

Price comparison of 199 food products in Nunavik and in the Québec City Area, 2006

Main Food Product Categories	in Nunavik	in the Québec	between
Secondary Food Product Categories	Grocery	City Area	Nunavik and
Characteristics of Products	Stores	Grocery	the Québec
	(\$)	(\$)	(%)
1- Meat - Fresh and Frozen			
Beef			
Lean ground beef (\$/kg)	9,47	8,19	15,60
Lean ground beef "Family format" (\$/kg)	9,52	7,40	28,64
T-bone steak (\$/kg)	26,73	20,37	31,24
Chicken			
Chicken drumsticks (\$/kg)	7,49	4,47	67,64
Chicken whole grade "A" (\$/kg)	9,75	4,16	134,75
Chicken breast boneless skinless (\$/kg)	20,91	16,56	26,31
Chicken legs back on (\$/kg)	6,87	3,06	124,38
Pork			
Pork loin chops (\$/kg)	13,75	6,94	98,20
Loin roast (\$/kg)	8,96	7,86	14,07
2 - Fresh Fruits			
** Apples			
MacIntosh (\$/kg)	4,05	2,63	54,16
Royal Gala (\$/kg)	4,35	3,29	32,36
Granny Smith (\$/kg)	4,69	3,75	24,82
** Bananas			
Dole (\$/kg)	3,04	1,19	155,46
** Grapes			
Green - seedless (\$/kg)	6,09	4,94	23,24
Red - seedless (\$/kg)	8,36	5,16	62,02
** Oranges			
Oranges (\$/kg)	4,12	2,28	80,28
Oranges - Clementine (\$/kg)	6,34	4,28	48,19

** Priority Perishable Foods under the Food Mail Program of Indian and Northern Affairs Canada

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Characteristics of Products	Stores	Grocery	the Québec
	(\$)	(\$)	(%)
** Other fruits			
Grapefruit (each)	1,39	1,62	-14,06
Kiwis (each)	0,78	0,50	56,00
3 - Fresh vegetables			
** Carrots			
Bag (2 lb.)	2,52	1,99	26,38
Bag (5 lb.)	5,15	3,92	31,27
Mini-Carrots (340 g)	2,80	1,77	58,36
** Celery			
Stalk	3,13	1,89	65,61
** Green cabbage			
cabbage (\$/kg)	3,44	2,12	62,26
** Green peppers			
pepper (\$/kg)	6,25	4,35	43,68
** Lettuce			
Iceberg (each)	2,52	1,79	40,78
** White onions			
bag (2 lb.)	2,61	1,62	61,73
bag (5 lb.)	4,94	2,99	65,33
** White potatoes			
bag (2 lb.)	5,17	2,99	72,80
bag (5 lb.)	7,67	3,49	119,63

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4 - Dairy products and eggs			
Butter			
Average (454 g)	6,16	4,65	32,47
Average store brands or No Name (454 g)	5,67	4,44	27,70
** Eggs			
Average - Medium size (1 dz)	2,89	2,38	21,43
Average - Large size (1 dz)	3,87	2,74	41,24
Evaporated milk			
Nestlé Carnation (385 ml)	2,60	1,72	51,16
Margarine			
Becel (454 g)	4,42	2,87	54,33
Lactantia (454 g)	2,49	1,92	29,46
Merit Selection (454 g)	2,25	1,94	15,98
** Milk 2%			
Lactancia Pur Filter (1 litre)	3,45	1,88	83,51
Natrel Ultra Milk (1 litre)	3,56	1,88	89,36
Lactancia Pur Filter (2 litres)	6,30	3,66	72,04
Natrel Ultra Milk (2 litres)	6,59	3,46	90,46
** Milk 3,25%			
Lactancia Pur Filter (1 litre)	3,43	1,79	91,62
Natrel Ultra Milk (1 litre)	3,77	2,02	87,10
Lactancia Pur Filter (2 litres)	6,42	3,51	82,91
** Partly skimmed milk 2%			
Grand Pré (1 litre)	3,26	2,64	23,48
** Processed cheese slices			
Kraft Singles (24 slices, 500 g)	8,07	5,17	56,28
Kraft Singles (48 slices, 1 kg)	13,99	9,22	51,68

