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Regional Results of Price Surveys

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Newfoundland and Labrador

Food is shipped under the Food Mail Program from Happy Valley-Goose Bay to isolated communities on the North Coast of Labrador and to Cartwright and Black Tickle on the South Coast. Montréal is a supply centre but not an entry point for Labrador communities.

For isolated communities in Labrador and for Happy Valley-Goose Bay, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For St. John's and Montréal, the cost is based on prices in one store.

Because of the regular marine service available on the Labrador coast during the summer and fall, Food Mail is used primarily during the winter and spring, except for highly perishable items that are shipped year round to these communities by Food Mail. Besides the Food Mail subsidy, the communities in Labrador receive an additional subsidy from the provincial government. Retailers in Labrador also stock up on frozen food before freeze-up. For these reasons, the cost of the perishable portion of the food basket is lower in Labrador than in isolated communities in other regions.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Labrador communities, entry points, supply centres and southern cities from 2007 to 2009 in the following months:

NEWFOUNDLAND AND LABRADOR

Communities	2007	2008	2009
Black Tickle			April
Cartwright	March		
Rigolet		May	April
Makkovik	March		April
Postville	March	May	April
Hopedale	March		April
Natuashish	March		April
Nain	March		April
Entry Points, Supply Centres and Southern Cities			
Montréal	August	November	May
St. John's	March		
Happy Valley-Goose Bay	March	May	April

See the table below for the cost of the Revised Northern Food Basket in communities in Labrador and in Montréal and St. John's since 2007.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Newfoundland and Labrador**

	Perishables		
	2007	2008	2009
Entry Points, Supply Centres and Southern Cities			
Montréal	\$145	\$151	\$156
St. John's	\$139		
Happy Valley/Goose Bay	\$157	\$161	\$177
Communities			
Black Tickle			\$186
Cartwright	\$169		
Rigolet		\$206	\$216
Makkovik	\$190		\$209
Postville	\$203	\$210	\$218
Hopedale	\$192		\$219
Natuashish	\$207		\$238
Nain	\$194		\$228

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Newfoundland and Labrador**

	Non-perishables		
	2007	2008	2009
Entry Points, Supply Centres and Southern Cities			
Montréal	\$64	\$68	\$74
St. John's	\$61		
Happy Valley/Goose Bay	\$67	\$71	\$76
Communities			
Black Tickle			\$79
Cartwright	\$76		
Rigolet		\$91	\$95
Makkovik	\$79		\$95
Postville	\$78	\$84	\$92
Hopedale	\$89		\$100
Natuashish	\$89		\$103
Nain	\$89		\$110

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Newfoundland and Labrador**

	Total		
	2007	2008	2009
Entry Points, Supply Centres and Southern Cities			

Montréal	\$209	\$219	\$229
St. John's	\$200		
Happy Valley/Goose Bay	\$224	\$232	\$253
Communities			
Black Tickle			\$265
Cartwright	\$246		
Rigolet		\$297	\$310
Makkovik	\$269		\$304
Postville	\$281	\$294	\$310
Hopedale	\$281		\$318
Natuashish	\$296		\$341
Nain	\$283		\$337

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated December 28, 2009

Nunavik

Food is shipped under the Food Mail Program from Val-d'Or to isolated communities in Nunavik. Montréal is a supply centre but not a food entry point for Nunavik communities.

