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# **Nunavik Comparative Price Index 2011**

**G rard Duhaime and Andr e Caron**

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February 2012



The **Canada Research Chair on Comparative Aboriginal Condition** is affiliated with the Interuniversity Centre for Aboriginal Studies and Research (CIÉRA) and the faculty of Social Sciences of Université Laval.

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# SUMMARY

**PURPOSE** - The Nunavik Comparative Prices Index 2011 research project was carried out by the Canada Research Chair on Comparative Aboriginal Condition at Université Laval, at the request of the Kativik Regional Government (KRG). The main objective was to identify the prices differences for consumer prices between Nunavik and Quebec.

**METHOD** - The method is based on the one developed for the Nunavik Comparative Prices Index 2000 and the Nunavik Comparative Prices Index 2006.

**DATA** - Data collection was carried out in April 2011. In Nunavik, the data was collected by the local employment officers (LEOs) of the KRG. In Quebec City, it was carried out by Université Laval. The study compares the prices of 90 food products, 15 household products, 14 personal care products, as well as of super unleaded gasoline.

**RESULTS** – The study demonstrates that, overall, consumer prices are higher in Nunavik than in Quebec City.

- **Food** - On average, consumer prices for food products are 81% higher in Nunavik than in Quebec City.
- **Household products** - On average, consumer prices for household products are 104% higher in Nunavik than in Quebec City.
- **Personal care products** - On average, consumer prices for personal care products are 86% higher in Nunavik than in Quebec City.
- **Gasoline** - On average, the price of gasoline (super) in Nunavik is higher than in Quebec City, although during the period observed, the price in Quebec City was higher at times.
- **Regional differences** - On average, consumer prices are higher in all villages as compared to Quebec City, and they are higher in all villages as compared to Kuujjuak.

**Comparative Price Index of various categories of products. Nunavik, April 2011  
Quebec City= 100**





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We would also like to extend our thanks to Alain Thurber (KRG) for his support throughout the project; to the managers and staff members of Northern, Coop and Newviq'vi in Nunavik, as well as to those of Métro Plus, Super C and IGA in Quebec City; to the Fédération des coopératives du Nouveau-Quebec; to Julie Garon, Beatriz Canales, Josianne Grenier and Lise Fortin of Université Laval.



Participants in the training that preceded the collection of prices, in Kuujuuaq, in April 2011.



## 1.0 INTRODUCTION

The Nunavik Comparative Prices Index (NCPI) project was carried out for the first time in 2000. It was repeated in 2006, and was then followed by a comparison with other regions of the province of Quebec. The current study provides an update of the comparative prices index for food, personal care, and household products as well as for gasoline. In addition, it provides a comparison of prices between Quebec City and villages of Nunavik.

The research was carried out by the Canada Research Chair on Comparative Aboriginal Condition of Université Laval. In Nunavik, the data collection was carried out by the local employment officers of KRG following the method developed in the previous studies. This is based on the use and adaptation of national socio-economic indicators and on the list of goods, products and services used by Statistics Canada to establish the Consumer Price Index. This method makes it possible to measure the price difference for a list of items between Nunavik and Quebec City.

## 2.0 METHOD

### 2.1 Base choices

The NCPI 2011 compares the prices of various products available in Nunavik with the prices for the same products sold in Quebec City. These include food, household products, personal care products and gasoline. The list of products used in the first two studies was updated based on the products available in the two stores in Kuujjuaq on the week before the survey. There were a few changes, namely to

replace the products or brands that were no longer available, or to take into account size variations for certain items. The list had blank spaces intended for inserting the replacement products, in the event that a specific product was not available.

The study was conducted in 22 stores located in 13 of the 14 villages of Nunavik. The reference region (100 Index) is Quebec City, where three stores were visited. The data was collected in April 2011 in both regions.

### 2.2 Food products

**Definition** - This category refers to food purchased at the grocery store. Contrary to the definition of Statistics Canada, and in accordance with the previous studies done in Nunavik, the current study does not take into consideration food purchased in restaurants.

**Data gathering** - There are two food chains in the Nunavik territory: the cooperative stores managed by local cooperative associations and grouped within the Fédération des coopératives du Nouveau-Quebec, and Northern Stores, owned by the Northwest Company, based in Winnipeg. There is also a private store in Kuujjuaq, the Newviq'vi, which was also included in the survey.

The local employment officers underwent training to become familiar with the rules for gathering the data. Further to this training, the officers collected data in their respective villages. The data gathered was forwarded by fax to Université Laval, where the staff was able to do a first verification and contact the local employment officers as needed.

The data collection in Quebec City was carried out simultaneously with that of Nunavik, and was done by the personnel of the Canada Research Chair on Comparative Aboriginal Condition following the same rules. The prices were collected in three stores affiliated to three different banners (Métro, IGA and Super C) and located in different sectors in order to reflect the diversity of the socio-economic environments (Sainte-Foy, Neufchâtel and Quebec Haute-Ville).

In all the stores, the price collected was the price paid by consumers, after the discounts and before the taxes applicable.

**Data processing** - Several operations were necessary to arrive at valid comparisons. First, any data that was illegible or absurd due to a labeling or data collection error was eliminated. Second, any product that was out of stock in all the Nunavik stores or in the three stores in Quebec City was eliminated. Third, the products recorded less than 11 times in Nunavik and less than twice in Quebec City were eliminated. The threshold of 11 occurrences in the Nunavik stores corresponds to one occurrence in one out of two stores. Although arbitrary, the use of this threshold made it possible to increase the precision of the indexes, especially for the purposes of comparison between the villages. In total, 90 food products from the initial list were used (Table 1).

Adjustments were also made to standardize the products compared, or to determine the replacement products when the brands or sizes were different. Thus, in certain cases, the price of a product that was not available in the size specified was estimated by rule of three based on a calculation using the price for a different size. In other cases, an

average price was established between products of the same size but of different brands. To standardize the price of certain fruits and vegetables sold sometimes by unit and sometimes by pounds or kilos, the unit prices were converted into price per kilo.

Finally, the indexes were calculated by product category, using the average prices in Quebec City as 100 base.

### **2.3 Household products**

This category includes various items such as cleaning, paper, plastic and aluminum products. The prices of these products were collected at the same time and according to the same procedures as the food products, as they are available at the same retailers in both Nunavik and Quebec City.

There were major variations in the availability of the products in this category. Thus, after having processed the data in a way that ensured its validity, the list that initially contained 64 items was reduced to 15 items (Table 2).

### **2.4 Personal care products**

The personal care products considered in this study are also available in grocery stores, and their prices were collected at the same time as those of the food products. These products include items such as baby diapers, toothpaste, soap, sanitary napkins, etc. As for the household products, the absence of uniform availability of the products reduced the list from 55 to 14 items (Table 3).

### **2.5 Limits**

This project is not a comparative study of the cost of living between Nunavik and

Quebec City, and it does not provide an overall index. To arrive at this type of results, it would be necessary to weigh the data collected according to the consumption habits of the populations concerned, that is to say, not only compare product prices in the two regions but also take into account the proportion of each of the products in the household consumption budget. It is therefore important to keep in mind that this study is limited to the comparison of the retail prices of certain goods and services in the two regions respectively.

The NCPI 2011 is also not a measurement of inflation as compared to 2000 or 2006. The prices of certain products may admittedly be compared between all these studies, but this is for illustration purposes only. In fact, the differences revealed are not necessarily the result of inflation, as the prices may have varied over time for a multitude of reasons, such as changes in the market or business practices, or even in the implementation – or abolition – of public policies.

Furthermore, a comparison of the indexes obtained at each period would not be accurate in terms of methodology; in fact, the list of products is not rigorously identical from one study to the next.

In short, the NCPI 2011 is a comparison, at the time of the study, between what consumers pay for the same or comparable products in Nunavik and in Quebec City. Although it does not make it possible to establish a cost of living index, the systematic comparison of prices between the two regions is currently one of the most valid tools to compare a part of the economic reality of Nunavik with that of Quebec City.

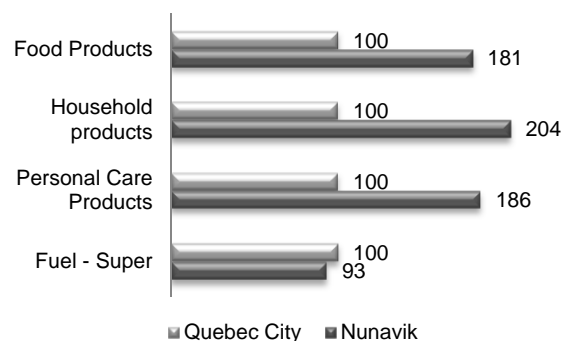
### 3.0 RESULTS

#### 3.1 Food products

The prices collected for the 90 food products included in the study shows that a shopping basket costing \$100 in Quebec City costs \$181 in Nunavik. On average, identical shopping baskets would therefore cost 81% more in Nunavik than in Quebec City (Figure 1, Table 1).