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5 - Frozen products			
* Batter-coated weiners			
Pogo - Original (4 units, 300 g)	5,88	3,89	51,16
* Chicken wings			
Flamingo - B.B.Q. (650 g)	15,88	12,09	31,32
St-Hubert B.B.Q. (730 g)	17,99	12,66	42,14
* Fish sticks			
Highliner (700 g)	9,17	5,34	71,72
Bluewater Seafoods (700 g)	9,23	4,99	84,97
* Fish and Chips			
Highliner Tempura batter (600 g)	6,90	4,99	38,28
Frozen dinners			
Stouffer's - Chicken Chow Mein (241 g)	5,94	3,57	66,62
Stouffer's - Macaroni & Cheese (\$/100 g)	1,20	1,00	20,30
* Swanson - Fried Chicken 280 g)	6,03	3,49	72,64
* Swanson - Beef Dinner (325 g)	5,71	3,49	63,67
* Frozen French Fries			
McCain - Supercrisps Tasti Tater regular (1 kg)	5,59	2,99	86,96
McCain- Regular smile (750 g)	5,32	2,99	78,04
McCain - Premium Superfries (2 kg)	9,39	3,49	168,91
* Frozen Pizzas			
McCain - Pizza Premiere Deluxe (900 g)	11,07	7,72	43,45
McCain - Deep & Delicious Pepperoni (8) (820 g)	11,92	7,39	61,34
McCain - Pizza Pockets Pepperoni or Deluxe (400 g)	5,27	2,99	76,37
Grilled fillets			
Bluewater Seafoods Salmon grilled lemon & herbs (215 g)	5,69	3,59	58,50

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6 - Canned meat and meat preparations			
Luncheon meat			
Kam - Original (340 g)	4,35	2,89	50,42
Klik - "our premium pork" (340 g)	4,04	2,82	43,59
Wieners			
Average all mainstream brands (450 g)	5,21	2,83	84,10
Merit Selection (375 g)	2,33	1,79	30,17
Average store brand or No Name (450 g)	3,12	1,99	56,78
7 - Fish and other marine products			
Flaked white tuna in water			
Ocean's (170 g)	2,29	1,19	92,44
Merit Selection (170 g)	1,79	0,99	80,81
Clover Leaf (170 g)	3,71	1,94	91,31
Sardines			
Brunswick - Canadian sardines in soya oil (106 g)	1,50	1,04	44,23
8 - Bakery and other cereal products			
Baking powder			
Magic (225 g)	4,37	3,19	36,99
Magic (450 g)	6,89	5,14	34,05
* Cookies			
Christie - Pirate (350 g)	6,00	3,49	71,97
Christie - Chips Ahoy! (350 g)	5,28	3,47	52,46
Dare - Maxi Fruit (strawberry) (315 g)	5,94	3,47	71,52

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Main Food Product Categories	in Nunavik	in the Québec	between
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<u>Characteristics of Products</u>	Stores	Grocery	the Québec
	(\$)	(\$)	(%)
Crackers			
Christie - Premium Plus Crackers (225 g)	4,29	2,79	53,58
Christie - Premium Plus Crackers (450 g)	5,90	3,99	47,98
Christie - Ritz Crackers (225 g)	3,74	2,34	59,69
Christie - Ritz Crackers (450 g)	4,58	2,79	64,28
White bread			
Average for 450 g (all brands included)	2,66	2,07	28,50
Average for 675 g (all brands included)	3,46	2,49	38,96
9 - Pasta products			
Macaroni			
Catelli (500 g)	2,40	1,54	56,06
Catelli (900 g)	3,83	1,99	92,66
Catelli (2 kg)	6,97	3,66	90,61
Macaroni & cheese			
Kraft - Kraft Dinner "The original" (225 g)	2,00	1,14	75,44
Pasta in sauce			
Betty Crocker - Hamburger Helper - Beef Noodle (200 g)	3,87	2,59	49,34
Chef Boyardee - Beefaroni (425 g)	2,64	1,77	49,41
Chef Boyardee - Beefaroni (850 g)	4,47	2,69	66,17
Heinz - Alpha-getti (398 ml)	2,29	1,34	70,65
Spaghetti			
Catelli (500 g)	2,46	1,56	58,03
Catelli (900 g)	3,86	1,87	106,70
Catelli (2 kg)	7,23	3,02	139,14