For communities in Nunavik, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Montréal, Gatineau and Val-d'Or, the cost is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Nunavik communities, entry points, supply centres and southern cities from 2005 to 2009 in the following months:

NUNAVIK					
Communities	2005	2006	2007	2008	2009
Kuujjuarapik			August		February
Umiujaq					February
Inukjuak			August		
Puvirnituq					February
Salluit				June	February
Kangiqsujaq	August	March/August		June	February/June
Akulivik					May
Kangirsuk	August	March			June
Tasiujaq	August	August			
Kuujjuaq		March			February
Kangiqsualujjuaq					May
Entry Points, Supply Centres and Southern Cities					
Montréal	November		August	November	May
Gatineau	March				January
Val-d'Or	November		July	November	May

The rate for shipping certain perishable foods (fruits and vegetables, frozen juice concentrate, most dairy products and eggs) to Kangiqsujaq was reduced from \$0.80 to \$0.30 per kilogram plus \$0.75 per parcel on July 1, 2002, as part of the Kangiqsujaq Food Mail Pilot Project. This special rate is still in effect.

See the table below for the cost of the Revised Northern Food Basket in communities in Nunavik and in Montréal, Gatineau and Val-d'Or since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Nunavik Region** -

	Perishables				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Montréal	\$130		\$145	\$151	\$156
Gatineau	\$127				\$154
Val-d'Or	\$130		\$141	\$147	\$163
Communities					
Kuujjuarapik			\$247		\$251
Umiujaq					\$268
Inukjuak			\$239		
Puvirnituq					\$262
Akulivik					\$260
Salluit				\$256	\$262
Kangiqsujuaq	\$219	\$209/\$222*		\$240	\$232/\$231**
Kangirsuk	\$226	\$241			\$263
Tasiujaq	\$204	\$229			
Kuujjuaq		\$201			\$229
Kangiqsualujjuaq					\$265

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Nunavik Region** -

	Non-perishables				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Montréal	\$60		\$64	\$68	\$74
Gatineau	\$61				\$73
Val-d'Or	\$63		\$62	\$72	\$86
Communities					
Kuujjuarapik			\$119		\$120
Umiujaq					\$122
Inukjuak			\$114		
Puvirnituq					\$122
Akulivik					\$115
Salluit				\$120	\$115
Kangiqsujuaq	\$109	\$113/\$116*		\$119	\$115/\$121**
Kangirsuk	\$107	\$113			\$138
Tasiujaq	\$105	\$115			
Kuujjuaq		\$104			\$111
Kangiqsualujjuaq					\$126

Weekly cost of the Revised

Northern Food Basket (RNFB) for a family of four
- **Nunavik Region** -

	Total				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Montréal	\$190		\$209	\$219	\$229
Gatineau	\$189				\$228
Val-d'Or	\$194		\$203	\$218	\$249
Communities					
Kuujjuarapik			\$365		\$371
Umiujaq					\$390
Inukjuak			\$353		
Puvirnituq					\$383
Akulivik					\$375
Salluit				\$376	\$377
Kangiqsujuaq	\$328	\$321/\$338*		\$359	\$346/\$352**
Kangirsuk	\$333	\$353			\$400
Tasiujaq	\$309	\$344			
Kuujjuaq		\$305			\$341
Kangiqsualujuaq					\$391

*Survey results from March and August 2006

**Survey results from February and June 2009

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated July 13, 2009

Côte-Nord

Food is shipped under the Food Mail Program from Natashquan to isolated communities in the Côte-Nord. At the time of the 2010 surveys, not all stores were using the Food Mail Program.

For isolated communities in the Côte-Nord, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Sept-Îles, the cost of the basket is based on prices in one store.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Côte-Nord** -

	Perishables
	2010
Entry Points, Supply Centres and Southern Cities	
Sept-Îles	\$221
Communities	
Blanc-Sablon	\$257
Saint Augustin/Pakuashipi	\$267
La Romaine	\$308

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Côte-Nord -

	Non-perishables
	2010
Entry Points, Supply Centres and Southern Cities	
Sept-Iles	\$73
Communities	
Blanc-Sablon	\$82
Saint Augustin/Pakuashipi	\$83
La Romaine	\$100

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Côte-Nord -

	Total
	2010
Entry Points, Supply Centres and Southern Cities	
Sept-Iles	\$221
Communities	
Blanc-Sablon	\$257
Saint Augustin/Pakuashipi	\$267
La Romaine	\$308

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated June 16, 2010

Ontario

Food is shipped under the Food Mail Program from Timmins to isolated communities along the James Bay coast as well as Peawanuck, and from Pickle Lake to Fort Severn, Big Trout Lake, Muskrat Dam and Peawanuck. Winnipeg is a supply centre but not an entry point for northern Ontario communities.