Cautious interpretation of this result is warranted for two reasons. Firstly, this result is obtained under the assumption that the same products are purchased by the households of the two regions under study, an assumption that would have to be verified.

**Figure 1**  
**Comparative Price Index of Various Categories of Products, Nunavik and Quebec City, April 2011**  
**(Quebec Price Index = 100)**

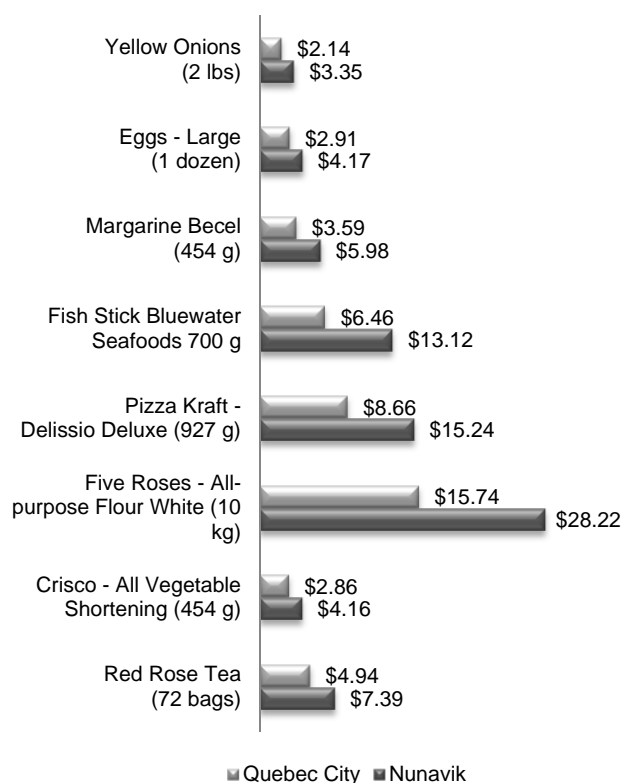


Secondly, it is obtained without weighting, that is to say, without taking into account the actual importance of each of these products in the consumption budget of the households, something that should also be verified. An in-depth study of consumption habits would make it possible to nuance this result, because it would then be possible to weigh the composition of the shopping

basket according to the actual purchasing habits in the two regions.

The prices of products are therefore higher in Nunavik than in Quebec City. In addition, not one product sold in Nunavik is cheaper in Nunavik. Although this is true for the products as a whole, it must however be noted that the price differences for each product varies more or less significantly. For example, there is a 50% difference in the price of a box of 72 Red Rose tea bags, but the difference for 454 g of Becel margarine is 67%, the difference for a 10-kilo bag of white all-purpose Five Roses flour is 79%, and the difference for a 700 g package of Bluewater Seafoods fish sticks is 100% (Figure 2).

**Figure 2**  
Average Prices of Selected Food Products, Nunavik and Quebec City, April 2011

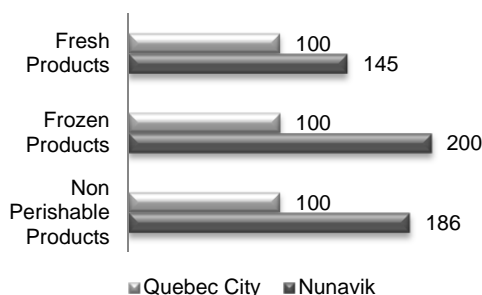


In fact, analysis by food category tends to show that certain differences would be associated with the method of conservation, and therefore to the transport mode and to the tariffs applicable. Thus, perishable products cost on average 45% more in Nunavik than in Quebec City, but frozen products, such as pizza, fries and fish sticks, cost on average 100% more than in Quebec City (Figure 3). Further analysis of the transport modes should make it possible to explain these differences.

### 3.2 Household products

The study shows that a basket of 15 household products costing \$100 in Quebec City costs \$204 in Nunavik. On average, this basket of products would cost 104% more in Nunavik than in Quebec City (Figure 1, Table 2).

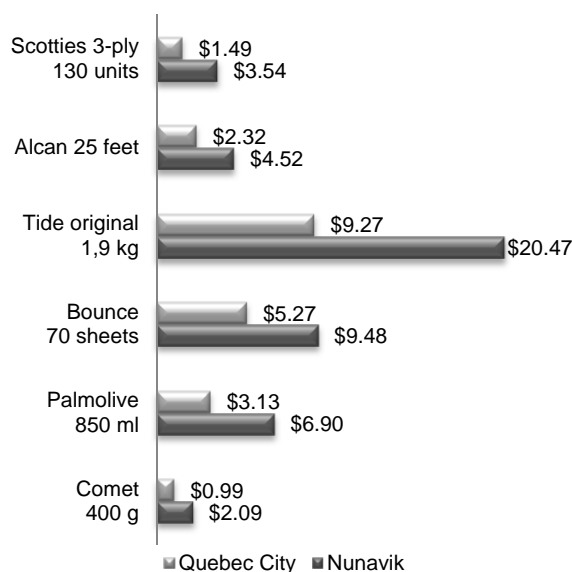
**Figure 3**  
Comparative Price Index of Selected Categories of Food Products, Nunavik and Quebec City, April 2011 (Quebec City Index = 100)



As was the case for the food products, the price differences vary substantially, although most of them are well above 100%: 137% for a box of 130 Scotties 3-ply facial tissues; 120% for a 1.9 kg box of Tide Original detergent; and 111% for 400 g of Comet scouring powder (Figure 4, Table 2).



**Figure 4**  
Average Prices of Selected Household Products,  
Nunavik and Quebec City, April 2011



### 3.3 Personal care products

The study shows that a basket of 14 personal care products costing \$100 in Quebec City costs \$186 in Nunavik. On average, this basket of products would cost 86% more in Nunavik than in Quebec City (Figure 1, Table 3).

The price differences for these products are less significant than in the other categories, ranging between 66% and 118%. Most of these products are in the 80% range (Figure 5, Table 3).

It is important to note that in Nunavik, where the fertility rate is almost double that of Quebec as a whole, the use and purchase of baby products is more widespread and, in all likelihood, represents a greater portion of household budgets. For example, diapers are not only more expensive (85% difference on average with Quebec City), but the volume that Inuit households must

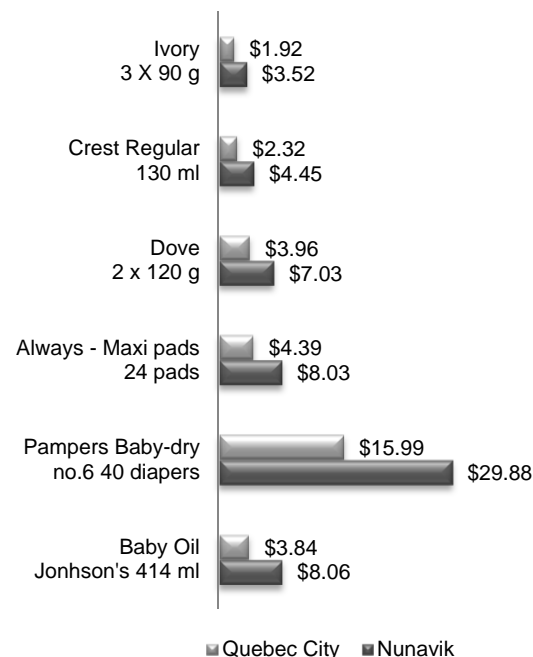
purchase would also be higher for a same period.

### 3.4 Gasoline

Contrary to the rest of Quebec, where the price of gasoline varies every week according to the fluctuations of the market, the price of gasoline in Nunavik is fixed throughout a given year. The supply of fuel is ensured once a year, in the summer, via tankers. The price is therefore the same approximately from September to August of the next year.

The gasoline sold in Nunavik contains the additives deemed necessary to take into account the various types of motors in which it is intended to be used (snowmobiles, all-terrain vehicles, outboard motors, cars, pick-up trucks), the climate and the extended storage conditions. This situation limits the choice of consumers: only super unleaded gasoline is available.

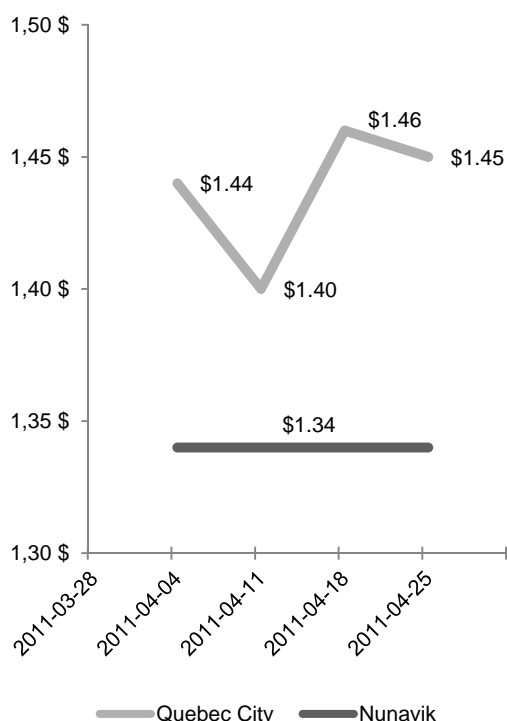
**Figure 5**  
Average Prices of Selected Personal Care  
Products, Nunavik and Quebec City, April 2011



The data used in this study comes from the Régie de l'énergie du Québec, which publishes the summary of the weekly and monthly average pump prices as well as the annual average price for each region of Québec.

