four is \$827. On a yearly basis, CFSJ's findings indicate that this reference family should spend \$9,927 (*almost \$10,000*) for a nutritious diet. A single mom with a 9 yr.-old son needs \$5,573, a single adult man, \$3,878, and a senior woman should spend \$2,588.

V. NON-AFFORDABILITY OF FOOD

Given the N.B. food price increases of **5.75% in 2011 and of 3.33% in 2012**, thousands of people at the lower end of the income scale have to leave many nutritious food on the shelves when they shop for groceries. This is particularly the case for social assistance recipients, minimum wage workers, single parents with children earning low wages, part time workers in service jobs and low-income seniors experiencing health problems.

Workers at minimum wage in N.B. are only making \$20,800 if they are working full-time year round. If we consider that it takes almost \$10,000 for a reference family composed of a couple with two children to eat well, we can surely understand that they can't use half of their budget on food alone, and ignore the cost of housing, clothing and other basic needs.

For more than 40,000 citizens on welfare, the situation is worse. The large majority of them have not been given any increase in their basic rates since October 2008. The end result has certainly been deterioration in their health status.

The severity of the food situation can be better understood when one reads the 2011 Hunger Count Reports from Food Banks Canada¹⁵. Last year in N.B., 18,712 individuals were assisted by food banks and 34.4% of these were children. **This is an increase in use of 18.6% compared to 2008.** It is also important to note that 16.4% of users were working or had worked and were on Employment Insurance.

Some people regularly beg for food because they are hungry. Many New Brunswickers cannot afford a basic nutritious diet and because of this, their health is probably compromised. This is reflected in the increases in provincial health costs. In 2011, Dr. Christine Saulnier, Director of the Canadian Centre for Policy Alternatives in Nova Scotia, published a research paper where she says that the direct cost of poverty to the N.B. government is approximately half a billion dollars per year and out of this amount, **196 million is attributable to health cost**¹⁶.

Improvements have occurred since the launch of the N.B. Economic and Social Inclusion plan in November 2009. Positive initiatives have been taken, namely the introduction of the vision and dental care plan for low-income families, the provision of funding to homeless shelters, the funding of social enterprises, the provision of training and education opportunities as part of the transition to work, etc. Although this has had some positive effects, **it has not put much bread and butter on the table of people living on limited income.** Moreover, despite the increases which have been made to the minimum wage, thousands of N.B. workers relying on minimum wage are still at risk of food insecurity. This is particularly true for single parents who are the

¹⁵ <http://www.foodbankscanada.ca/getmedia/dc2aa860-4c33-4929-ac36-fb5d40f0b7e7/HungerCount-2011.pdf.aspx>

¹⁶ Saulnier, Christine. 2011. In Focus Series. Cost of Poverty in New Brunswick, pages 1 and 2.

sole bread winner for their children as well as for part-time workers and seasonal workers in low-paying jobs.

Income related food insecurity leads to a variety of health, social and economic problems¹⁷. Not having enough to eat has an impact on other social determinant of health such as literacy, early childhood development and education. Food insecurity also contributes to chronic disease such as heart disease and cancer, two of the most prevalent chronic disease in N.B. Moreover, individuals in food insecure households are more likely to report mental health problems, and multiple chronic conditions such as high blood pressure, heart disease and diabetes. Low income pregnant mothers have less access to nutritious food. Poor nutrition during pregnancy can affect a child's health throughout the life cycle.

VI. CONCLUSION

In July 2012, members of 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. They revisited the 22 grocery stores which had been surveyed in 2011. It was therefore possible to calculate the annual rise in the cost of food in the province. The survey data can be used to calculate the weekly and monthly cost of feeding various age and gender groups as well as reference households of New Brunswickers.

The present survey indicates that between July 2011 and July 2012, the price of food has risen by 3.33%. All food groups showed variations in prices when compared to those of 2011. These values are presented in Figure 4 and in Annex A. 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. As for **vegetables**, 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. **Five cereal-based products 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%.