For isolated communities in Ontario and for Pickle Lake, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Ottawa, Sudbury, Timmins, Moosonee, Thunder Bay and Winnipeg, the cost is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Ontario communities, entry points, supply centres and southern cities from 2005 to 2009 in the following months:

ONTARIO REGION					
Communities	2005	2006	2007	2008	2009
Fort Albany	February			March	
Kashechewan				March	
Attawapiskat	February			March	
Peawanuck	February			June	September

Big Trout Lake					September
Muskrat Dam					September
Fort Severn	November	April/August	December		September
Entry Points, Supply Centres and Southern Cities					
Ottawa	January	May	February	March	May
Sudbury				March	
Timmins	January			March	
Pickle Lake	November		December		September
Moosonee	February			March	
Thunder Bay		April	December		September
Winnipeg	November		September		September

In Fort Albany, Kashechewan, Attawapiskat and Muskrat Dam the retailers do not use food mail. In Peawanuck, only one out of two retailers was using the Food Mail Program in 2008. In September 2008 a Northern store from the North West Company opened in Peawanuck and is using the Food Mail Program with service out of Pickle Lake.

The rate for shipping certain perishable foods (fruits and vegetables, frozen juice concentrate, most dairy products and eggs) to Fort Severn was reduced from \$0.80 to \$0.30 per kilogram plus \$0.75 per parcel on January 1, 2003, as part of the Fort Severn Food Mail Pilot Project. This special rate is still in effect.

See the table below for the cost of the Revised Northern Food Basket in communities in Ontario and in Winnipeg since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Ontario -

	Perishables				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Ottawa	\$127	\$139	\$149	\$144	\$152
Sudbury				\$137	
Timmins	\$126			\$135	
Moosonee	\$154			\$191	
Thunder Bay		\$131	\$137		\$148
Pickle Lake	\$172		\$168		\$195
Winnipeg	\$134		\$141		\$158
Communities					
Fort Albany	\$244			\$280	
Kashechewan				\$274	
Attawapiskat	\$237			\$261	
Peawanuck	\$285			\$356	\$275
Wunnummin Lake					
Big Trout Lake					\$253
Sachigo Lake					
Fort Severn	\$247	\$241	\$268		\$276
Muskrat Dam					\$232

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Ontario -

	Non-perishables				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Ottawa	\$61	\$67	\$69	\$68	\$72
Sudbury				\$65	
Timmins	\$61			\$64	
Moosonee	\$84			\$94	
Thunder Bay		\$66	\$69		\$80
Pickle Lake	\$85		\$90		\$94
Winnipeg	\$75		\$76		\$92
Communities					
Fort Albany	\$119			\$132	
Kashechewan				\$137	
Attawapiskat	\$121			\$130	
Peawanuck	\$138			\$162	\$140
Wunnummin Lake					
Big Trout Lake					\$134
Sachigo Lake					
Fort Severn	\$117	\$119	\$133		\$135
Muskrat Dam					\$120

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Ontario -

	Total				
	2005	2006	2007	2008	2009
Entry Points, Supply Centres and Southern Cities					
Ottawa	\$189	\$205	\$218	\$212	\$224
Sudbury				\$202	
Timmins	\$186			\$199	
Moosonee	\$238			\$284	
Thunder Bay		\$197	\$206		\$227
Pickle Lake	\$258		\$258		\$290
Winnipeg	\$209		\$218		\$250
Communities					
Fort Albany	\$363			\$412	
Kashechewan				\$411	
Attawapiskat	\$358			\$391	
Peawanuck	\$423			\$518	\$415
Wunnummin Lake					
Big Trout Lake					\$387
Sachigo Lake					
Fort Severn	\$363	\$360	\$401		\$411
Muskrat Dam					\$352

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated December 28, 2009

Manitoba

Food is shipped under the Food Mail Program from Winnipeg and Thompson to isolated communities in Manitoba. At the time of the 2010 surveys, no stores were using the Food Mail Program.