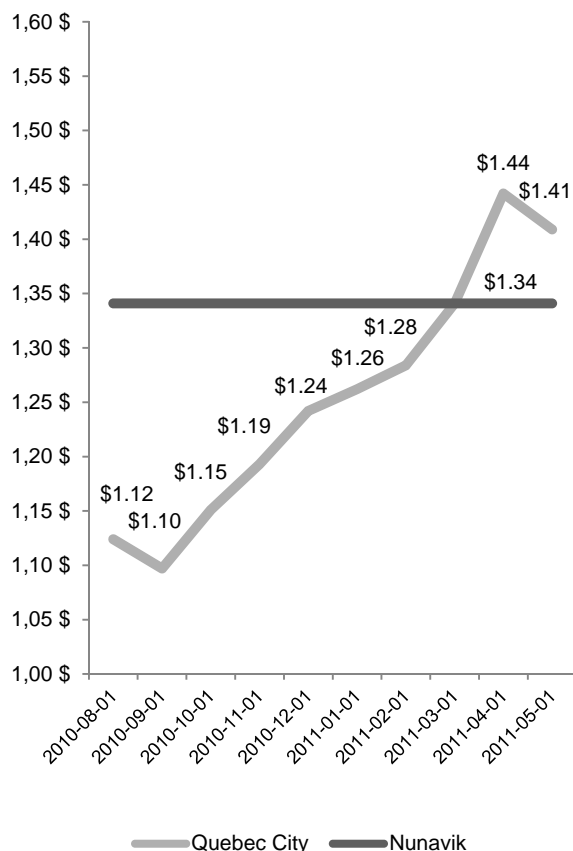
In the data collection period, the price per liter of super unleaded gasoline in Nunavik was stable at \$1.34, whereas in Québec City, the price fluctuated between \$1.40 and \$1.46 per liter. Consequently, in April 2011, the liter of super unleaded gasoline was cheaper in Nunavik than in Québec City (Figure 6, Table 4).

**Figure 6**  
**Weekly Average Prices of Gasoline (Super),**  
**Nunavik and Québec City, April 2011**  
**(\$/liter)**



A comparison over a longer period, however, indicates a generally higher price in Nunavik. In fact, while the price of a liter

**Figure 7**  
**Monthly Average Prices of Gasoline (Super),**  
**Nunavik and Québec City, August 2010 to April 2011**  
**(\$/liter)**



of super unleaded gasoline was fixed at \$1.34 in Nunavik, it went from \$1.12 to \$1.44 in Québec City, the higher price having been reached precisely during the period set for collecting the data for the purposes of this report (Figure 7, Table 5).

On average, between August 2010 and April 2011, the price in Québec City was \$1.25 per liter, that is, 6.9% less than the price in Nunavik.

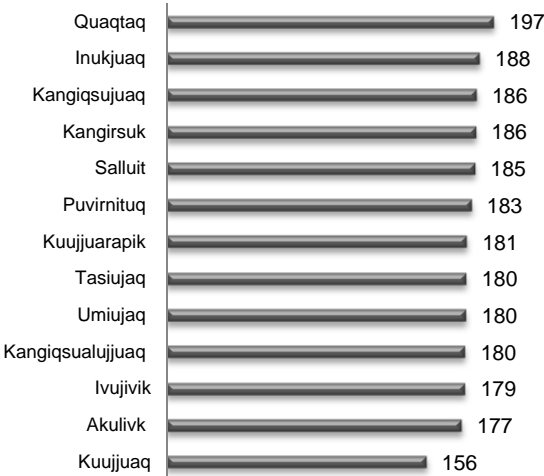
In short, what these analyses show is that, conjuncturally, the price of gasoline was lower in Nunavik, but that over a longer period, it was slightly higher.

### 3.5 The differences between the villages of Nunavik

The study explored the price differences not only between Quebec City and Nunavik, but also between the villages of Nunavik. In this regard, only the price differences for food products were used. The low number of the other products for which it was possible to observe prices in each village, and that were ultimately used for the global comparisons, in fact reduces the validity of the other comparisons possible.

The study shows that a food basket costing \$100 on average in Quebec City costs \$156 in Kuujuaq (Figure 8, Table 6). This is lower than the average in Nunavik, which, as was mentioned above, is around \$181. This means that the price for the basket of food products purchased in Kuujuaq is about 25% lower than in the other villages of the region.

**Figure 8**  
**Comparative Price Index of 90 Food Products between Nunavik Communities and Quebec City, April 2011**



In addition, there are differences between the average price in Nunavik and the price

paid in each village. Some are more expensive than others. The prices in Kuujuaq, which are lower than the regional average, could be the result of the location of the community. Contrary to most of the other villages of Nunavik, supply in Kuujuaq is ensured, at least partially, by cargo planes, and does not require subsequent transshipment by air. As to the differences between the other villages of the region, the limits of this study do not make it possible to suggest explanations.

### 4.0 CONCLUSION

General consumption products are more expensive in Nunavik than in Quebec City. The price differences are great in all the product categories. Gasoline was conjuncturely more expensive in Quebec City, but it was nevertheless more expensive in Nunavik during the 10 months preceding the survey.

This study makes it possible to describe the situation that prevailed during the survey. It does not make it possible to identify the causes the price differences, and this was not its objective. However, analysis of the results makes it possible to issue certain hypotheses that could be explored during later work.

During the survey period, the product category with the least difference between Nunavik and Quebec City was that of perishable food products. But perishable products only represent a minimal portion of all the products for which observations were gathered. On the one hand, they make up a small portion of the products available in grocery stores; on the other hand, they are not very available in Nunavik, and in particular in the smaller communities. Later

studies should also take into account their availability in order to improve knowledge regarding food security in Nunavik.

The category of food products that had the greatest difference between Nunavik and Quebec City was that of frozen products. This category covers a great diversity of products, from unprocessed fruits and vegetables to prepared meals. It would be appropriate to further the analysis of these results. In fact, frozen fruits and vegetables could represent an interesting alternative to produce, in a region where transport limits the quality of the perishable products delivered at its destination.

The differences concerning dry grocery products, including non-perishable food products, personal care products and household products, are all considerable. These differences indicate that these product categories cost roughly twice as much in Nunavik as in Quebec City. This is all the more remarkable that several products for which prices were observed are essential products, especially baby diapers, detergent and paper hygiene products.

Finally, there are relatively significant differences between the villages of Nunavik. These differences may presumably be associated with variable transport costs, the cost of purchasing in small quantities or with other factors. However, the interpretation of these results should be cautious. These are in fact only preliminary and partial observations, the validity of which should be improved.

The prices observed during the study were influenced by certain subsidy programs. During the survey period, KRG and the Makivik Corporation were applying various measures aimed at reducing the cost of

living in Nunavik, under an agreement between the Ministère des Transports du Québec and KRG. Among these, there was a subsidy for general consumption foods and for other items available in the grocery stores, making it possible to reduce the price of these products by 20%. There was also a program to reduce the price of gasoline at the pump, making it possible to lower it by \$0.21, from \$1.55 to \$1.34 per liter. Moreover, the federal government had begun the implementation of the Nutrition North Canada program, which replaces the Food Mail program. This program offers subsidies at rates that vary according to the category of products and the village. Within the scope of this study, the impacts of these programs have not been assessed. It would nevertheless be important to carry out this type of examination. A longitudinal study is currently in progress to monitor the impacts of these programs.

Certain phenomena lead to qualifying the situation of Nunavik consumers as disadvantageous as compared to that of consumers in Quebec City, where purchasing products in large sizes is generally more economical for consumers. But in Nunavik, this effect due to volume plays against consumers. In fact, a product offered in a large size is also heavier and therefore more costly to transport, and the retail price is consequently proportionally higher. The residents of Nunavik would benefit less from this type of savings than the residents of Quebec City.

The absence of choice of retailers and products available limits the population's consumer options. The residents of Nunavik must acquire the products when they are available, or else order them from businesses outside of the region and pay extra to cover transport costs. With this is

mind, they are disadvantaged as compared to the residents of Quebec City, who have access to a more diversified offering without having to pay additional transport costs.

The purchasing power of Nunavik consumers is reduced by the combined effect of higher prices and the taxes that are added on. As the sales taxes are calculated according to a percentage of the price of the products, the residents of Nunavik, who already pay more for consumer products, pay more taxes, too.

