

2016 Nunavut Food Price Survey¹

Price Comparisons Per Kilogram and Litre



The purpose of this report is to show price comparisons of select food items sold in different sizes, by converting their prices to a per kilogram or litre basis. For example, a 2.5kg bag of flour that is sold \$13.70 on the shelves actually costs “\$5.48 per kilogram”. The 44 select items are divided according to the categories of the Nunavut Food Guide², with the exception of miscellaneous and liquid items.

1. Comparison of Prices Per Kilogram

Among the 37 solid items examined, in Nunavut, the lowest cost is \$3.15/kg for a 2.27kg bag of potatoes in the Kivalliq region, far below all other prices. Chocolate bars between 50 and 54 grams have the highest cost, at \$57.06/kg in Baffin.

Refer to the tables on the following pages for the cost per kilogram of more solid food items⁶.

Average Price Per Kilogram of Select Food Items, by Region

	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Cheddar Cheese	31.10	33.86	35.51	32.64
Macaroni and Cheese	16.83	13.44	14.64	15.38
White Bread	6.22	6.34	6.57	6.33
Bananas	5.23	4.76	5.56	5.15
Potatoes	3.84	3.15	3.71	3.61
Peanut Butter	11.35	10.27	14.70	11.60
Ground Beef	16.72	15.36	17.50	16.48
Chocolate Bars	57.06	45.08	50.49	52.39

2. Comparison of Prices Per Litre

On average, the lowest price of the 7 liquid items examined is 2L of 2% milk, at \$2.47/L in Kivalliq. The highest regional average is a bottle of 945ml to 1L of tomato juice, at \$9.67/L in Kitikmeot. The cost of 960ml-1L orange or apple juice is similar in price per litre with those of soft drinks.

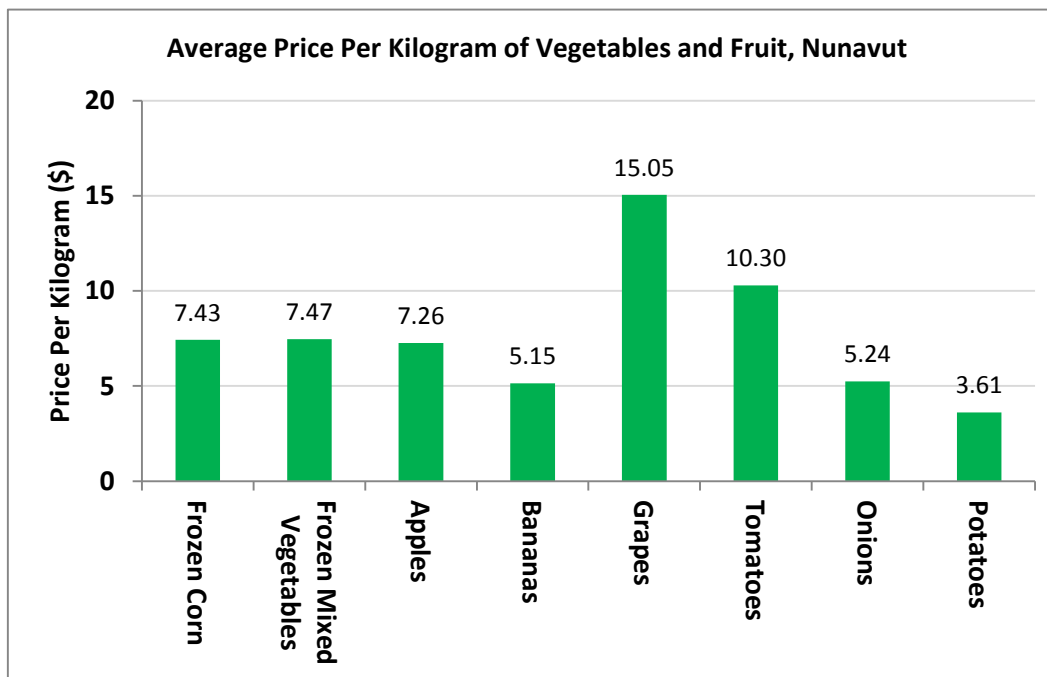
Average Price Per Litre of Select Food Items, by Region