For isolated communities in Manitoba, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Winnipeg and Thompson, the cost of the basket is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Manitoba isolated communities in February 2010 and in Winnipeg and Thompson in March 2010.

See the table below for the cost of the Revised Northern Food Basket in communities in Manitoba in 2010.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Manitoba** -

	Perishables
	2010
Entry Points, Supply Centres and Southern Cities	
Thompson	\$156
Winnipeg	\$152
Communities	
Island Lake/Garden Hill	\$283
Pauingassi	\$279
Red Sucker Lake	\$314
St. Theresa Point	\$268
Waasagomach	\$279

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Manitoba** -

	Non-perishables
	2010
Entry Points, Supply Centres and Southern Cities	
Thompson	\$89
Winnipeg	\$89
Communities	
Island Lake/Garden Hill	\$133
Pauingassi	\$131
Red Sucker Lake	\$130
St. Theresa Point	\$124
Waasagomach	\$122

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Manitoba** -

	Total

	2010
Entry Points, Supply Centres and Southern Cities	
Thompson	\$245
Winnipeg	\$242
Communities	
Island Lake/Garden Hill	\$416
Pauiugassi	\$410
Red Sucker Lake	\$444
St. Theresa Point	\$392
Waasagomach	\$401

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated June 16, 2010

Baffin Region, Nunavut

Food is shipped under the Food Mail Program from Val-d'Or to isolated communities in the Baffin Region. Grise Fiord, Resolute and Arctic Bay can also use Yellowknife as an additional food entry point.

For communities in the Baffin Region, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Val-d'Or and Ottawa, the cost of the basket is based on prices in one store, and for Yellowknife on prices in two stores.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Baffin communities, entry points, supply centres and southern cities from 2005 to 2010 in the following months:

BAFFIN REGION						
Communities	2005	2006	2007	2008	2009	2010
Iqaluit	August		February		January	January
Pangnirtung	March			November		March
Qikiqtarjuaq	March			November		
Clyde River	March			November		
Pond Inlet		February				
Arctic Bay		February				March
Grise Fiord			February		January	
Resolute		February	February		January	
Igloolik	March			November		
Hall Beach	March			November		
Cape Dorset						April
Kimmirut	March		February			January
Sanikiluaq			August			
Entry Points, Supply Centres and Southern Cities						
Val-d'Or	November		July	November	May	
Ottawa	January	May	February	November	May	March
Yellowknife	January	March		September	September	

See the table below for the cost of the Revised Northern Food Basket in communities in the Baffin Region and in Val-d'Or, Ottawa and Yellowknife since 2005.

Weekly cost of the Revised

Northern Food Basket (RNFB) for a family of four
- **Baffin Region** -

	Perishables					
	2005	2006	2007	2008	2009	2010
Entry Points, Supply Centres and Southern Cities						
Val-d'Or	\$130		\$141	\$147	\$163	
Ottawa	\$127	\$139	\$149	\$149	\$152	\$152
Yellowknife	\$147	\$138		\$159		
Communities						
Iqaluit	\$229		\$224		\$246	\$258
Pangnirtung	\$261			\$298		\$298
Qikiqtarjuaq	\$251			\$281		
Clyde River	\$271			\$284		
Pond Inlet		\$252				
Arctic Bay		\$265				\$297
Grise Fiord			\$221		\$264	
Resolute		\$232	\$254		\$254	
Igloolik	\$264			\$283		
Hall Beach	\$254			\$299		
Cape Dorset						\$290
Kimmirut	\$254		\$260			\$261
Sanikiluaq			\$275			