All the issues raised by this study, the impact of the Nutrition North Canada program, the impact of the measures by KRG and the Makivik Corporation to reduce the cost of living, the availability of products, the impact of the price of gasoline, the tax burden, all this should be carefully examined in subsequent studies, in order to gain a better understanding of the situation. In addition, a study of the consumer habits of the residents remains indispensable to describe, in a valid fashion, the cost of living in Nunavik.



## Appendices

**Table 1**  
**Price comparison of 90 food products between Nunavik and Quebec City, April 2011**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>1 - Fresh fruits</b>				
	<b>Other fruits</b>			
	Pineapple (1 unit)	7.53	4.99	50.97
<b>2 - Fresh vegetables</b>				
	<b>Carrots</b>			
	Bag (2 lbs)	3.28	3.14	4.46
	Mini-Carrots (340 g)	2.72	1.82	49.03
	<b>Celery</b>			
	Stalk (1 unit)	2.98	2.36	26.45
	<b>Lettuce</b>			
	Iceberg (1 unit)	3.19	2.16	47.80
	<b>Yellow onions</b>			
	Bag (2 lbs)	3.35	2.14	56.70
<b>3 - Dairy products and eggs</b>				
	<b>Eggs</b>			
	House Brand - Large size (1 dz)	4.17	2.91	43.29
	<b>Evaporated milk</b>			
	Nestlé Carnation (370 ml)	3.24	2.32	39.34
	<b>Margarine</b>			
	Becel (454 g)	5.98	3.59	66.59



**Table 1**

**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>UHT Partly skimmed milk 2%</b>				
	Grand Pré (1 liter)	3.94	3.04	29.66
<b>Processed cheese slices</b>				
	Kraft Singles (12 slices, 250 g)	5.76	4.44	29.77
	Kraft Singles (24 slices, 500 g)	9.38	5.89	59.32
<b>4 - Frozen products</b>				
<b>Fish sticks</b>				
	Bluewater Seafoods (700 g)	13.12	6.46	103.16
<b>Frozen French Fries</b>				
	McCain - Regular Cut (1 kg)	6.29	2.69	133.83
<b>Frozen Pizzas</b>				
	Kraft - Delissio Deluxe (927 g)	15.24	8.66	76.02
	McCain - Pizza Pockets Pepperoni (400 g)	6.85	3.56	92.62
	McCain - Rising Crust Pepperoni (830 g)	14.87	7.74	92.09
<b>5 - Canned meat and meat preparations</b>				
<b>Luncheon Meat</b>				
	Maple Leaf - KAM (340 g)	5.67	3.49	62.55
<b>6 - Fish and other marine products</b>				
<b>Flaked white tuna in water</b>				
	Clover Leaf (170 g net)	3.77	2.29	64.61

**Table 1**  
**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>Sardines</b>				
	Brunswick (106 g)	1.79	1.06	69.58
<b>7 - Bakery and other cereal products</b>				
<b>Cookies</b>				
	Christie - Chips Ahoy! (350 g)	7.21	3.68	95.98
	Christie - Pirate (350 g)	7.17	3.76	90.89
	Dare - Whippet (350 g)	8.85	4.16	112.96
<b>Crackers</b>				
	Christie - Premium Plus Crackers (450 g)	5.48	3.99	37.38
	Christie - Ritz Crackers (225 g)	5.24	3.04	72.25
	Christie - Ritz Crackers (400 g)	7.31	4.69	55.96
	Dare - Breton Original (225 g)	5.07	3.02	67.81
<b>Baking powder</b>				
	Magic (225 g)	4.97	3.54	40.52
	Magic (450 g)	7.81	5.54	40.90
<b>8 - Pasta products</b>				
<b>Macaroni</b>				
	Catelli (500 g)	3.91	1.86	110.78
	Catelli (900 g)	5.74	2.54	125.80
<b>Macaroni &amp; cheese</b>				
	Kraft – Kraft Dinner « L'original » (225 g)	2.65	1.56	70.37

**Table 1**

**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>Spaghetti</b>				
	Catelli (500 g)	3.58	1.86	92.75
	Catelli (900 g)	5.33	2.69	98.02
<b>9 - Cereal grains and other cereal products</b>				
<b>Cake Mix</b>				
	Betty Crocker - Super Moist Cake Mix (510 g)	3.84	1.86	106.95
<b>Cereals</b>				
	General Mills – Cheerios (400 g)	8.16	4.41	84.86
	Kellogg's - Froot Loops (380 g)	8.46	5.32	58.92
	Kellogg's - Frosted Flakes (485 g)	8.50	5.49	54.81
	Kellogg's - Special K (475 g)	9.27	5.96	55.71
	Post - Honey Comb (400 g)	7.30	4.66	56.67
<b>Flour</b>				
	Five Roses - All-purpose Flour White (2,5 kg)	10.02	5.92	69.13
	Five Roses - All-purpose Flour White (10 kg)	28.22	15.74	79.26
	Robin Hood - All-purpose Flour White (2,5 kg)	11.37	6.02	88.72
<b>Instant rice</b>				
	Kraft - Minute Rice (350 g)	3.84	2.03	89.51
	Kraft - Minute Rice (700 g)	6.86	4.35	57.76
	Uncle Ben's - Converted (900 g)	8.73	5.29	65.01
<b>10 - Fruit juice</b>				
<b>Juice</b>				
	Oasis - Apple Juice (960 ml)	4.42	1.59	178.17

**Table 1**  
**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>Juice Boxes</b>				
	Oasis - 100% pure orange (3x200 ml)	3.43	1.52	125.37
<b>11 - Canned fruits and fruit preparation</b>				
<b>Fruit cocktail</b>				
	Del Monte - Very Cherry (398 ml)	4.19	1.53	174.33
<b>Fruit cups</b>				
	Dole - Diced Peaches in Plastic Cups (4 x 112.5 g)	5.49	2.99	83.76
<b>Stawberry jam</b>				
	E.D. Smith - Strawberry Jam (500 ml)	6.28	4.64	35.55
	Habitant - Pure Strawberry Jam (500 ml)	6.55	3.29	99.09
<b>12 - Other vegetables and vegetable preparations</b>				
<b>Kernel corn (Canada choice)</b>				
	Green Giant (341 ml)	2.89	1.49	93.71
<b>Peas (Canada choice)</b>				
	Del Monte (398 ml)	2.59	1.49	73.60
<b>Mashed Potato Flakes</b>				
	Betty Crocker (180 g)	3.75	2.35	60.04
	Dr Oetker (414 g)	6.30	3.56	77.26

**Table 1**

**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>13 - Condiments, spices and vinegar</b>				
<b>Mayonnaise</b>				
	Hellmann's 1/2 (445 ml)	5.65	3.36	68.23
<b>Mustard</b>				
	French's - Prepared Mustard Squeezable (400 ml)	4.03	2.32	73.33
<b>Salad dressing</b>				
	Kraft - Miracle Whip (475 ml)	5.21	3.36	55.36
	Kraft - Miracle Whip (890 ml)	8.76	4.92	77.88
<b>Tomato ketchup</b>				
	Heinz Plastic Bottle (375 ml)	4.30	2.54	69.40
	Heinz Plastic Bottle (750 ml)	8.09	4.19	93.17
	Heinz Plastic Bottle (1 l)	8.42	4.09	105.82
<b>14 - Sugar and sugar preparations</b>				
<b>Hot Chocolat Mix</b>				
	Carnation - Hot Chocolate Mix (pouches) (10 x 28 g)	5.94	3.49	70.20
<b>Natural Granulated Sugar</b>				
	Lantic or Redpath (2 kg)	7.08	3.09	129.03
<b>15 - Coffee and tea</b>				
<b>Ground coffee</b>				
	Maxwell House (326 g)	9.46	6.22	52.02
	Nabob Coffee co. (326 g)	11.60	8.19	41.64

**Table 1**  
**Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>Instant coffee</b>				
	Maxwell House (200 g)	11.49	7.42	54.78
	Nescafé (200 g)	14.13	6.59	114.46
	Taster's choice (150 g)	18.50	9.49	94.98
<b>Orange Pekoe Tea</b>				
	Red Rose (72 bags)	7.39	4.94	49.62
	Salada (36 bags)	4.92	2.89	70.07
	Salada (72 bags)	6.95	4.82	44.04
	Tetley (72 bags)	8.11	4.89	65.78
<b>16 - Fats and oils</b>				
<b>Shortening</b>				
	Crisco - All Vegetable Shortening (454 g)	4.16	2.86	45.59
	Tenderflake - Pure Lard (454 g)	4.20	2.74	53.45
<b>Vegetable Oil</b>				
	Crisco Canola(1,42 liter)	11.28	6.36	77.41
<b>17 - Soup</b>				
<b>Canned Tomato Soup</b>				
	Campbell's (284 ml)	2.39	0.95	155.33
<b>Dried soup</b>				
	Knorr Lipton - Beef and Vegetables (2 pouches) 94 g	3.09	1.74	77.81
	Knorr Lipton - Chicken noodle soup mix (4 pouches) 228 g	4.35	2.89	50.45