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10 - Cereal grains and other cereal products			
* Cake Mix			
Betty Crocker - Super Moist Cake Mix (510 g)	3,24	1,77	83,33
Duncan Hines - Moist Deluxe Cake Mix (515 g)	3,01	1,77	70,35
* Cereals			
Kellogg's - Froot Loops Cereals (275 g)	5,76	3,59	60,35
Post - Honey Comb Cereals (400 g)	6,26	4,66	34,17
General Mills - Cheerios Cereals Honey Nuts (375 g)	6,58	3,99	64,91
Kellogg's - Variety Pack (8 units) (275 g)	7,02	4,99	40,61
Flour			
Five Roses - All-purpose Flour White (2,5 kg)	7,95	4,22	88,61
Five Roses - All-purpose Flour White (10 kg)	18,44	8,99	105,12
Robin Hood - All-purpose Flour White (2,5 kg)	9,56	4,62	107,04
Robin Hood - All-purpose Flour White (10 kg)	18,92	9,47	99,84
Instant rice			
Kraft - Minute Rice (350 g)	3,30	2,59	27,58
Kraft - Minute Rice (700 g)	5,86	3,77	55,56
Uncle Ben's - Converted (900 g)	6,99	4,12	69,52
Dainty - Instant Flavor Rice (Beef, Chicken, Chinese) (350 g)	2,52	1,09	131,35
11 - Fruit juice			
Juice			
Oasis - Apple Juice (960 ml)	2,98	1,45	105,93
Ocean Spray - Cranberry cocktail (1,89 l)	10,89	4,02	171,23
McCain - Apple juice (1 l)	3,68	1,29	184,88
Juice Boxes			
Del Monte - Orange juice (3x250 ml))	4,39	1,32	233,84
Oasis - 100% pure orange (3x200 ml)	3,03	1,42	112,88

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12 - Canned fruits and fruit preparation

Apples sauce

Mott's - Homestyle Apple Sauce (796 ml)	5,76	1,99	189,28
Store brands or No Name (average) (398 ml)	2,50	1,12	124,22

Fruit cocktail

Del Monte - Chunky Fruit Cocktail (zip-top can) (284 ml)	2,74	1,99	37,69
Merit Selection (398 ml)	2,59	1,59	62,89
Del Monte (398 ml)	3,16	2,42	30,48
Store brands or No Name (\$/100 ml)	0,52	0,35	48,57

Fruit cups

Del Monte - 4 cans (4 x 112,5 g)	5,33	2,79	91,04
Store brands or No Name (average) (4 x 142 g)	3,67	2,79	31,42

Mandaribe Oranges

Clover Leaf (284 ml)	1,80	0,99	81,82
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Peaches

Del Monte - Peach halves in light syrup (398 ml)	3,01	2,64	13,83
Del Monte - Sliced peaches (398 ml)	3,24	2,09	55,22

*** Strawberry jam**

Kraft - Pure Strawberry Jam (250 ml)	3,94	2,66	48,31
Kraft - Pure Strawberry Jam (500 ml)	6,67	3,99	67,11
Habitant - Pure Strawberry Jam Homestyle (500 ml)	5,30	2,92	81,65

13 - Other vegetables and vegetable preparations

Canned stew

Puritan - Meatball stew (665 g)	4,93	4,19	17,66
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Kernel corn (Canada choice)

Green Giant (341 ml)	2,30	1,27	81,98
Merit Selection (398 ml)	1,49	0,89	67,42

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Peas (Canada choice)			
Del Monte (284 ml)	1,80	1,07	69,01
Del Monte (398 ml)	2,48	1,34	85,07
Store brands or No Name (\$/100 ml)	0,37	0,21	76,19
14 - Condiments, spices and vinegar			
Mayonnaise			
Kraft - Real Mayonnaise (475 ml)	4,79	3,19	50,00
Hellmann's (475 ml)	5,38	2,99	79,93
Mustard			
French's - Prepared Mustard Squeezable (225 ml)	2,61	1,69	54,56
French's - Prepared Mustard Squeezable (400 ml)	3,55	2,19	62,21
Salad dressing			
Kraft - Miracle Whip (475 ml)	4,95	2,99	65,70
Kraft - Miracle Whip (950 ml)	8,59	4,97	73,08
Merit Selection (475 ml)	3,99	2,29	74,24
Tomato ketchup			
Heinz (375 ml)	3,82	2,57	49,06
Heinz (1 l)	7,22	3,87	86,77
Store brands or No Name (1 l)	4,02	2,37	70,06
15 - Sugar and sugar preparations			
* Hot Chocolat Mix			
Carnation - Hot Chocolate Mix "Rich chocolate" (pouches) (10 x 28 g)	4,84	2,82	71,63
* Natural Granulated Sugar			
Lantic or Redpath (900 g)	2,87	1,99	43,97
Lantic or Redpath (2 kg)	4,88	2,42	101,24
Lantic or Redpath (4 kg)	8,96	3,99	124,60