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Baffin Region** -

	Non-perishables					
	2005	2006	2007	2008	2009	2010
Entry Points, Supply Centres and Southern Cities						
Val-d'Or	\$63		\$62	\$72	\$86	
Ottawa	\$61	\$67	\$69	\$70	\$72	\$74
Yellowknife	\$65	\$68		\$76		
Communities						
Iqaluit	\$125		\$127		\$136	\$140
Pangnirtung	\$135			\$145		\$162
Qikiqtarjuaq	\$125			\$146		
Clyde River	\$136			\$159		
Pond Inlet		\$128				
Arctic Bay		\$133				\$154
Grise Fiord			\$133		\$142	
Resolute		\$138	\$152		\$168	
Igloolik	\$128			\$143		
Hall Beach	\$127			\$140		
Cape Dorset						\$146
Kimmirut	\$119		\$134			\$134
Sanikiluaq			\$139			

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Baffin Region** -

	Total					
	2005	2006	2007	2008	2009	2010
Entry Points, Supply Centres and Southern Cities						
Val-d'Or	\$194		\$203	\$218	\$249	
Ottawa	\$189	\$205	\$218	\$219	\$224	\$226
Yellowknife	\$212	\$206		\$235		
Communities						
Iqaluit	\$354		\$351		\$382	\$398
Pangnirtung	\$396			\$443		\$460
Qikiqtarjuaq	\$376			\$427		
Clyde River	\$407			\$443		
Pond Inlet		\$380				
Arctic Bay		\$397				\$451
Grise Fiord			\$354		\$406	
Resolute		\$370	\$406		\$422	
Igloolik	\$392			\$426		
Hall Beach	\$381			\$439		
Cape Dorset						\$436
Kimmitut	\$373		\$394			\$395
Sanikiluaq			\$413			

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated June 17, 2010

Kivalliq Region, Nunavut

Historically, Churchill was the only entry point for service to the Kivalliq Region. A review of the Churchill entry point was undertaken in 2005, which resulted in the designation of Winnipeg as an additional entry point in May 2007. Food originating in Winnipeg is flown directly to Rankin Inlet. For all other Kivalliq communities, food is trucked to Thompson where it is flown to its final destination. In June 2009, Thompson was also designated as an entry point for all Kivalliq communities.

For communities in the Kivalliq Region and for Churchill, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Winnipeg and Thompson, the cost of the basket is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Kivalliq communities, entry points, supply centres and southern cities from 2005 to 2010 in the following months:

KIVALLIQ REGION					
Communities	2005	2006	2007	2009	2010
Arviat	March	April	September	March	February
Whale Cove	February	April	September	March	February
Rankin Inlet	March	March	September	March	March
Chesterfield Inlet	March	March	September		March
Baker Lake	March	March	September	March	March
Coral Harbour		April	September	March	February

Repulse Bay	March	April	September	April
Entry Points, Supply Centres and Southern Cities				
Winnipeg	November		September	March
Thompson				March
Churchill	March	April	September	March
				February

In this region the cost of the perishable portion of the basket ranged from \$259 to \$300 in 2009 and from \$256 to \$294 in 2010, similar to the cost in most other regions. This was the objective of adding Winnipeg as an entry point in May 2007.

