

**Table 1 - Price Comparison of 202 Food Products in Nunavik and in the Québec City Area**

<b>Main Food Product Categories</b> <b>Secondary Food Product Categories</b> Characteristics of Products	Price Average in Nunavik Grocery Stores (\$)	Price Average in the Québec City Area Grocery Stores (\$)	Difference between Nunavik and the Québec City Area (%)
<b>1 - Meat - Fresh or Frozen</b>			
<b>Beef</b>			
Lean ground beef "Family format" (Kg)	4,79	5,00	-4,25
Lean ground beef (Kg)	7,95	5,52	44,15
T-bone steak (Kg)	25,78	16,66	54,78
<b>Chicken</b>			
Chicken breast boneless skinless (Kg)	15,09	13,91	8,46
Chicken drumsticks (Kg)	6,51	3,51	85,56
Chicken legs back on (Kg)	6,38	2,83	125,52
Chicken thighs (Kg)	6,60	1,96	237,56
Chicken whole grade "A" (Kg)	6,95	4,25	63,52
Chicken Wings (Kg)	8,10	5,48	47,95
<b>Pork</b>			
Pork butt (Kg)	9,51	6,37	49,26
Pork loin chops (Kg)	12,17	8,50	43,15
Pork Side Ribs (Kg)	6,85	7,68	-10,85
<b>2 - Fresh Fruit</b>			
<b>Apples</b>			
Granny Smith (Kg)	3,79	3,21	18,07
MacIntosh (Kg)	2,84	2,40	18,00
Red Delicious (Kg)	3,86	3,51	10,15
<b>Bananas</b>			
Dole (Kg)	2,66	1,18	126,23
<b>Grapes</b>			
Green - seedless (Kg)	8,92	8,06	10,71
Red - seedless (Kg)	4,53	8,80	-48,55
<b>Oranges</b>			
Oranges - Clementine (Kg)	5,80	2,69	115,38
Oranges (Kg)	3,26	2,14	51,96
<b>Other Fruits</b>			
Kiwis (Kg)	6,35	7,57	-16,17
Plums (Kg)	3,79	5,49	-30,97
Watermelon (Kg)	3,50	2,51	39,40

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<b>3 - Fresh vegetables</b>			
<b>Carrots</b>			
Bag (2 lbs)	1,80	1,02	76,03
Bag (5 lbs)	1,73	1,84	-6,25
Mini-Carrots (454 g)	2,48	1,79	38,76
<b>Celery</b>			
Stalk (1 stalk)	2,28	2,09	9,09
<b>Green Cabbage</b>			
(Kg)	1,96	1,23	59,57
<b>Green Peppers</b>			
(Kg)	5,58	3,65	52,94
<b>Lettuce</b>			
Iceberg (1)	1,89	1,99	-4,89
<b>White onions</b>			
Bag (2 lbs)	1,52	1,06	44,14
Bag (5 lbs)	1,79	1,76	1,90
<b>White Potatoes</b>			
Bag (10 lbs)	7,18	2,46	192,39
Bag (5 lbs)	4,11	1,56	163,90

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<b>4 - Dairy products and eggs</b>			
<b>Butter</b>			
Average	4,34	3,17	36,91
<b>Eggs</b>			
Average	3,11	1,78	74,72
<b>Evaporated Milk</b>			
Carnation (385 ml)	1,92	1,09	75,77
<b>Margarine</b>			
BeceI (454 g)	3,56	2,41	47,78
<b>Milk 2 %</b>			
Lactancia Pur Filter (1 litre)	2,72	1,33	105,16
Lactancia Pur Filter (2 litres)	5,08	2,59	96,27
Natrel Ultra Milk (1 litre)	2,72	1,33	104,72
<b>Milk 3,25 %</b>			
Lactancia Pur Filter (1 litre)	2,59	1,38	88,34
Lactancia Pur Filter (2 litres)	5,31	2,69	97,44
Natrel Ultra Milk (1 litre)	2,77	1,38	101,03
<b>Partly skimmed milk 2%</b>			
Grand Pré (1 litre)	2,41	1,44	67,66
<b>Processed Cheese Slices</b>			
Kraft Singles (16 slices) (500 g)	6,83	3,92	74,02
Kraft Singles (24 slices) (500 g)	6,91	3,92	76,05

