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Results of the 2015 Northern Food Basket Survey

CPHA, 2016



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First Nations
Health Authority



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Presenters

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Northern Food Basket Survey

- Goals

- Collect updated food cost information.
- Raise awareness of food security issues in the North.
- Inform the Student Nutrition Program in the region.



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Methods

- Ontario Ministry of Health and Long-Term Care Nutritious Food Basket Protocol, 2014 and Guidance Document, 2010 and survey tool to collect cost information to estimate the monthly cost of feeding a family of 4 for one month.
- Additional information about essential non-food household items were collected to compare price changes since 2006.
- A staff from SLFHNA Anishinaabe Bimaadiziwan Research Program was trained by a NWHU Registered Dietitian to gather the survey data.
- 3 remote communities were surveyed; the same ones as 2006.

Analysis

- 2015 First Nations community data was compared to 2015 municipal data.
- 2015 First Nations community data was compared to 2006 First Nations community data.



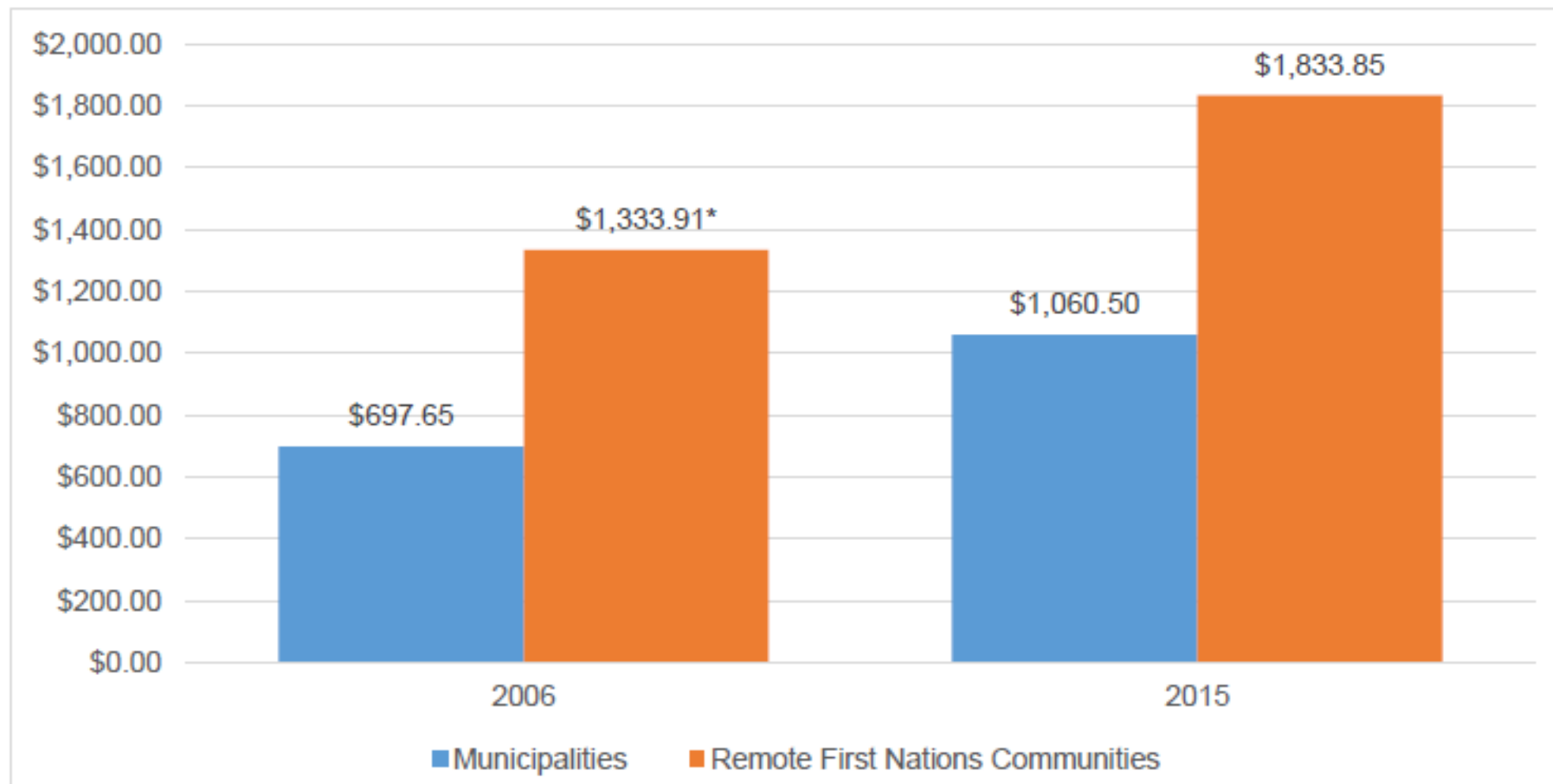
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Results – cost per month to feed a family of 4



Other findings...