**Table 1****Price comparison of 90 food products between Nunavik and Quebec City, April 2011 (con't)**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
<u>Sub-Categories</u>	<u>Specific Products</u>	(\$)	(\$)	(%)
<b>Instant noodles</b>				
	Gattuso (55 g)	1.84	1.00	84,07
	Mr. Noodles (85 g)	1.06	0.42	151,89
<b>18 - Infant or junior foods</b>				
<b>Baby food</b>				
	Heinz (128 ml)	1.89	0.96	97,46
<b>19 - Other food preparations</b>				
<b>Coffee whitener</b>				
	Carnation - Coffee Mate (450 g)	7.29	4.16	75,27
<b>Microwave popping corn</b>				
	Orville Redenbacher's (3 x 99 g)	5.56	2.99	86,05
<b>Peanut butter</b>				
	Kraft (500 g)	5.82	3.76	55,00
<b>Potato Chips</b>				
	Pringles (182 g)	5.34	2.84	87,89
<b>Instant Pudding</b>				
	Jell-O (170 g)	2.51	2.34	7,26
<b>20 - Non-alcoholic beverages</b>				
<b>Soft Drinks</b>				
	Coke - Case (12 cans X 355 ml)	27.49	5.54	396,06
	Pepsi - Case (12 cans X 355 ml)	24.66	5.54	344,99
<b>Average</b>				<b>81.09</b>

Source: Nunavik Comparative Prices Index 2011

**Table 2**  
**Price comparison of 15 household products between Nunavik and Quebec City, April 2011**

Categories		Average Price in Nunavik Grocery Stores	Average Price Quebec City Grocery Stores	Difference between Nunavik and Quebec City
Sub-Categories	Specific Products	(\$)	(\$)	(%)
<b>1 - Cleaning products</b>				
<b>Bleach</b>				
	Clorox Ultra Javex (2,8 litres)	7.03	2,98	136,20
<b>Disinfecting Cleaner</b>				
	Comet (400 g)	2.09	0,99	110,86
<b>Dishwashing Liquid</b>				
	Palmolive - Original (850 ml)	6.90	3,13	120,06
	Sunlight (950 ml)	6.41	2,92	119,25
<b>Fabric softener</b>				
	Bounce (70 sheets)	9.48	5,27	79,71
	Downy (80 sheets)	10.80	6,14	75,89
<b>Glass cleaner</b>				
	Johnson's - Windex Glass Cleaner with Amonia-D (765 ml)	9.05	4,12	119,39
<b>Powder detergent</b>				
	Sunlight (2,27 kg)	17.92	7,99	124,24
	Tide - original (1,9 kg)	20.47	9,27	120,89
<b>Liquid Detergent</b>				
	Sunlight (1,47 litre)	16.85	7,99	110,93
	Tide (1,47 litre)	18.98	8,66	119,27



**Table 2****Price comparison of 15 household products between Nunavik and Quebec City, April 2011 (cont')**

Categories		Average Price in Nunavik Grocery Stores	Average Price Quebec City Grocery Stores	Difference between Nunavik and Quebec City
Sub-Categories	Specific Products	(\$)	(\$)	(%)
<b>2 - Paper products</b>				
<b>Aluminium foil</b>				
	Alcan (25 feet)	4.52	2.32	94.45
<b>Facial tissues</b>				
	Scotties - 3-ply facial tissues (130 units)	3.54	1.49	137.28
<b>Garbage bags</b>				
	Glad - Easy-tie (10 bags)	6.31	3.89	62.19
<b>Bathroom tissue</b>				
	Fiesta (8 rolls)	6.01	4.49	33.89
<b>Average</b>				<b>104.23</b>

Source: Nunavik Comparative Price Index 2011

**Table 3**  
**Price comparison of 14 personal care products between Nunavik and Quebec City, April 2011**

Categories		Average Price in Nunavik Grocery Stores	Average Price in Quebec City Grocery Stores	Difference between Nunavik and Quebec City
Sub-Categories	Specific Products	(\$)	(\$)	(%)
<b>1 - Baby products</b>				
<b>Baby oil</b>				
	Johnson's (414 ml)	8.06	3.84	109.97
<b>Diapers</b>				
	Pampers - Baby-dry no.2 (72 diapers)	29.18	16.47	80.12
	Pampers - Baby-dry no.3 (60 diapers)	28.76	15.62	84.14
	Pampers - Baby-dry no.4 (52 diapers)	29.00	15.70	84.75
	Pampers - Baby-dry no.5 (46 diapers)	29.33	15.44	89.95
	Pampers - Baby-dry no.6 (40 diapers)	29.88	15.99	86.86
<b>2 - Hygiene products</b>				
<b>Feminine pads</b>				
	Always - Maxi pads (16 pads)	8.17	4.29	90.46
	Always - Maxi pads (24 pads)	8.03	4.39	82.96
<b>Soap and deodorant bars</b>				
	Dove 2 X 120 g	7.03	3.96	77.57
	Irish Spring 3 X 90 g	4.54	2.72	66.83
	Ivory 3 X 90 g	3.52	1.92	83.10
<b>Tampons</b>				
	Tampax Regular (20 units)	8.34	4.42	88.56
<b>Tootpaste</b>				
	Colgate - Regular (130 ml)	4.45	2.32	91.67
	Crest - Regular (75 ml)	2.93	1.34	118.37
<b>Average</b>				<b>85.59</b>

Source: Nunavik Comparative Price Index 2011

**Table 4****Price comparison of gasoline (Super) price cost between Nunavik and Quebec City, April 2011**

<b>Period</b>	<b>Nunavik<sup>1</sup></b>	<b>Quebec City</b>	<b>Difference between Nunavik and Quebec City</b>
	<b>\$/liter</b>	<b>\$/liter</b>	<b>(%)</b>
04/04/2011	1.34	1.44	-6.94
11/04/2011	1.34	1.40	-4.29
18/04/2011	1.34	1.46	-8.22
25/04/2011	1.34	1.45	-7.59
<b>Weekly Average</b>	<b>1.34</b>	<b>1.44</b>	<b>-6.78</b>

1. Average price in the 14 villages of Nunavik. Nunavik prices include tax and subsidies.  
Source: Régie de l'énergie du Québec.

**Table 5**  
**Price comparison of gasoline (Super) price cost between Nunavik and Quebec City, August 2010 to April 2011**

Period	Nunavik <sup>1</sup> \$/liter	Quebec City \$/liter	Difference between Nunavik and Quebec City (%)
01/08/2010	1.34	1.12	19.31
01/09/2010	1.34	1.10	22.24
01/10/2010	1.34	1.15	16.51
01/11/2010	1.34	1.19	12.41
01/12/2010	1.34	1.24	7.97
01/01/2011	1.34	1.26	6.26
01/02/2011	1.34	1.28	4.44
01/03/2011	1.34	1.34	0.00
01/04/2011	1.34	1.44	-7.00
01/05/2011	1.34	1.41	-4.83
<b>Monthly Average</b>	<b>1.34</b>	<b>1.25</b>	<b>6.90</b>

1. Average price in the 14 villages of Nunavik. Nunavik prices include tax and grants.

Source: Régie de l'énergie du Québec.

**Table 6**  
**Comparative price index of 13 Nunavik communities, various categories of products April 2011**  
**(Quebec Price Index = 100)**

Communities	Food Products	Household Products	Personal Care Products
<b>Akulivk</b>	177	206	178
<b>Inukjuaq</b>	188	193	201
<b>Ivujiviq</b>	179	224	212
<b>Kangiqsualujuaq</b>	180	201	191
<b>Kangiqsujuaq</b>	186	207	186
<b>Kangirsuk</b>	186	214	198
<b>Kuujuaq</b>	156	196	168
<b>Kuujuarapik</b>	181	206	189
<b>Puvirnituaq</b>	183	210	182
<b>Quaqtaq</b>	197	196	189
<b>Salluit</b>	185	206	164
<b>Tasiujaq</b>	180	202	193
<b>Umiujaq</b>	180	196	186

Source: Nunavik Comparative Prices Index 2011

# Nunavik Comparative Price Index 2011 (NCPI) LOCAL STORE SURVEY

*Survey completed by:*

---

*Village:*

---

*Name of the store:*

---

*Date:*

---

*Questionnaire #*



## General Instructions

Introduce yourself to the Manager.

Take a shopping cart to put in the products that have no price tag or for which you could not find the price on the shelf, to bring to the cash to check the price.

Look around the store. Get a general idea of the way the products are organized.

Use a pen to fill out the questionnaire, and write only in the designated white spaces on the questionnaire.

When you are finished, bring back the items in the shopping cart.

### How to complete the questionnaire

Category of food items

Specific brand name of the product

Unit size of the product

Cereals, grains and other cereal products				
ITEM	BRAND	UNIT	PRICE	
Cereals	Kellogg's - Froot Loops Cereals	275 g	\$	
	Post - Honey Comb Cereals	275 g	\$	
	General Mills - Cheerios Cereals	300 g	\$	
	Kellogg's - Variety Pack	275 g	\$	
	Or			\$
	Or <i>Kellogg's Rice Krispies</i>	275 g	3,99\$	\$

**The brand name of the product**  
Find and write down as many prices of products that you can find in the store, following the item description and the brand name on the list.