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<b>5 - Frozen Products</b>			
<b>Batter-coated weiners</b>			
Pogo (4)	4,73	2,76	71,45
<b>Chicken Wings</b>			
Flamingo - B.B.Q. (730 g)	13,31	10,49	26,88
<b>Fish &amp; Chips</b>			
Bluewater (650 g)	7,59	4,59	65,36
Highliner (600 g)	5,77	3,19	80,88
<b>Fish Sticks</b>			
Blue Water (700 g)	6,05	3,89	55,53
Highliner (700 g)	6,32	4,19	50,84
<b>Frozen dinners</b>			
Stouffer's - Chicken Chow Mein (241 g)	4,54	3,16	43,93
Stouffer's - Pastaria Lasagna Casserole (255 g)	7,49	2,11	254,98
Swanson - Chicken Nuggets (284 g)	4,94	3,29	50,15
Swanson - Fried Chicken (312 g)	5,27	3,09	70,42
Swanson - Salisbury Steak (295 g)	5,09	3,09	64,72
<b>Frozen French Fries</b>			
McCain - Supercrisps (750 g)	4,39	1,99	120,60
McCain - Superfries (1 Kg)	4,39	2,14	105,02
McCain - Superfries (1,5 kg)	5,47	2,99	82,94
McCain - Superfries Strait Cut (1 kg)	3,90	1,99	95,98
<b>Frozen Pizzas</b>			
McCain - Deep & Delicious Pepperoni (4) (410 g)	5,61	2,99	87,74
McCain - Pizza Pockets Pepperoni or Deluxe (400 g)	5,31	3,09	71,94
McCain - Pizza Premiere Deluxe (705 g)	9,90	5,92	67,14
<b>Grilled Filets</b>			
Bluewater (215 g)	4,63	3,16	46,79

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<b>6 - Canned meat and meat preparations</b>			
<b>Luncheon meat</b>			
Kam - Original (340 g)	4,00	2,49	60,64
Klik - "Our premium pork" (340 g)	3,94	2,59	52,17
<b>Wieners</b>			
Hygrade (450 g)	4,44	2,21	101,02
Maple Lodge Farms (smoked chicken flavor) (450 g)	4,10	1,44	184,49
<b>7 - Fish and other marine products</b>			
<b>Flaked white tuna in water</b>			
Clover Leaf (170 g)	3,28	1,74	88,71
<b>Sardines</b>			
Brunswick - Canadian sardines in soya oil (106 g)	1,32	0,78	70,14
<b>8 - Bakery and other cereal products</b>			
<b>Baking Powder</b>			
Magic (225 g)	4,22	3,01	40,34
Magic (450 g)	6,48	4,99	29,95
<b>Barge Pilot Biscuits</b>			
<b>Cookies</b>			
Christie - Chips Ahoy! (400 g)	5,09	2,92	74,10
Christie - Favorites (450 g)	5,31	2,99	77,65
Christie - Pirate (400 g)	5,06	2,99	69,27
David - Strawberry Tarts (350 g)	3,95	2,69	47,00
Leclerc - Wafers (Strawberry or other) (400 g)	3,20	1,99	60,80
<b>Crackers</b>			
Christie - Premium Plus Crackers (225 g)	2,70	1,94	39,07
Christie - Premium Plus Crackers (450 g)	4,00	2,39	67,45
Christie - Ritz Crackers (250 g)	3,90	2,56	52,71
Christie - Ritz Crackers (450 g)	5,81	3,69	57,56
<b>Pilot Biscuits</b>			
Marven's - Flaky Pilot Biscuits (350 g)	4,04	2,69	50,09
<b>White Bread</b>			
Gailuron (450 g)	1,99	1,46	36,30
Pom (675 g)	2,63	1,61	63,35

