

## Access to Nutritious Food in Eeyou Istchee

- Cost of basic nutritious foods is higher in Eeyou Istchee than in any other studied region of Quebec
- Nutritious food choices are limited in certain communities
- Access to a variety of low-cost nutritious foods is difficult, especially in smaller stores
- Eating well seems to be out of reach for low-income and single-parent families

Accessibility to nutritious foods is essential to promote health and prevent chronic diseases (diabetes, hypertension, etc.)

We need to ensure that nutritious foods are available and affordable to all Eeyouch families

In September 2011, 16 stores of Eeyou Istchee, 5 of Jamesie<sup>1</sup> and 3 of Abitibi were visited to find out:

- What is the cost of the Nutritious Food Basket (NFB) in Eeyou Istchee?
- Is the NFB affordable for Eeyouch families?
- Are the NFB items available?

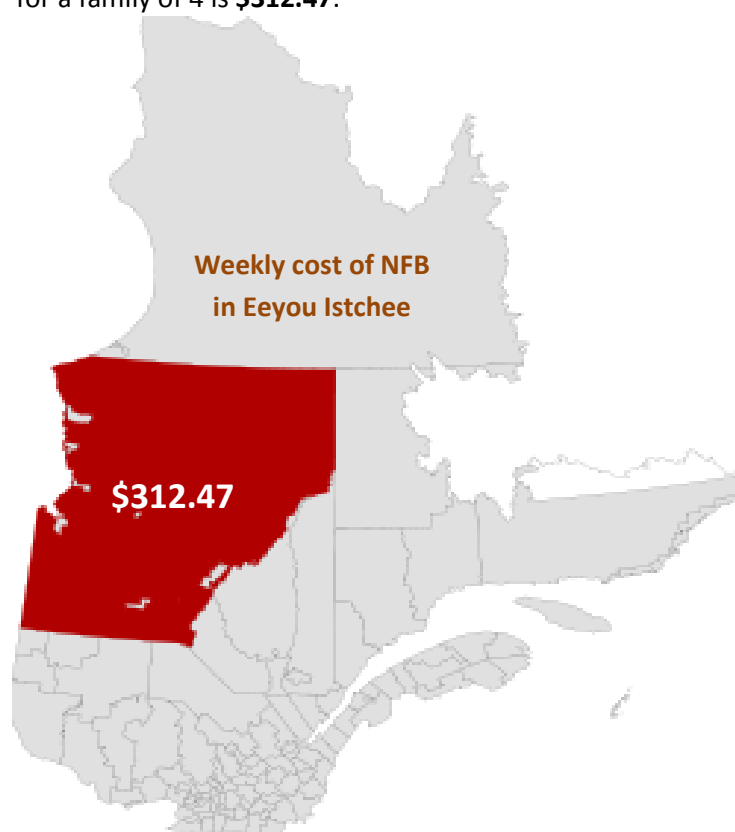
The Nutritious Food Basket includes 71 food items, that are basic, nutritious and at low cost.

The cost of the NFB is usually based on a reference family of 4 (2 adults and 2 children), and is calculated for a one-week period.

To take into account larger Eeyouch families, NFB cost is also calculated for a family of 6 (2 adults and 4 children).

### What is the cost of the NFB?

In Eeyou Istchee, the average weekly cost of the NFB, for a family of 4 is **\$312.47**.



It costs **at least \$10.00** per person per day to eat well in Eeyou Istchee

### Cost for larger families

For a family of 6, the weekly cost of the NFB is \$418.41.

### Breastfeeding: a saving

In addition to its health benefits, breastfeeding represents a saving of more than \$30.00 per week compared to the cost of infant formula.

<sup>1</sup> Jamesie includes Chibougamau, Chapais, Radisson, Lebel-sur-Quévillon, Matagami

## Is the NFB affordable for Eeyouch families?

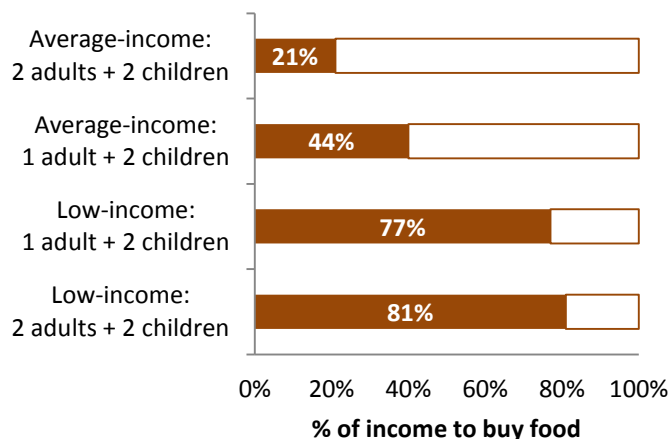
### Family income

An average-income family with 2 adults and 2 children would spend 21% of their income to buy the NFB.

The percentage for an average-income family of 1 adult and 2 children is **twice as high** (44%) and **4 times** as high for a low-income family (about **80%** of their income).

*In Eeyou Istchee, many families live on a low-income or are single-parent families*

#### Percentage of family income to buy the NFB

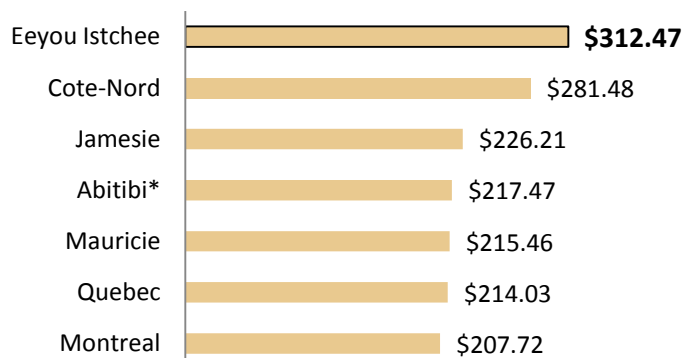


In Eeyou Istchee, each time a low-income family earns \$100.00, about \$80.00 is needed to buy the NFB

## Comparing Eeyou Istchee to other Quebec regions

The **weekly cost** of the NFB is **higher** in Eeyou Istchee than in any other studied region of Quebec.

#### Cost of NFB in Eeyou Istchee and other regions (2011)



\* This value represents only 3 stores of Abitibi

## Are the NFB items available?

Overall, in the communities of Eeyou Istchee 2 to 41 food items were missing (out of the 71 selected in the NFB).

Less food items were available in smaller stores compared to larger ones.



Conseil Cri de la santé et des services sociaux de la Baie James  
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 Cree Board of Health and Social Services of James Bay

Copies of this broadsheet may be found at:

<http://www.creehealth.org>