**If the product is missing...**  
First, find the same product, in a different size, and write it down in the white space available.  
If you can't find the same article in a different size, you must identify a different product to replace it with. To do so, choose a product that is similar, in this case, a sweet cereal, by the same company (if possible), and in the smallest package available. Write down the brand name and a description of the product.  
For example: if you did not find all of the cereals listed, write down another :  
*Kellogg's Rice Krispies.*

**Size**  
When you find the product on the list, write down the price that corresponds with the size mentioned on the list.  
When you write down the price of the new replacement product, try to find one in the same size than on the list. If you cannot find the same size, write down the smallest one.

**Price of the product**  
Write down the price of the product, by checking the brand name and the size (quantity) on the package or on the shelf.  
Write in the actual price of the product, after rebate and before tax.  
Put an **X** in the space when you can't find the price of the product. That way, it is made clear you didn't find

**Nunavik Comparative Price Index 2011 (NCPI)**  
**LOCAL STORE SURVEY**

<b>FRESH MEAT</b>			
<b>ITEM</b>	<b>BRAND</b>		<b>PRICE</b>
<b>Chicken</b>	Chicken breast boneless skinless		
	Chicken drumsticks		
	Chicken legs back on		
	Chicken whole grade "A"		
	Or:		
	Or:		
<b>Beef</b>	Lean ground beef		
	Lean ground beef "Family format"		
	T-bone steak		
	Or:		
	Or:		
<b>Pork</b>	Boneless pork loin chops regular cuts		
	Loin centre roast		
	Loin roast		
	Pork centre cut		
	Pork loin chops		
	Or:		
	Or:		
<b>FROZEN MEAT</b>			
<b>ITEM</b>	<b>BRAND</b>		<b>PRICE</b>
<b>Chicken</b>	Chicken breast boneless skinless		
	Chicken breast boneless skinless PC		
	Chicken drumsticks		
	Chicken legs back on		
	Chicken whole grade "A"		
	Or:		
	Or:		
<b>Beef</b>	Lean ground beef		
	Lean ground beef "Family format"		
	T-bone steak		
	Or:		
	Or:		
<b>Pork</b>	Loin roast		
	Pork loin chops		
	Or:		
	Or:		



<b>DAIRY PRODUCTS AND EGGS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Milk 0 %</b>	Lactancia	1 liter	
	Or:		
	Or:		
<b>Milk 1 %</b>	Lactancia	2 liters	
	Or:		
	Or:		
<b>Milk 2 %</b>	Lactancia	1 liter	
	Natrel Nature	1 liter	
	Natrel Ultra Milk	1 liter	
	Québon	1 liter	
	Lactancia	2 liters	
	Natrel Nature	2 liters	
	Natrel Ultra Milk	2 liters	
	Québon	2 liters	
	Or:		
Or:			
<b>Milk 3,25 %</b>	Lactancia	1 liter	
	Natrel <i>Nature</i>	1 liter	
	Natrel Ultra Milk	1 liter	
	Québon	1 liter	
	Lactancia	2 liters	
	Natrel <i>Nature</i>	2 liters	
	Natrel Ultra Milk	2 liters	
	Québon	2 liters	
	Or:		
Or:			
<b>Butter</b>	Lactancia	454 g	
	Sealtest	454 g	
	Compliments	454 g	
	Merit Selection	454 g	
	Multichoix	454 g	
	No Name	454 g	
	Northern	454 g	
	PC	454 g	
	Super C	454 g	
	Or:		
Or:			
<b>Processed Cheese Slices</b>	Kraft Singles (12 slices)	250 g	
	Kraft Singles (16 slices)	500 g	
	Kraft Singles (24 slices)	500 g	
	Kraft Singles (32 slices)	500 g	
	Kraft Singles (48 slices)	1 kg	
	Velveeta (12 slices)	250 g	
	Compliments (12 slices)	250 g	
	Or:		
Or:			

<b>UHT Partly Skimmed Milk 2 %</b>	Grand Pré	1 liter	
	Or:		
	Or:		
<b>Evaporated Milk</b>	Nestlé Carnation	370 ml	
	Or:		
	Or:		
<b>Eggs</b>	National Brands - Medium	1 dozen	
	National Brands - Large	1 dozen	
	National Brands - Extra Large	1 dozen	
	Any House Brand - Medium	1 dozen	
	Any House Brand - Large	1 dozen	
	Any House Brand - Extra Large	1 dozen	
	Or:		
<b>Margarine</b>	Becel	454 g	
	Imperial	454 g	
	Imperial	907 g	
	Lactantia	454 g	
	Lactantia	850 g	
	Compliments	454 g	
	Sélection	454 g	
	Or:		
	Or:		
<b>FRESH FRUIT</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Bananas</b>	Del Monte	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Dole	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Or:		
	Or:		
<b>Apples</b>	Granny Smith	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	MacIntosh	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Red Delicious	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Royal gala	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Or:		
<b>Grapes</b>	Green - seedless	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Green - with seeds	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Red - seedless	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Red - with seeds	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Or:		
	Or:		
<b>Oranges</b>	Clementines	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Mandarines	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Oranges	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Or:		
<b>Other Fruits</b>	Kiwis	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Plums	<input type="checkbox"/> lb <input type="checkbox"/> kg	

	Honeydew melon		
	Pineapple		
	Watermelon		
	Or:		
	Or:		
<b>FRESH VEGETABLES</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
Yellow Onions	Bag	2 lbs	
	Bag	5 lbs	
	Or:		
	Or:		
White Potatoes	Bag	5 lbs	
	Bag	10 lbs	
	Or:		
	Or:		
Lettuce	Iceberg	1 unit	
	Or:		
	Or:		
Carrots	Bag	2 lbs	
	Bag	5 lbs	
	Mini-Carrots	340 g	
	Or:		
	Or:		
Celery	Stalk	1 unit	
	Or:		
	Or:		
Other Vegetables	Green Cabbage	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Green Peppers	<input type="checkbox"/> lb <input type="checkbox"/> kg	
	Or:		
	Or:		
<b>FROZEN PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
Fish Sticks	Bluewater Seafoods	700 g	
	Highliner	700 g	
	Or:		
	Or:		
Chicken Wings	Flamingo B.B.Q.	650 g	
	Or:		
	Or:		
Frozen French Fries	McCain - Fries	1 kg	
	McCain - Premium Superfries	900 g	
	Or:		
	Or:		

<b>Frozen Pizzas</b>	Kraft - Delissio Deluxe	927 g	
	McCain - Deep & Delicious Pepperoni (4 units)	348 g	
	McCain - Deep & Delicious Pepperoni (8 units)	696 g	
	McCain - Pizza Pockets Pepperoni (4 units)	400 g	
	McCain - Pizza Pockets Pepperoni (8 units)	800 g	
	McCain - Rising Crust Pepperoni	830 g	
	Or:		
Or:			
<b>CANNED MEAT AND MEAT PREPARATIONS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Wieners</b>	Highgrade - All beef	450 g	
	Lafleur original	450 g	
	Maple Leaf - Top dogs original	450 g	
	Schneiders - Red Hot original	450 g	
	Or:		
	Or:		
<b>Luncheon Meat</b>	Klik	340 g	
	Maple Leaf - KAM	340 g	
	Or:		
	Or:		
<b>FISH AND OTHER MARINE PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Sardines</b>	Brunswick	106 g	
	Or:		
	Or:		
<b>Flaked White Tuna In Water</b>	Clover Leaf	120 g Drained/170 g Net	
	Or:		
	Or:		
<b>BAKERY AND OTHER CEREAL PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Bread</b>	Bon matin	450 g	
	Country Harvest 100% Whole Grain	675 g	
	D'Italiano	675 g	
	Durivage	450 g	
	Gadoua	450 g	
	Gadoua Sandwich Club	675 g	
	Pom	450 g	
	Pom	675 g	
	Pom Smart Grains Blé Entier	650 g	
	Supergrain - Extralong	675 g	
	Weston	570 g	
	Wonder	675 g	
	Best value	570 g	