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<b>9 - Pasta products</b>			
<b>Macaroni</b>			
Catelli (500 g)	2,08	1,12	85,57
Catelli (900 g)	3,53	1,84	91,54
<b>Macaroni &amp; cheese</b>			
Kraft - Kraft Dinner "The original" (225 g)	1,73	1,08	60,58
Kraft - Thick & Creamy Deluxe Cheddar (400 g)	4,12	2,76	49,46
<b>Pasta in Sauce</b>			
Betty Crocker - Hamburger Helper - Beef Noodle (200 g)	3,83	2,36	62,57
Chef Boyardee - Beefaroni (425 g)	2,48	1,39	78,19
Chef Boyardee - Beefaroni (850 g)	4,03	2,39	68,54
Heinz - Alpha-getti (398 ml)	1,90	0,97	95,97
<b>Spaghetti</b>			
Catelli (500 g)	2,23	1,12	98,64
Catelli (900 g)	3,53	1,84	91,64
<b>10 - Cereal grains and other cereal products</b>			
<b>Cake Mix</b>			
Betty Crocker - SuperMoist Cake Mix (510 g)	3,01	1,66	81,86
Duncan Hines - MoistDeluxe Cake Mix (515 g)	2,97	1,76	69,23
<b>Cereals</b>			
General Mills - Cheerios Cereals (300 g)	4,66	2,89	61,28
General Mills - Cheerios Cereals (425 g)	5,70	2,99	90,75
Kellogg's - Froot Loops Cereals (275 g)	4,90	3,26	50,48
Kellogg's - Variety Pack (275 g)	6,07	3,99	52,14
Post - Honey Comb Cereals (275 g)	4,92	3,29	49,50
Post - Honey Comb Cereals (400 g)	6,33	2,99	111,81
<b>Flour</b>			
Five Roses - All-purpose Flour White (2,5 Kg)	6,95	3,62	91,81
Five Roses - All-purpose Flour White (10 kg)	18,99	7,92	139,71
Robin Hood - All-purpose White Flour (10 kg)	16,99	8,49	100,12
Robin Hood - All-purpose White Flour (2,5 kg)	6,50	3,84	69,27
<b>Instant Rice</b>			
Dainty - Instant Flavor Rice (Beef, Chinese) (350 g)	2,46	1,06	132,81
Kraft - Minute Rice (350 g)	3,03	2,19	38,45
Kraft - Minute Rice (700 g)	5,68	3,49	62,61
Uncle Ben's - Instant Rice 5 minutes (700 g)	5,62	3,46	62,56

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<b>11 - Fruit Juice</b>			
<b>Juice</b>			
Del Monte - Apple Juice (1 litre)	2,99	1,09	174,31
Oasis - Apple Juice (960 ml)	2,50	1,34	86,27
<b>Juice Boxes</b>			
McCain - Orange juice (juice box) (3 X 250 ml)	2,20	0,99	121,76
Rougemont - Juice Box (3 X 200 ml)	1,43	0,99	44,44
<b>12 - Canned fruits and fruit preparations</b>			
<b>Apple Sauce</b>			
Mott's - Homestyle Apple Sauce (398 ml)	1,91	1,19	60,42
Mott's - Homestyle Apple Sauce (796 ml)	5,02	1,66	203,22
<b>Fruit Cocktail</b>			
Del Monte - Chunky Fruit Cocktail (zip-top can) (284 ml)	1,94	1,29	50,13
Del Monte - Fruit Cocktail (796 ml)	4,75	2,69	76,58
Del Monte (398 ml)	2,62	1,89	38,62
<b>Fruit cups</b>			
Del Monte - 4 cans (568 ml)	4,77	2,76	72,88
Multichoix - 4 cans (568 ml)	3,83	2,29	67,11
<b>Mandarine Oranges</b>			
Tropic (284 ml)	1,84	1,09	68,81
<b>Peaches</b>			
Del Monte - Peach halves in light syrup (398 ml)	2,68	1,89	41,85
Del Monte - Sliced peaches (540 ml)	3,12	2,15	45,12
<b>Strawberry Jam</b>			
E.D. Smith (250 ml)	3,79	2,39	58,58
Habitant - Pure Strawberry Jam (250 ml)	3,04	1,96	55,46
Kraft - Pure Strawberry Jam (250 ml)	3,59	2,36	52,16
Kraft - Pure Strawberry Jam (500 ml)	6,27	3,69	69,93