	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Litre (\$)			
Milk, 2%	3.24	2.47	3.32	3.02
UHT Milk	4.97	4.86	5.13	4.96
Apple Juice	7.13	5.91	6.19	6.58
Orange Juice	6.98	5.84	5.88	6.44
Tomato Juice	9.54	8.41	9.36	9.22
Vegetable Juice	8.58	6.79	9.67	8.29
Soft Drinks	6.22	5.66	7.38	6.30

3. Prices Per Kilogram of Select Vegetables and Fruit, March 2016

Average Price Per Kilogram of Select Vegetables and Fruit, by Region

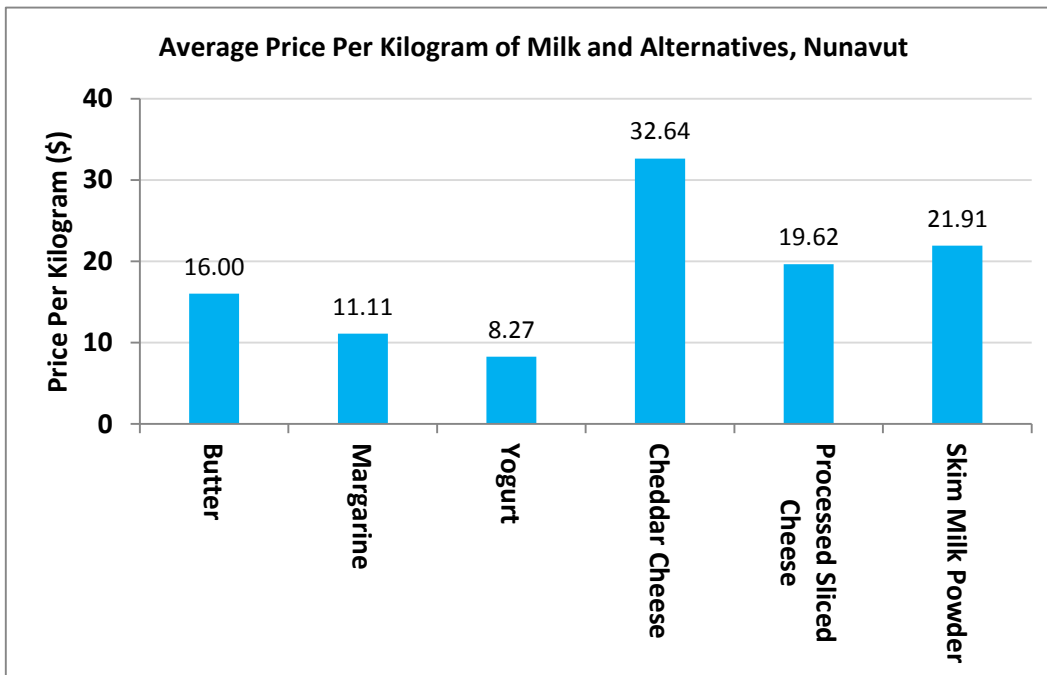
	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Frozen Corn	7.46	6.94	8.06	7.43
Frozen Mixed Vegetables	7.71	6.65	7.99	7.47
Apples	7.57	6.35	7.82	7.26
Bananas	5.23	4.76	5.56	5.15
Grapes	15.61	13.18	16.50	15.05
Tomatoes	10.09	10.41	10.71	10.30
Onions	5.38	4.81	5.52	5.24
Potatoes	3.84	3.15	3.71	3.61