	No name	675 g	
	Northern	570 g	
	Or:		
	Or:		
<b>Cookies</b>	Christie - Chips Ahoy!	350 g	
	Christie - Chips Ahoy!	450 g	
	Christie - Pirate	350 g	
	Dare - Maxi Fruits Strawberry	315 g	
	Dare - Whippet	350 g	
	Or:		
	Or:		
<b>Crackers</b>	Christie - Premium Plus Crackers	225 g	
	Christie - Premium Plus Crackers	450 g	
	Christie - Ritz Crackers	225 g	
	Christie - Ritz Crackers	250 g	
	Christie - Ritz Crackers	400 g	
	Dare - Breton Original	225 g	
	Or:		
	Or:		
<b>Baking Powder</b>	Blue Ribbon	450 g	
	Magic	225 g	
	Magic	450 g	
	Or:		
	Or:		
<b>PASTA PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Macaroni</b>	Catelli	500 g	
	Catelli	900 g	
	Catelli	2 kg	
	Or:		
	Or:		
<b>Spaghetti</b>	Catelli	500 g	
	Catelli	900 g	
	Or:		
	Or:		
<b>Macaroni &amp; Cheese</b>	Kraft - Kraft Dinner "The Original"	225 g	
	Or:		
	Or:		
<b>CEREAL GRAINS AND OTHER CEREAL PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Instant Rice</b>	Kraft - Minute Rice	350 g	
	Kraft - Minute Rice	700 g	
	Uncle Ben's - Converted	900g	
	Uncle Ben's - Converted	1,4 kg	
	Or:		
	Or:		

<b>Flour</b>	Five Roses - All-purpose Flour White	2,5 kg	
	Five Roses - All-purpose Flour White	5 kg	
	Five Roses - All-purpose Flour White	10 kg	
	Robin Hood - All-purpose Flour White	1 kg	
	Robin Hood - All-purpose Flour White	2,5 kg	
	Robin Hood - All-purpose Flour White	10 kg	
	Compliments - All-purpose Flour White	2,5 kg	
	Compliments - All-purpose Flour White	10 kg	
	Or:	2,5 kg	
	Or:	5 kg	
	Or:	10 kg	
<b>Cereals</b>	General Mills - Cheerios	400 g	
	General Mills - Cheerios	1,3 kg	
	Kellogg's - Froot Loops	380 g	
	Kellogg's - Froot Loops	580 g	
	Kellogg's - Frosted Flakes	485 g	
	Kellogg's - Special K	475 g	
	Post - Honey Comb	400 g	
	Or:		
Or:			
<b>Cake Mix</b>	Betty Crocker - SuperMoist Cake Mix	510 g	
	Or:		
	Or:		
<b>FRUIT JUICE</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Juice</b>	Oasis - Apple Juice	960 ml	
	McCain - Apple Juice	1 liter	
	Minute Maid - Apple Juice	1 liter	
	Allen's - Apple Juice	1 liter	
	Or:		
	Or:		
<b>Juice Boxes</b>	Del Monte - Apple Juice	10 x 180 ml	
	Minute Maid - Orange Juice	10 x 200 ml	
	Oasis - 100% Pure	3 x 200 ml	
	Sélection - Orange Juice	10 x 200 ml	
	Or:		
	Or:		
<b>CANNED FRUITS AND FRUIT PREPARATIONS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Strawberry Jam</b>	Double Fruit - Strawberry Jam	500 ml	
	E.D. Smith - Strawberry Jam	500 ml	
	Habitant - Pure Strawberry Jam	250 ml	
	Habitant - Pure Strawberry Jam	500 ml	
	Kraft - Pure Strawberry Jam	250 ml	

	Kraft - Pure Strawberry Jam	500 ml	
	Compliments - Strawberry Jam	250 ml	
	Compliments - Strawberry Jam	500 ml	
	Or:		
	Or:		
<b>Peaches</b>	Del Monte - Peach Halves In Light Syrup	398 ml	
	Del Monte - Peach Halves In Light Syrup	796 ml	
	Or:		
	Or:		
<b>Fruit Cocktail</b>	Del Monte - Fruit Cocktail In Light Syrup	398 ml	
	Del Monte - Verry Cherry	398 ml	
	Compliments	398 ml	
	Or:		
	Or:		
<b>Mandarine Oranges</b>	Clover Leaf	284 ml	
	Dole	540 ml	
	Compliments	284 ml	
	Or:		
	Or:		
<b>Apple Sauce</b>	Mott's - Homestyle Apple Sauce	398 ml	
	Mott's - Homestyle Apple Sauce	796 ml	
	Compliments	796 ml	
	Or:		
	Or:		
<b>Fruit Cups</b>	Dole - Diced Peaches In Plastic Cups (4 units)	428 ml	
	Dole - Fruit Cocktail In Plastic Cups (4 units)	428 ml	
	Or:		
	Or:		
<b>DRIED, CANNED AND STEWED VEGETABLE PREPARATIONS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Mashed Patato Flakes</b>	Betty Crocker	180 g	
	Dr Oetker	234 g	
	Dr Oetker	414 g	
	Or:		
	Or:		
<b>Peas "Canada Choice"</b>	Aylmer	398 ml	
	Aylmer	540 ml	
	Del Monte	398 ml	
	Green Giant	398 ml	
	Le Sieur	398 ml	
	Compliments	398 ml	
	Or:		
Or:			
<b>Kernel Corn "Canada Choice"</b>	Aylmer	540 ml	

	Del Monte	341 ml	
	Green Giant	341 ml	
	Compliments	341 ml	
	Or:		
	Or:		
<b>Canned Stew</b>	Puritan - Irish Stew (Zip Top)	410 g	
	Puritan - Meatball Stew	410 g	
	Puritan - Meatball Stew	700 g	
	Or:		
	Or:		
<b>CONDIMENTS, SPICES AND VINEGAR</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Tomato Ketchup</b>	Heinz - Plastic Bottle	375 ml	
	Heinz - Plastic Bottle	750 ml	
	Heinz - Plastic Bottle	1 liter	
	Heinz - Plastic Bottle	1,5 liter	
	Compliments	375 ml	
	Compliments	750 ml	
	Compliments	1 liter	
	Compliments	1,5 liter	
	Or:		
	Or:		
<b>Mayonnaise</b>	Hellmann's - Real Mayonnaise	475 ml	
	Hellmann's - ½	445 ml	
	Kraft - Real Mayonnaise	475 ml	
	Compliments	445 ml	
	Or:		
Or:			
<b>Salad Dressing</b>	Kraft - Miracle Whip	475 ml	
	Kraft - Miracle Whip	890 ml	
	Compliments	475 ml	
	Compliments	890 ml	
	Or:		
Or:			
<b>Mustard</b>	French's - Prepared Mustard	250 ml	
	French's - Prepared Mustard Squeezable	225 ml	
	French's - Prepared Mustard Squeezable	400 ml	
	Compliments - Prepared Mustard	650 ml	
	Or:		
Or:			
<b>SUGAR AND SUGAR PREPARATIONS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Natural Granulated Sugar</b>	Lantic or Redpath	900 g	
	Lantic or Redpath	2 kg	
	Lantic or Redpath	4 kg	
	Or:		
	Or:		



<b>Hot Chocolate Mix</b>	Nestlé Carnation - Hot Chocolate Mix (pouches)	10 x 28 g	
	Sélection	10 x 28 g	
	Or:		
	Or:		
<b>COFFEE AND TEA</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Orange Pekoe Tea</b>	Red Rose	36 bags	
	Red Rose	72 bags	
	Salada	36 bags	
	Salada	72 bags	
	Tetley	36 bags	
	Tetley	72 bags	
	Or:		
	Or:		
<b>Instant Coffee</b>	Folger's	150 g	
	Folger's	200 g	
	Maxwell House	150 g	
	Maxwell House	200 g	
	Nescafé	150 g	
	Nescafé	200 g	
	Taster's choice	150 g	
	Taster's choice	200 g	
	Or:		
Or:			
<b>Ground Coffee</b>	Maxwell House	326 g	
	Nabob Coffee co.	326 g	
	Tim Hortons	369 g	
	Or:		
	Or:		
<b>FATS AND OILS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Vegetable Oil</b>	Crisco	946 ml	
	Crisco	1,42 liter	
	Crisco	2 liters	
	Crisco Canola	946 ml	
	Crisco Canola	1,42 liter	
	Mazola	946 ml	
	Mazola	1,42 liter	
	Sélection	3 liters	
	Or:		
Or:			
<b>Shortening</b>	Crisco - All Vegetable Shortening	454 g	
	Tenderflake - Pure Lard	454 g	
	Compliments	454 g	
	Or:		
	Or:		

<b>SOUP</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Dried Soup</b>	Knorr Lipton - Beef and Vegetables (2 pouches)	94 g	
	Knorr Lipton - Chicken and Vegetables (2 pouches)	117 g	
	Knorr Lipton - Chicken noodle soup mix (4 pouches)	228 g	
	Knorr Lipton - Cup a soup	58 g	
	Or:		
	Or:		
<b>Instant Noodles</b>	Gattuso	55 g	
	Mr. Noodles	85 g	
	Or:		
	Or:		
<b>Canned Tomato Soup</b>	Aylmer	284 ml	
	Campbell's	284 ml	
	Signal	284 ml	
	Or:		
	Or:		
<b>INFANT OR JUNIOR FOODS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Baby Food</b>	Heinz	128 ml	
	Or:		
	Or:		
<b>Baby Formula</b>	Enfalac - Infant Formula Liquid Concentrate	385 ml	
	Enfalac - Infant Formula Liquid Concentrate	12 x 385 ml	
	Enfalac - Instant Formula Powder	400 g	
	Enfalac - "Ready-to-serve" Instant Formula	235 ml	
	Enfamil - A+ Instant formula	385 ml	
	Enfamil - A+ Liquid Concentrate	385 ml	
	Enfamil - A+ Powder	730 g	
	Good Start - Liquid Concentrate	385 ml	
	Nestlé - Good Start, Iron Fortified Instant Formula	250 ml	
	Nestlé - Good Start, Iron Fortified Powder	640 g	
	Similac - Grow & Go, Infant Formula	385 ml	
	Similac - Infant formula liquid concentrate	385 ml	
	Or:		
	Or:		