- Cost of staples like milk products and fresh fruits and vegetables were nearly double the price of those found in municipalities.
- Milk, meat, poultry, fresh fruits and vegetables experienced the highest rates of increase since 2006 in the communities.
- Availability of food items was less than found in municipalities.
- Quality of food items was less than found in municipalities.



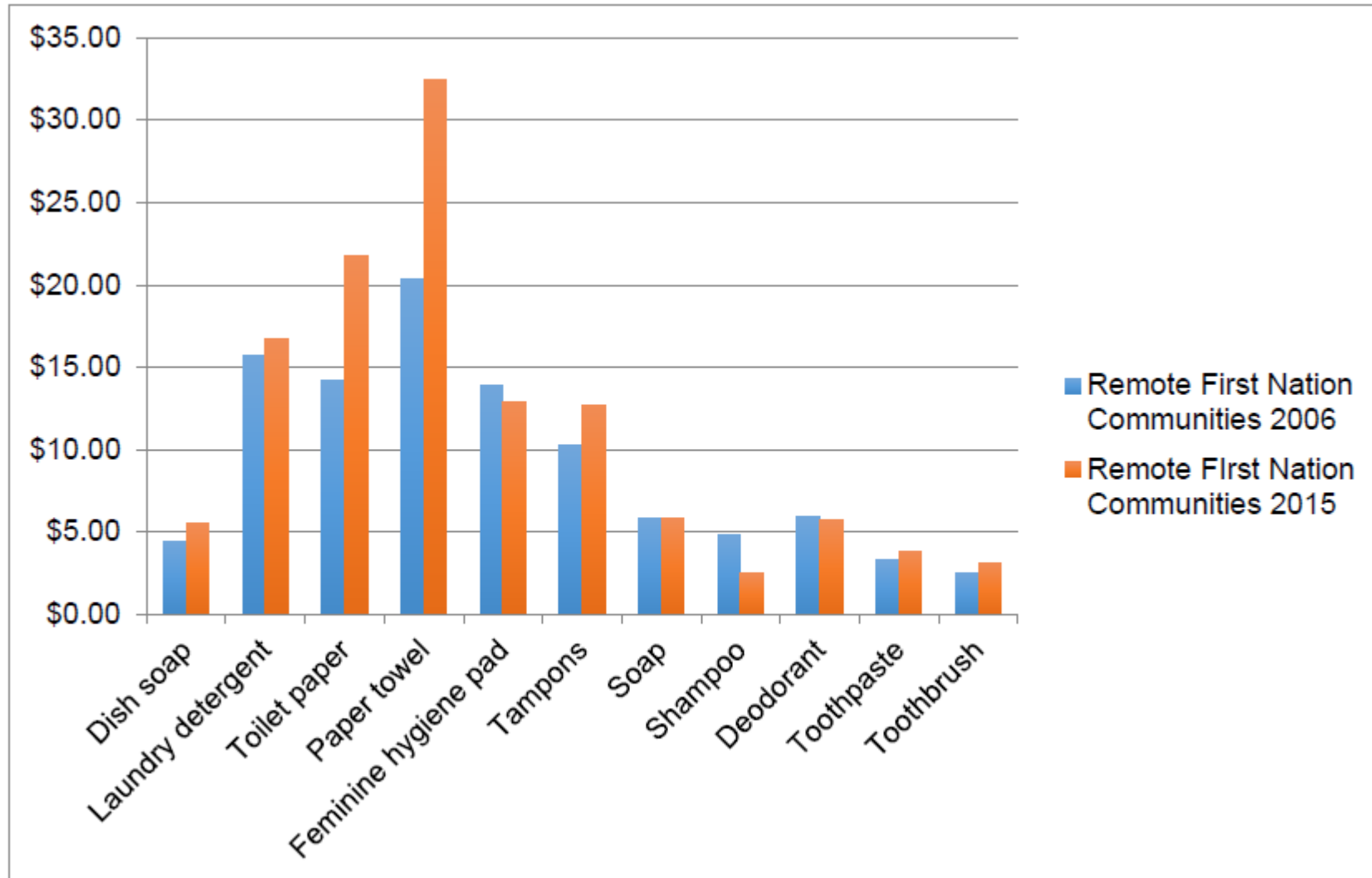
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Cost of household items



Limitations

- Many foods were unavailable.
- Limited number of communities included.
- Relevance of the costing tool.



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Conclusions

- The cost of feeding a family of four with healthy foods in the 3 remote First Nations remains prohibitively expensive.
- Quality and availability of healthy foods is also an issue in these communities.



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Questions

- Report is available at www.nwhu.on.ca
- Email srobinson@nwhu.on.ca



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