See the table below for the cost of the Revised Northern Food Basket in communities in Winnipeg, Thompson and Churchill since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Kivalliq Region -

	Perishables				
	2005	2006	2007	2009	2010
Entry Points, Supply Centres and Southern Cities					
Winnipeg	\$134		\$141	\$158	\$152
Thompson				\$157	\$156
Churchill	\$172	\$183	\$199	\$224	\$216
Communities					
Arviat	\$245	\$265	\$271	\$275	\$280
Whale Cove	\$250	\$274	\$293	\$259	\$256
Rankin Inlet	\$265	\$276	\$270	\$268	\$262
Chesterfield Inlet	\$276	\$286	\$305		\$284
Baker Lake	\$269	\$273	\$279	\$295	\$288
Repulse Bay	\$268	\$295	\$275		\$285
Coral Harbour		\$307	\$293	\$300	\$294

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Kivalliq Region -

	Non-perishables				
	2005	2006	2007	2009	2010
Entry Points, Supply Centres and Southern Cities					
Winnipeg	\$75		\$76	\$84	\$89
Thompson				\$84	\$89
Churchill	\$87	\$92	\$101	\$106	\$104
Communities					
Arviat	\$115	\$120	\$125	\$133	\$139
Whale Cove	\$124	\$127	\$144	\$145	\$152
Rankin Inlet	\$130	\$141	\$146	\$150	\$154
Chesterfield Inlet	\$125	\$122	\$144		\$145
Baker Lake	\$119	\$131	\$141	\$143	\$146
Repulse Bay	\$118	\$125	\$136		\$143
Coral Harbour		\$136	\$136	\$156	\$148

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Kivalliq Region** -

	Total				
	2005	2006	2007	2009	2010
Entry Points, Supply Centres and Southern Cities					
Winnipeg	\$209		\$218	\$243	\$242
Thompson				\$241	\$245
Churchill	\$259	\$276	\$299	\$330	\$320
Communities					
Arviat	\$361	\$385	\$396	\$408	\$419
Whale Cove	\$374	\$401	\$438	\$403	\$408
Rankin Inlet	\$395	\$417	\$416	\$418	\$416
Chesterfield Inlet	\$401	\$408	\$448		\$430
Baker Lake	\$389	\$404	\$419	\$438	\$434
Repulse Bay	\$386	\$420	\$411		\$428
Coral Harbour		\$443	\$430	\$457	\$442

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated June 16, 2010

Kitikmeot Region, Nunavut

Food is shipped under the Food Mail Program from Yellowknife to isolated communities in the Kitikmeot Region. Edmonton is a supply centre but not an entry point for Kitikmeot communities.

For communities in the Kitikmeot Region, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Edmonton, the cost is based on prices in one store, and for Yellowknife, on prices in two stores.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Kitikmeot communities, entry points, supply centres and southern cities from 2005 to 2009 in the following months:

KITIKMEOT REGION				
Communities	2005	2006	2008	2009
Kugluktuk			September	November
Cambridge Bay	January	March	March	November
Gjoa Haven		March	March/September	November
Taloyoak		August	March	November
Kugaaruk	January	March	March/September	November
Entry Points, Supply Centres and Southern Cities				
Edmonton	January	March	March/September	September
Yellowknife	January	March	March/September	September

The rate for shipping certain perishable foods (fruits and vegetables, frozen juice concentrate, most dairy products and eggs) to Kugaaruk was reduced from \$0.80 to \$0.30 per kilogram plus \$0.75 per parcel on December 1, 2001, as part of the Kugaaruk Food Mail Pilot Project. This special rate is still in effect.

See the table below for the cost of the Revised Northern Food Basket in communities in the Kitikmeot Region and in Edmonton and Yellowknife since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Kitikmeot Region** -

	Perishables			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$130	\$129	\$150/\$166*	\$165
Yellowknife	\$147	\$138	\$146/\$159*	\$157
Communities				
Kugluktuk			\$297	\$301
Cambridge Bay	\$278	\$262	\$270	\$290
Gjoa Haven		\$263	\$284/\$299*	\$303
Taloyoak		\$281	\$302	\$316
Kugaaruk	\$210	\$226	\$283/\$283*	\$279