Using the template developed by Health Canada, we were able to calculate the weekly and monthly costs of a bare-bone nutritious diet since we always recorded the lowest food price displayed. Information is hereby made available to nutritionists, social workers and other individuals interested in knowing what is the minimum needed to feed all age categories of male and female New Brunswickers. It shows, for example, that if a 30-year old man wants to purchase the food that will barely meet his nutritional requirements, he needs to spend \$323 per month. If that man is a social welfare recipient in the transitional category, all that the Department of Social Development gives him is \$537 per month. **His food cost therefore**

¹⁷ Nova Scotia Food Security Network and Participatory Action Research and Training Centre at Mount Saint Vincent University. May 2011, p. 25.

represents 60% of his total monthly budget. Such a percentage of a personal budget going to food is disproportionately high, considering that Statistics Canada says that food cost generally represents 10.2% of the total expenses of the household. Very little is left for the other necessities!

Given that the role of the N.B. CFSJ is to lobby for better social policies and greater solidarity among New Brunswickers, this 2012 provincial food survey will add another solid argument to be presented to political decision makers. They must come up with effective approaches to protect the food purchasing power of people living in poverty.

V11. RECOMMENDATIONS

Given the results of this 2012 food cost survey and given CFSJ's recent stand on social and economic issues, the following recommendations are being made:

1. That the Department of Social Development implement right away a Food Supplement Program of \$50.00 per month per household for people living on social assistance.
2. That the Department of Social Development ask for more money in the next provincial budget so as to be able to increase substantially the basic rate for all citizens on social assistance.
3. That the Department of Social Development complete its work on the changes to their policies in order to allow social welfare recipients to keep more earned income when they are working.
4. That the Department of Social Development increase social assistance rates, including a new regime more appropriate for persons with disabilities.
5. That the Department of Social Development publish the report on N.B. food banks conducted in 2010 and implement its recommendations that would reduce food insecurity.
6. That the Commissioner of Human Rights, in cooperation with other provincial Departments, develop a strong public awareness campaign on the need to reduce poverty (CFSJ suggests a campaign to combat myths against poor people), which is critical to the success of the poverty reduction strategy.
7. That the Minister of Finance raise the personal income tax of N.B.'s high income earners as recommended by CFSJ in January 2012 in order to make more funds available to people living in poverty and, by this process, reduce the income gap between the rich and the poor.
8. That the Minimum Wage Commission recommend a gradual increase of the present minimum wage and it's indexing in order that workers don't lose their purchasing power.
9. That the three major food store chains (Superstore, Sobeys and CO-OP) develop a policy of promotion of healthy food in their promotion flyers, put more of these basic nutrition items on sale and display more prominently the most nutritious food items.
10. That the three major foods store chains make a concerted effort to buy New Brunswick or Maritime products in order to help local farmers and local economies.
11. That leaders in the electronic and printed media encourage the promotion of good nutritional habits as well as the concept of food security in N.B.

ACKNOWLEDGEMENTS

The CFSJ sincerely thanks its 20 team members and their 11 collaborators who carried out the survey (Names are listed on page 3). Funding for this research came from the Provincial CFSJ. A contribution also came from the Southeast Chapter to cover the expenses in the Moncton area.

Annex A – Listing of the 67 food items surveyed, their purchase unit and their averaged 2011 and 2012 prices