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<b>13 - Other vegetables and vegetable preparations</b>			
<b>Canned Stew</b>			
Puritan - Meatball Stew (680 g)	4,25	2,39	77,99
<b>Kernel corn (Canada choice)</b>			
Green Giant - Niblets (341 ml)	1,94	1,00	94,05
<b>Peas "Canada choice"</b>			
Del Monte (284 ml)	1,28	0,84	52,38
Del Monte (398 ml)	2,04	1,14	79,24
<b>14 - Condiments, spices and vinegar</b>			
<b>Mayonnaise</b>			
Kraft - Real Mayonnaise (500 ml)	4,80	2,74	75,24
<b>Mustard</b>			
French's - Prepared Mustard (500 ml)	2,74	1,89	44,86
French's - Prepared Mustard Squeezable (250 ml)	2,34	1,64	42,53
Schwartz - Prepared Mustard (500 ml)	2,03	1,29	57,36
Schwartz - Prepared Mustard Squeezable (375 ml)	2,66	1,29	105,81
<b>Salad Dressing</b>			
Kraft - Miracle Whip (500 ml)	4,57	2,79	63,82
Kraft - Miracle Whip (1 litre)	8,29	4,66	78,02
<b>Tomato Ketchup</b>			
Heinz (375 ml)	3,08	2,12	45,01
Heinz (1 litre)	5,91	3,39	74,48
<b>15 - Sugar and sugar preparations</b>			
<b>Hot Chocolate Mix</b>			
Carnation - Hot Chocolate Mix " Rich chocolate" (sachets) (10 x 28 g)	3,32	2,19	51,51
<b>Natural Granulated Sugar</b>			
Lantic (1 kg)	3,00	1,95	53,64
Lantic (2 kg)	4,29	2,62	63,55
Lantic (4 kg)	8,46	4,82	75,34
<b>Popsicle</b>			
Good Humor - Assorted Ice Pops (24 x 75 ml)	13,86	3,89	256,30



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<b>16 - Coffee and tea</b>			
<b>Ground Coffee</b>			
Maxwell House (300 g)	6,42	3,89	65,11
Nabob Coffee co. (250 g)	5,69	3,99	42,69
Nabob Coffee co. (300 g)	6,61	4,29	54,00
<b>Instant coffee</b>			
Nescafé (50 g)	4,71	2,99	57,53
Nescafé (200 g)	9,94	4,99	99,27
Taster's choice (150 g)	11,82	6,59	79,40
<b>Orange Pekoe Tea</b>			
Red Rose (72 bags)	6,33	3,79	67,09
Salada (36 bags)	3,65	2,34	55,98
Salada (72 bags)	6,48	3,92	65,25
Tetley (72 bags)	6,45	3,99	61,77
<b>17 - Fats and oils</b>			
<b>Shortening</b>			
Crisco - All Vegetable shortening (454 g)	3,00	1,82	64,32
Tenderflake - Pure Lard (454 g)	2,55	1,52	67,57
<b>Vegetable Oil</b>			
Crisco (946 ml)	5,63	3,56	58,39
Crisco (1,89 litres)	8,74	4,99	75,22
<b>18 - Soup</b>			
<b>Canned Tomato Soup</b>			
Aylmer (284 ml)	1,97	0,47	322,14
Campbell's (284 ml)	1,38	0,73	89,21
<b>Dried Soup</b>			
Lipton - Chicken noodle soup mix (2 pouches) (166 g)	2,52	1,76	43,26
Lipton - Chicken noodle soup mix (4 pouches) (338 g)	4,68	2,76	69,60
Lipton - Soupworks (110 g)	3,78	2,62	44,15
<b>Instant noodles</b>			
Gattuso - Instant snack in a cup (65 g)	1,48	0,96	54,50
Mr. Noodles (85 g)	,67	0,33	103,60
Ramen (85 g)	,84	0,35	140,00