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Kitikmeot Region** -

	Non-perishables			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$66	\$73	\$80/\$85*	\$89
Yellowknife	\$65	\$68	\$71/\$76*	\$82
Communities				
Kugluktuk			\$148	\$151
Cambridge Bay	\$119	\$120	\$131	\$139
Gjoa Haven		\$129	\$138/\$158*	\$149
Taloyoak		\$143	\$144	\$155
Kugaaruk	\$128	\$134	\$143/\$148*	\$156

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- **Kitikmeot Region** -

	Total			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$196	\$202	\$230/\$251*	\$254
Yellowknife	\$212	\$206	\$217/\$235*	\$239
Communities				
Kugluktuk			\$445	\$452
Cambridge Bay	\$398	\$382	\$401	\$429
Gjoa Haven		\$392	\$423/\$457*	\$452
Taloyoak		\$423	\$447	\$471
Kugaaruk	\$338	\$360	\$425/\$431*	\$436

*Survey results from March and September 2008

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated December 28, 2009

Saskatchewan

Food is shipped under the Food Mail Program from La Ronge to isolated communities in Saskatchewan. Winnipeg is a supply centre but not an entry point for Saskatchewan communities.

For isolated communities in Saskatchewan and for La Ronge, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Prince Albert and Winnipeg the cost is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Saskatchewan in May 2009 and in Winnipeg in March 2009.

See the table below for the cost of the Revised Northern Food Basket in communities in Saskatchewan and in Winnipeg in 2009.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Saskatchewan -

	Perishables
	2009
Entry Points, Supply Centres and Southern Cities	
Winnipeg	\$158
Prince Albert	\$160
La Ronge	\$159
Communities	
Black Lake	\$296
Stony Rapids	\$277
Fond du Lac	\$337

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Saskatchewan -

	Non-perishables
	2009
Entry Points, Supply Centres and Southern Cities	
Winnipeg	\$84
Prince Albert	\$84
La Ronge	\$83
Communities	
Black Lake	\$133
Stony Rapids	\$130
Fond du Lac	\$117

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four

- Saskatchewan -

	Total
	2009
Entry Points, Supply Centres and Southern Cities	
Winnipeg	\$242
Prince Albert	\$244
La Ronge	\$242
Communities	
Black Lake	\$429
Stony Rapids	\$407
Fond du Lac	\$454

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated July 13, 2009

Northwest Territories

Food is shipped under the Food Mail Program from Yellowknife to isolated communities in the Sahtu Region and Ulukhaktok (Holman), and from Inuvik to other isolated communities in the Beaufort-Delta Region. To respond to a request from Trout Lake, Hay River was designated as the entry point for service to Trout Lake in February 2010. Trout Lake was not using the Food Mail Program in September 2009, when price surveys were conducting in Hay River and Trout Lake. Edmonton is a supply centre but not an entry point for communities in the Northwest Territories.

For isolated communities in the Northwest Territories, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the average price of a specific dominant national brand is used. For Inuvik the cost of the basket is based on prices in three stores, for Yellowknife and Hay River on prices in two stores and for Edmonton on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Northwest Territories and in Edmonton from 2005 to 2009 in the following months:

NORTHWEST TERRITORIES				
Communities	2005	2006	2008	2009
Trout Lake				September
Deline		September	October	September
Tulita	October	September	October	September
Norman Wells	October	September	September	September
Fort Good Hope		September	October	October
Colville Lake			September	October
Tuktoyaktuk	October	October	September	
Paulatuk	October	October	September	
Sachs Harbour		October	September	
Ulukhaktok		October	September	
Entry Points, Supply Centres and Southern Cities				
Edmonton	January	March	September	September
Yellowknife	January	March	September	September
Hay River				September
Inuvik	October	October	September	

The rate for shipping perishable food to communities in the Beaufort-Delta Region served from Inuvik (Aklavik, Tuktoyaktuk, Paulatuk and Sachs Harbour) was reduced from \$0.80 to \$0.30 per kilogram plus \$0.75 per parcel on January 1, 2001. For Ulukhaktok and the Sahtu Region, the rate of \$0.80 per kilogram plus \$0.75 per parcel applies.