4. Prices Per Kilogram of Select Milk and Alternatives, March 2016

Average Price Per Kilogram of Select Milk and Alternatives, by Region

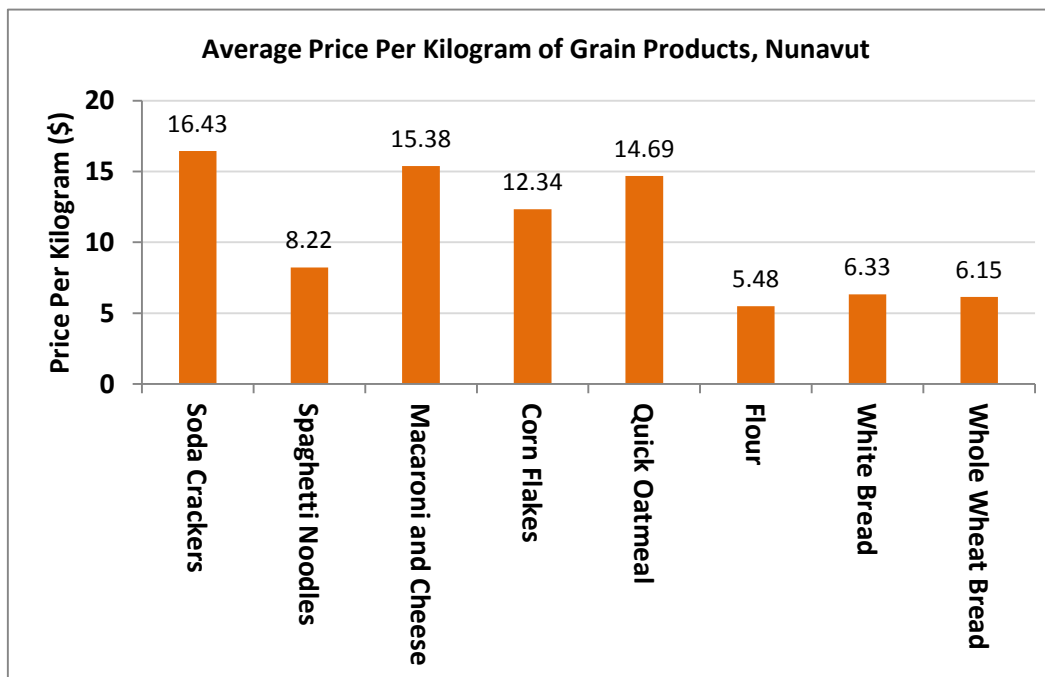
	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Butter	17.21	15.02	14.24	16.00
Margarine	11.37	9.95	12.16	11.11
Yogurt	8.60	7.57	8.40	8.27
Cheddar Cheese	31.10	33.86	35.51	32.64
Processed Sliced Cheese	19.61	18.62	21.42	19.62
Skim Milk Powder	23.48	20.46	20.81	21.91