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<b>19 - Infant or junior foods</b>			
<b>Baby food</b>			
Heinz (128 ml)	1,18	0,57	107,16
<b>Baby Formula</b>			
Enfalac - Infant Formula Liquid Concentrate (385 ml)	4,27	2,79	53,03
Enfalac - Instant Formula Powder (370 g)	14,05	8,99	56,31
Enfalac - Iron Fortified Infant Formula Powder (400 g)	14,99	9,99	50,05
<b>20 - Other food preparations</b>			
<b>Coffee Whitener</b>			
Carnation - Coffee Mate Coffee Whitener Subsitute (125 g)	2,77	1,99	39,20
Carnation - Coffee Mate Coffee Whitener Subsitute (500 g)	5,71	3,66	56,02
<b>Fruit Drink Crystals</b>			
Kool-Aid - Sugar sweetened drink mix (135 g)	1,37	0,99	38,38
Kool-Aid - Sugar sweetened drink mix (600 g)	5,19	3,39	53,10
Tang - Orange flavor crystals (276 g)	1,90	1,16	63,94
Tang - Orange flavor crystals (613 g)	5,09	3,66	39,29
<b>Instant Pudding</b>			
Jell-O (106 g)	1,49	0,99	50,51
Jell-O (113 g)	1,41	0,99	42,42
Jell-O (170 g)	1,84	1,52	20,51
<b>Jelly Powder</b>			
Jell-O (85 g)	1,01	0,59	71,19
<b>Microwave Popping Corn</b>			
Orville Redenbacher's (3 X 99 g)	4,15	2,16	92,38
<b>Peanut Butter</b>			
Kraft (500 g)	5,15	3,09	66,68
Skippy (500 g)	5,33	2,99	78,20
Squirrel (500 g)	5,03	2,86	76,21
<b>Potato Chips</b>			
Econochoice (170 g)	1,99	0,99	101,01
Humpty Dumpty - Doodles Cheese Sticks (190 g)	3,19	1,69	88,71
Humpty Dumpty - Doodles Cheese Sticks (320 g)	3,49	2,79	25,09
Humpty Dumpty - Regular Premium Chips (170 g)	3,14	1,49	110,50
Humpty Dumpty - Regular Premium Chips (340 g)	2,99	2,59	15,44
Pringles (190 g)	3,30	1,96	68,68

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<b>21 - Non-alcoholic beverages</b>			
<b>Fruit Drinks</b>			
Fruité - Drink (Grape) (2 litres)	3,62	2,09	73,43
McCain - Frozen Fruit Punch (Orange) (355 ml)	1,92	0,82	133,52
Sunny Delight - Citrus Beverage Florida Style (1,89 litres)	5,98	2,39	150,21
Sunny Delight - Citrus Beverage Florida Style (8 X 200 ml)	6,04	3,99	51,46
<b>Soft Drinks</b>			
Coke - Case (24 cans) (355 ml)	32,98	7,05	367,76
Coke (2 litres)	4,62	1,39	232,37
Pepsi - Case (24 cans) (355 ml)	32,83	7,05	365,70
Pepsi (2 litres)	5,20	1,39	273,81
<b>Average</b>	<b>5,01</b>	<b>2,96</b>	<b>69,30</b>