See the table below for the cost of the Revised Northern Food Basket in communities in the Northwest Territories and Edmonton since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Northwest Territories -

	Perishables			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$130	\$129	\$166	\$165
Yellowknife	\$147	\$141	\$159	\$157
Inuvik	\$178	\$196	\$235	
Hay River				\$168
Communities				
Deline		\$296	\$316	\$298
Tulita	\$305	\$300	\$302	\$312
Norman Wells	\$255	\$283	\$294	\$302
Fort Good Hope		\$290	\$313	\$293
Colville Lake			\$342	\$316
Tuktoyaktuk		\$262	\$303	
Paulatuk		\$302	\$341	
Sachs Harbour		\$288	\$289	
Ulukhaktok		\$280	\$291	
Trout Lake				\$259

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Northwest Territories -

	Non-perishables			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$66	\$73	\$85	\$89
Yellowknife	\$65	\$68	\$76	\$82
Inuvik	\$91	\$101	\$113	
Hay River				\$93
Communities				
Deline		\$112	\$126	\$127
Tulita	\$111	\$114	\$121	\$136
Norman Wells	\$110	\$116	\$126	\$126
Fort Good Hope		\$118	\$124	\$128
Colville Lake			\$149	\$167
Tuktoyaktuk		\$117	\$120	
Paulatuk		\$119	\$135	
Sachs Harbour		\$144	\$145	

Ulukhaktok		\$124	\$138	
Trout Lake				\$117

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Northwest Territories -

	Total			
	2005	2006	2008	2009
Entry Points, Supply Centres and Southern Cities				
Edmonton	\$196	\$202	\$251	\$254
Yellowknife	\$212	\$209	\$235	\$239
Inuvik	\$269	\$297	\$348	
Hay River				\$261
Communities				
Deline		\$408	\$442	\$426
Tulita	\$417	\$415	\$423	\$448
Norman Wells	\$365	\$399	\$419	\$428
Fort Good Hope		\$408	\$437	\$421
Colville Lake			\$492	\$483
Tuktoyaktuk		\$379	\$423	
Paulatuk		\$421	\$476	
Sachs Harbour		\$432	\$434	
Ulukhaktok		\$404	\$429	
Trout Lake				\$376

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated December 28, 2009

Yukon

Food is shipped under the Food Mail Program from Whitehorse to Old Crow, the only isolated community in Yukon.

For Old Crow, the cost of the basket is based on the average price available for each item in the basket, using a specific purchase size and, for most products, all national and store brands. For certain products, the price of a specific dominant national brand is used. For Whitehorse, the cost is based on prices in one store.

Food price surveys were conducted by officials of Indian and Northern Affairs Canada in Yukon as follows: Old Crow and Whitehorse in October 2005; Old Crow in October 2006; and Old Crow and Whitehorse in September 2008.

See the table below for the cost of the Revised Northern Food Basket in Old Crow and Whitehorse since 2005.

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Yukon -

	Perishables		
	2005	2006	2008
Entry Points, Supply Centres and Southern Cities			
Whitehorse	\$134		\$135

Communities			
Old Crow	\$286	\$305	\$318

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Yukon -

Non-perishables			
	2005	2006	2008
Entry Points, Supply Centres and Southern Cities			
Whitehorse	\$69		\$72
Communities			
Old Crow	\$151	\$157	\$178

Weekly cost of the Revised
Northern Food Basket (RNFB) for a family of four
- Yukon -

Total			
	2005	2006	2008
Entry Points, Supply Centres and Southern Cities			
Whitehorse	\$203		\$207
Communities			
Old Crow	\$436	\$462	\$496

The figures shown for the total cost of the Revised Northern Food Basket may vary from the sum of the perishables and non-perishables due to rounding.

Updated November 28, 2008

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