5. Prices Per Kilogram of Select Grain Products, March 2016

Average Price Per Kilogram of Select Grain Products, by Region

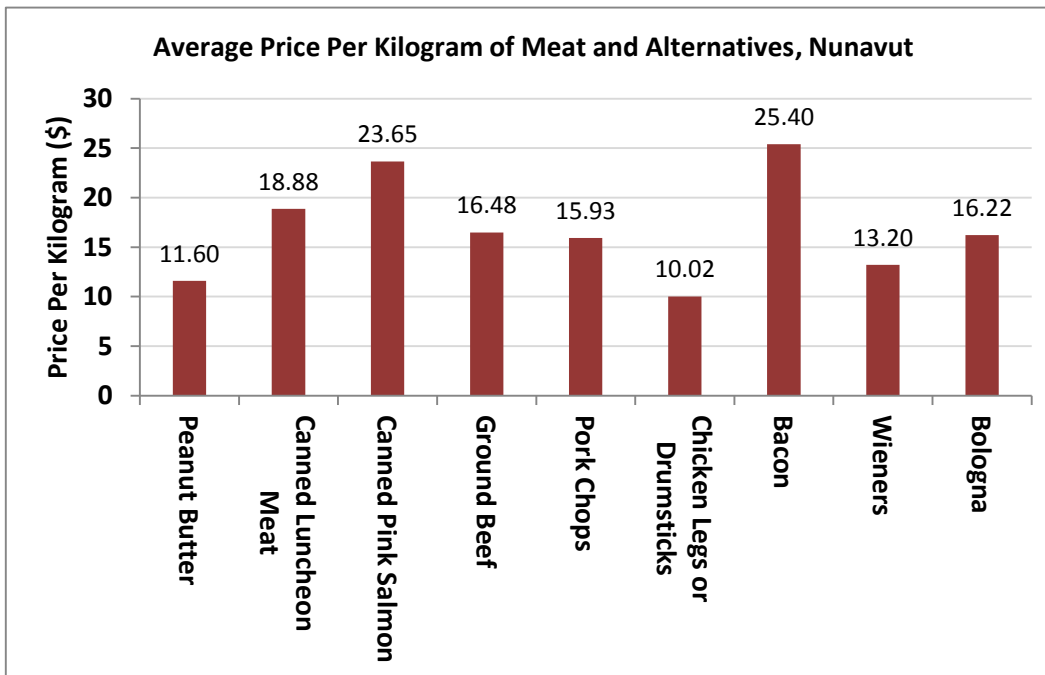
	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Soda Crackers	16.47	15.28	17.97	16.43
Spaghetti Noodles	8.24	8.03	8.44	8.22
Macaroni and Cheese	16.83	13.44	14.64	15.38
Corn Flakes	12.77	12.70	10.24	12.34
Quick Oatmeal	15.97	11.52	15.14	14.69
Flour	5.71	4.96	5.60	5.48
White Bread	6.22	6.34	6.57	6.33
Whole Wheat Bread	5.83	6.55	6.37	6.15



6. Prices Per Kilogram of Select Meat and Alternatives, March 2016

Average Price Per Kilogram of Select Meat and Alternatives, by Region

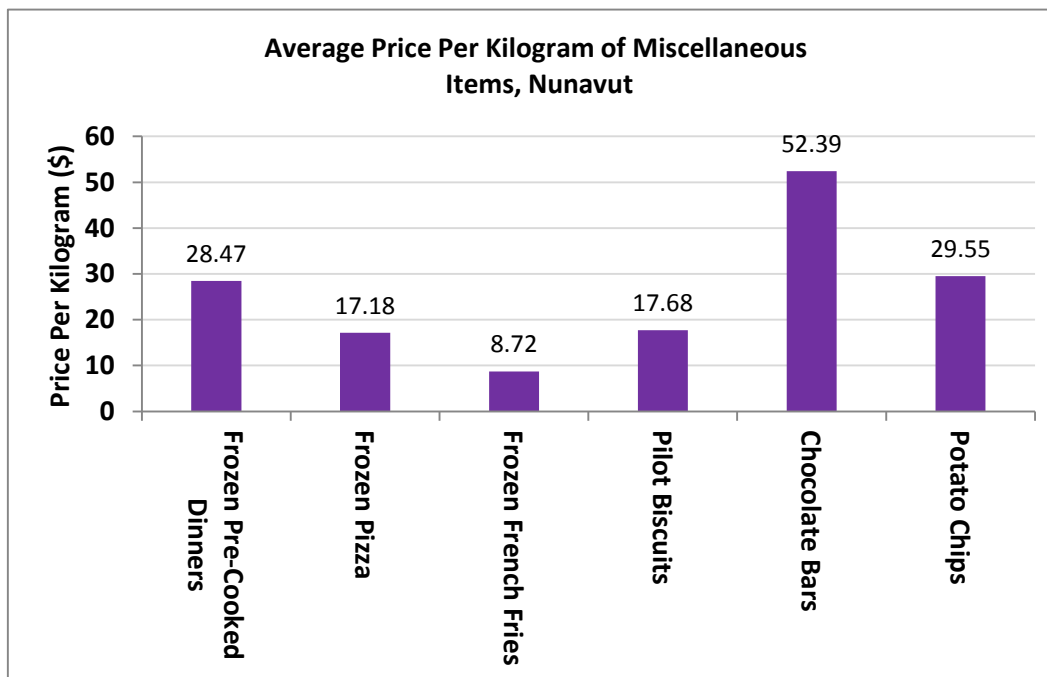
	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Peanut Butter	11.35	10.27	14.70	11.60
Canned Luncheon Meat	19.63	17.50	19.00	18.88
Canned Pink Salmon	26.70	19.89	21.58	23.65
Ground Beef	16.72	15.36	17.50	16.48
Pork Chops	15.25	16.19	17.38	15.93
Chicken Legs or Drumsticks	9.38	10.45	11.12	10.02
Bacon	26.19	24.48	24.65	25.40
Wieners	13.63	12.70	12.79	13.20
Bologna	16.28	16.61	15.52	16.22