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16 - Coffee and tea			
Ground coffee			
Maxwell House (300 g)	6,42	4,49	42,87
Maxwell House - Original roast (326 g)	6,48	4,49	44,32
Nabob Coffee co. (350 g)	8,79	5,99	46,74
Instant coffee			
Nescafé (200 g)	13,49	6,12	120,61
Maxwell House (200 g)	9,89	5,74	72,30
Taster's choice (250 g)	14,66	8,99	63,10
Orange Pekoe Tea			
Tetley (72 bags)	6,77	4,62	46,79
Red Rose (72 bags)	6,64	4,46	49,09
Salada (72 bags)	6,48	4,49	44,29
Salada (144 bags)	12,78	7,49	70,56
17 - Fats and oils			
Shortening			
Crisco - All Vegetable Shortening (454 g)	3,31	2,29	44,54
Tenderflake - Pure Lard (454 g)	3,22	2,22	45,05
Vegetable Oil			
Crisco (946 ml)	6,44	4,14	55,56
Crisco (1,89 litre)	10,09	6,54	54,31
18 - Soup			
Canned Tomato Soup			
Campbell's (284 ml)	1,57	1,09	43,73
Store brands or No Name (284 ml)	1,98	0,63	213,89

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Dried soup			
Lipton - Chicken noodle soup mix (2 pouches) (166 g)	2,70	1,82	48,60
Lipton - Chicken noodle soup mix (4 pouches) (338 g)	4,52	2,69	68,09
Lipton - Soupworks (110 g)	3,88	2,72	43,03
Instant noodles			
Gattuso - Instant snack in a cup (65 g)	1,56	0,88	77,11
Mr. Noodles (85 g)	0,58	0,39	47,86
Express (65 g)	1,47	0,62	135,03
No Name (85 g)	1,39	0,33	321,21
19 - Infant or junior foods			
Baby food			
Heinz (128 ml)	1,42	0,67	111,94
Baby Formula			
Enfalac - Infant Formula Powder (\$/100 g)	3,69	3,03	21,78
20 - Other food preparations			
* Coffee whitener			
Carnation - Coffee Mate Whitener Substitute (170 g)	3,73	2,49	49,73
Carnation - Coffee Mate Whitener Substitute (450 g)	5,94	3,94	50,76
* Fruit Drink Crystals			
Kool-Aid - Sugar sweetened drink mix (517 g)	5,48	3,52	55,49
Lipton - Orange drink crystals (425 g)	3,65	1,49	144,63
Tang - Orange flavor crystals (276 g)	1,93	0,99	94,95
* Instant pudding			
Jell-O (106 g)	1,96	1,12	76,08
Jell-O (135 g)	2,74	1,12	145,74
* Jelly powder			
Jell-O (85 g)	1,16	0,75	54,67

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* Microwave Popping Corn			
Orville redenbacher's (3 x 99 g)	4,83	2,54	90,16
Peanut butter			
Kraft (500 g)	5,31	3,42	55,49
Skippy (500 g)	4,69	3,39	38,35
Store brands or No Name (500 g)	4,14	2,07	100,48
* Potato Chips			
Pringles (163 g)	3,46	1,99	73,62
Humpty Dumpty - Regular Premium Chips (190 g)	4,47	2,87	55,93
Lays - various flavors (230 g)	4,85	2,69	80,30
Ruffles - various flavors (300 g)	5,23	3,07	70,64
21 - Non-alcoholic beverages			
* Fruit Drinks			
McCain - Frozen Fruit Punch (Orange) (355 ml)	2,90	0,89	225,62
Sunny Delight - Citrus Beverage Florida Style (1,6 l)	8,29	2,39	246,86
Fruité - Drink (Orange) (2 l)	7,87	2,19	259,13
* Soft Drinks			
Pepsi (2 l)	3,91	1,89	106,70
Pepsi - 1 can (355 ml)	1,58	0,59	167,55
Pepsi - Case (12 cans)	18,04	4,99	261,47
Coke (2 l)	3,91	1,89	106,70
Coke - 1 can (355 ml)	1,74	0,59	195,16
Coke - Case (12 cans)	23,88	5,04	373,81
Average	5,34	3,40	57,06

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Source: Nunavik Comparative Price Index 2006