Food Group with a list of food surveyed	Purchase Unit	2011 Price (\$)	2012 Price (\$)	Food Group and list surveyed	Purchase Unit	2011 Price	2012 Price
Milk and milk alternatives				Grain products			
Milk, partly skimmed, 2% M.F.	4 L	6.61	6.68	Cereal, bran flakes with raisins	775 GM	5.26	5.39
Cheese, processed food, cheddar, slices	500 GM	4.49	4.47	Cereal, oats, quick cooking	1 KG	3.00	2.90
Mozzarella cheese partially skim	200 GM	3.79	3.86	Cereal - toasted oats Os	525 GM	4.06	4.22
Cheese, cheddar	200 GM	3.71	3.84	Bread, pita, whole-wheat	284 GM	2.76	2.52
Yogourt, fruit bottom, 1% to 2% M.F.	750 GM	3.43	3.45	Bread, whole wheat	675 GM	3.09	3.02
Meat, poultry, fish and legumes				Grains, wheat flour, whole-grain	2.5 KG	6.09	6.00
Egg, chicken	Dozen	2.93	2.75	Cookie, (arrowroot, social tea)	350 GM	3.12	3.20
Chicken, legs	1 KG	7.28	9.37	Roll, hamburger	350 GM (8)	2.59	2.80
Ham, sliced, regular (approximately 11% fat)	175 GM	2.53	3.55	Cracker, saltine, unsalted top	450 GM	2.66	2.39
Beef, hip, inside (top) round roast	1 KG	9.91	10.16	Bread, white	675 GM	2.98	2.76
Beef, hip, inside (top) round steak	1 KG	11.67	11.61	Pasta, spaghetti, enriched	900 GM	2.24	2.20
Beef, ground, lean	1 KG	9.31	9.59	Wheat flour, white, all purpose	2.5 KG	6.14	5.80
Beans, baked, canned in tomato sauce	398 ML	1.06	1.09	Rice, white, long-grain, parboiled	900 GM	3.00	3.20
Peanuts, dry roasted	700 GM	4.34	5.07	Fats and oils			
Lentils, dry	454 GM	1.73	2.00	Vegetable oil, canola	1.89 L	6.83	7.20
Peanut butter, smooth type,	500 GM	2.88	3.90	Salad dressing, mayonnaise type	475 ML	2.98	2.97
Pork, loin, centre chop, bone-in	1 KG	9.37	10.7	Salad dressing, italian, regular	950 ML	4.83	5.37
Tuna, light, canned in water	170 GM	1.51	1.75	Margarine, tub, non-hydrogenated	907 GM	5.63	3.36
Fish (sole, haddock, pollock, halibut), frozen	400 GM	5.25	5.45	TOTAL FOR 67 ITEMS		\$266.92	\$275.81
Salmon, chum (keta), canned	213 GM	2.13	2.20				
Vegetables and fruit							
Peach, canned halves or slices, juice pack	398 ML	1.79	1.79				
Melon, cantaloupe, raw	1 KG	2.68	2.68				
Sweet potato, raw	1 KG	3.32	3.55				
Carrot, raw	1 KG	2.58	2.48				
Beans, snap (Italian, green or yellow), frozen	1 KG	3.34	3.43				
Lettuce, cos or romaine	1 KG	3.18	3.41				
Vegetables, mixed, frozen	1 KG	3.10	3.45				
Broccoli, raw	1 KG	4.03	4.57				
Peas, green, frozen	1 KG	2.89	3.56				
Pepper, sweet, green, raw	1 KG	5.61	5.66				
Apple, raw	1 KG	3.10	3.23				
Banana, raw	1 KG	1.95	1.94				
Grape, red or green, raw	1 KG	5.66	7.39				
Oranges, all commercial varieties, raw	1 KG	2.87	2.93				
Orange juice, frozen concentrate	355 ML	1.41	1.48				
Pear, raw	1 KG	4.21	4.32				
Raisin, seedless (sultana)	750 GM	6.02	5.87				
Strawberry, frozen, unsweetened	600 GM	4.64	4.91				
Apple juice, canned or bottled + vitamin C	1.36 L	1.65	1.98				
Potato, white, raw	4.54 KG	5.20	5.07				
Corn, canned vacuum packed	341 ML	1.12	1.06				
Rutabaga (turnip), raw	1 KG	1.47	1.57				
Cabbage, raw	1 KG	1.98	1.78				
Cucumber, raw	1 KG	2.98	3.55				
Celery, raw	1 KG	3.00	3.23				
Lettuce, iceberg	1 KG	2.86	3.10				
Mushroom, raw	1 KG	11.63	10.24				
Onion, raw	1 KG	2.41	2.36				
Tomato, red, raw	1 KG	4.60	4.19				
Tomato, canned, whole	796 ML	1.67	1.35				
Vegetable juice cocktail	1.89 L	2.95	3.05				

Annex B – Average price of the 67 food items surveyed in 30 stores belonging to three major food chains