7. Prices Per Kilogram of Select Miscellaneous Items, March 2016

Average Price Per Kilogram of Select Miscellaneous Items, by Region

	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Kilogram (\$)			
Frozen Pre-Cooked Dinners	29.22	28.61	26.54	28.47
Frozen Pizza	17.31	16.80	17.24	17.18
Frozen French Fries	8.83	7.72	9.85	8.72
Pilot Biscuits	18.28	18.06	15.67	17.68
Chocolate Bars	57.06	45.08	50.49	52.39
Potato Chips	32.84	24.08	27.87	29.55

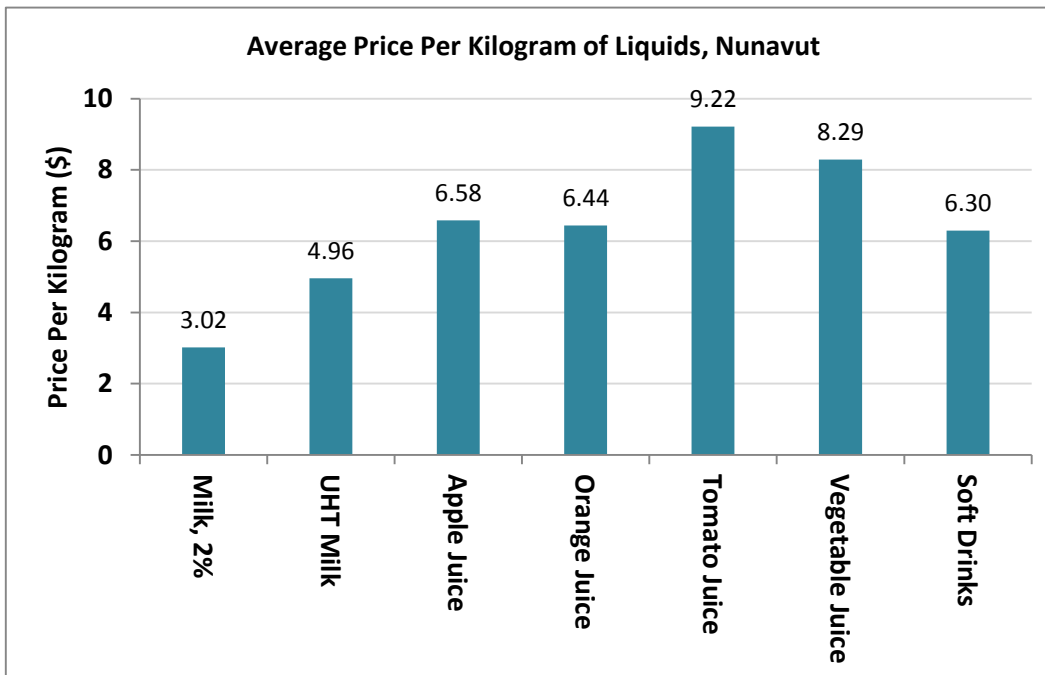


8. Prices Per Kilogram of Select Liquids, March 2016

Average Price Per Litre of Select Liquids, by Region

	Baffin	Kivalliq	Kitikmeot	Nunavut
	Per Litre (\$)			
Milk, 2%	3.24	2.47	3.32	3.02
UHT Milk	4.97	4.86	5.13	4.96
Apple Juice	7.13	5.91	6.19	6.58
Orange Juice	6.98	5.84	5.88	6.44
Tomato Juice	9.54	8.41	9.36	9.22
Vegetable Juice	8.58	6.79	9.67	8.29
Soft Drinks	6.22	5.66	7.38	6.30

Average Price Per Kilogram of Liquids, Nunavut



Note to Readers:

1. In March 2016, the Nunavut Bureau of Statistics (NBS) conducted the Nunavut Food Price Survey in all 25 communities. Prices of 141 items, including 19 non-food items, were collected by Government Liaison Officers at retail outlets throughout Nunavut.
2. The food categories used in this report are based on the groups in the Nunavut Food Guide, with the exception of miscellaneous and liquid items. For more information, refer to the Department of Health website at: <http://www.livehealthy.gov.nu.ca/en/healthy-eating/nunavut-food-guide>
3. Nunavut community prices are determined by calculating the average cost per kilogram or per litre of an item from all stores in a community. Items are not separated by brand names.
4. To allow for comparisons, conversions to a per kilogram or litre basis only include items of the sizes specified in brackets. The selection is based mainly on the availability of specific item sizes in the communities at the time of the survey. The list includes:
 - Vegetables and Fruit: Frozen Corn (750g), Frozen Mixed Vegetables (750g), Apples (1kg), Bananas (1kg), Grapes (1kg), Tomatoes (1kg), Onions (1kg), Potatoes (2.27kg Bag);
 - Milk and Alternatives: Butter (454g), Margarine (907g), Yogurt (650g), Cheddar Cheese (270-300g), Processed Sliced Cheese (450-500g), Skim Milk Powder (500g);
 - Grain Products: Soda Crackers (450-454g), Spaghetti Noodles (900g), Macaroni and Cheese (200-225g), Corn Flakes (700g-1.35kg), Quick Oatmeal (900g-1kg), Flour (2.5kg Bag), White Bread (570g), Whole Wheat Bread (570g);
 - Meat and Alternatives: Peanut Butter (1kg), Canned Luncheon Meat (340g), Canned Pink Salmon (213g), Ground Beef (1kg), Pork Chops (1kg), Chicken Legs or Drumsticks (1kg), Bacon (375-500g), Wieners (450g), Bologna (375-500g);
 - Miscellaneous Products: Frozen Pre-Cooked Dinners (250-299g), Frozen Pizza (800-849g), Frozen French Fries (600g-1kg), Pilot Biscuits (400g), Chocolate Bars (50-54g), Potato Chips (240-259g);
 - Drinks: 2% Milk (2L), UHT Milk (1L), Apple Juice (960ml-1L), Orange Juice (960ml-1L), Tomato Juice (540ml), Vegetable Juice (945ml-1L), Soft Drinks (12x355ml).
5. Items included in this survey always use regular prices and do not take into account sale prices.
6. For the complete table of prices per kilogram and litre, consult the table “2016 Nunavut Food Price Survey - Price Comparisons Per Kilogram and Per Litre” on the NBS website: <http://www.stats.gov.nu.ca/en/Economic%20prices.aspx>
7. Data are preliminary and subject to revision.

For more statistical information, visit our website at <http://www.stats.gov.nu.ca/en/home.aspx>.

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