<b>OTHER FOOD PREPARATIONS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Peanut Butter</b>	Kraft	500 g	
	Kraft	1 kg	
	Skippy	500 g	
	Skippy	1 kg	
	Compliments	500 g	
	Compliments	1 kg	
	Or:		
<b>Coffee Whitener</b>	Nestlé Carnation - Coffee Mate	170 g	
	Nestlé Carnation - Coffee Mate	250 g	
	Nestlé Carnation - Coffee Mate	450 g	
	Compliments	450 g	
	Or:		
	Or:		
<b>Instant Pudding</b>	Jell-O	99 g	
	Jell-O	102 g	
	Jell-O	170 g	
	Or:		
	Or:		
<b>Fruit Drink Crystals</b>	Kool-Aid - Sugar sweetened drink mix	517 g	
	Tang	276 g	
	Tang	613 g	
	Or:		
	Or:		
<b>Potato Chips</b>	Cheetos	285 g	
	Doritos Nachos	280 g	
	Lay's	235 g	
	Pringles	182 g	
	Ruffles	275 g	
	Or:		
<b>Microwave Popping Corn</b>	Orville Redenbacher's	3 x 99 g	
	Orville Redenbacher's	6 x 99 g	
	Or:		
	Or:		
<b>NON-ALCOHOLIC BEVERAGES</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Soft Drinks</b>	Coke - 1 can	355 ml	
	Coke - Case (12 cans)	12 x 355 ml	
	Coke	2 liters	
	Pepsi - 1 can	355 ml	
	Pepsi - Case (12 cans)	12 x 355 ml	
	Pepsi	2 liters	
	Or:		
Or:			

<b>Fruit Drinks</b>	McCain - Frozen Fruit Punch (Orange)	355 ml	
	Sunny Delight	1,6 liter	
	Or:		
	Or:		
<b>BABY PRODUCTS</b>			
	<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>
<b>Diapers</b>		Huggies - Little Movers #1	diapers
		Huggies - Little Movers #2	52 diapers
		Huggies - Little Movers #3	52 diapers
		Huggies - Little Movers #4	46 diapers
		Huggies - Little Movers #5	40 diapers
		Huggies - Little Movers #6	34 diapers
		Huggies - Snug & Dry #1	84 diapers
		Huggies - Snug & Dry #2	72 diapers
		Huggies - Snug & Dry #3	60 diapers
		Huggies - Snug & Dry #4	52 diapers
		Huggies - Snug & Dry #5	46 diapers
		Huggies - Snug & Dry #6	40 diapers
		Pampers - Baby-dry #1	50 diapers
		Pampers - Baby-dry #2	42 diapers
		Pampers - Baby-dry #3	36 diapers
		Pampers - Baby-dry #4	31 diapers
		Pampers - Baby-dry #5	27 diapers
		Pampers - Baby-dry #6	23 diapers
		Pampers - Baby-dry #1	84 diapers
		Pampers - Baby-dry #2	72 diapers
		Pampers - Baby-dry #3	60 diapers
		Pampers - Baby-dry #4	52 diapers
		Pampers - Baby-dry #5	46 diapers
		Pampers - Baby-dry #6	40 diapers
		Or:	
		Or:	
	<b>Baby Oil</b>		Johnson's
		Johnson's	592 ml
		Compliments	592 ml
		Or:	
		Or:	
<b>CLEANING PRODUCTS</b>			
	<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>
<b>Dishwashing Liquid</b>		Palmolive - Original	850 ml
		Sunlight - Lemon Fresh	500 ml
		Sunlight - Lemon Fresh	950 ml
		Or:	
		Or:	
<b>Glass Cleaner</b>		Johnson's - Windex Glass Cleaner with Amonia-D	765 ml
		Johnson's - Windex Glass Cleaner with Amonia-D	950 ml

	Compliments - Glass Cleaner with Amonia-D	950 ml	
	Or:		
	Or:		
<b>Disinfecting Cleaner</b>	Ajax with Bleach	400 g	
	Comet	400 g	
	Or:		
	Or:		
<b>Fabric Softener</b>	Bounce	25 sheets	
	Bounce	40 sheets	
	Bounce	70 sheets	
	Downy	80 sheets	
	La Parisienne	80 sheets	
	Or:		
<b>Bleach</b>	Clorox	1,77 liter	
	Clorox Ultra (Javex)	2,8 liters	
	Clorox Ultra (Javex)	5,3 liters	
	La Parisienne	1,42 liter	
	La Parisienne	3 liters	
	Compliments	2,8 liters	
	Or:		
	Or:		
<b>Powder Detergent</b>	ABC	2,2 kg	
	ABC	3,3 kg	
	Arctic Powder	1,93 kg	
	Arctic Powder	3,86 kg	
	Sunlight powder	2,27 kg	
	Tide	1,9 kg	
	Tide	3,9 kg	
	Tide Ultra	1,5 kg	
	Or:		
<b>Liquid Detergent</b>	La Parisienne	8 liters	
	Sunlight	1,47 liter	
	Sunlight	2,95 liters	
	Sunlight	12 liters	
	Tide	1,47 liter	
	Compliments	5 liters	
	Or:		
	Or:		
<b>PAPER PRODUCTS</b>			
<b>ITEM</b>	<b>BRAND</b>	<b>SIZE</b>	<b>PRICE</b>
<b>Facial Tissues</b>	Kleenex 2-ply facial tissues	150 units	
	Kleenex 2-ply facial tissues	200 units	
	Kleenex 3-ply facial tissues	130 units	
	Puffs 2-ply facial tissues	108 packs	
	Scotties 3-ply facial tissues	94 units	
	Or:		

	Or:		
<b>Table Napkins</b>	Royale 2-ply table napkins	100 units	
	Royale 3-ply elegant napkins	40 units	
	White Swan 1-ply table napkins	100 units	
	Or:		
	Or:		
<b>Papertowels</b>	Bounty - 44 2-ply sheets per roll	2 units	
	Bounty - 64 2-ply sheets per roll	2 units	
	Bounty - 96 2-ply sheets per roll designs	2 units	
	Sponge Towel - 176 2-ply sheets per roll	2 units	
	White Swan - 70 2-ply sheets per roll	2 units	
	Or:		
	Or:		
<b>Bathroom Tissue</b>	Cashmere	4 rolls	
	Cashmere	8 rolls	
	Cashmere	12 rolls	
	Cashmere	16 rolls	
	Cashmere	24 rolls	
	Royale	4 rolls	
	Royale	8 rolls	
	Royale	12 rolls	
	Royale	16 rolls	
	Royale	24 rolls	
	Or: Any House Brand (specify)	4 rolls	
	Or: Any House Brand (specify)	8 rolls	
	Or: Any House Brand (specify)	12 rolls	
	Or: Any House Brand (specify)	16 rolls	
Or: Any House Brand (specify)	24 rolls		
<b>Aluminum Foil</b>	Alcan	25 feet	
	Alcan	50 feet	
	Or:		
	Or:		
<b>Garbage Bags</b>	Glad - Easy-tie	10 bags	
	Glad - Easy-tie	24 bags	
	Glad - Easy-tie	40 bags	
	Glad - Kitchen Catcher's white garbage bags	12 bags	
	Glad - Kitchen Catcher's white garbage bags (small)	20 bags	
	Glad - Kitchen Catcher's white garbage bags (small)	40 bags	
	Or:		
	Or:		

HYGIENE PRODUCTS		SIZE	PRICE
ITEM	BRAND	SIZE	PRICE
Soap Deodorant Bars	Dove	2 x 120 g	
	Irish Spring	3 x 90 g	
	Ivory	3 x 90 g	
	Lever 2000	2 x 89 g	
	Lever 2000	4 x 89 g	
	Olay	2 x 120 g	
	Or:		
Tampons	Playtex (Regular)	18 units	
	Playtex (Regular)	36 units	
	Tampax Tampons (Regular)	10 units	
	Tampax Tampons (Regular)	20 units	
	Tampax Tampons (Regular)	22 units	
	Tampax Tampons (Regular)	40 units	
	Or:		
Feminine Pads	Always - Maxi pads	16 pads	
	Always - Maxi pads	18 pads	
	Always - Maxi pads	22 pads	
	Always - Maxi pads	24 pads	
	Kotex - Lightdays Liners	48 pads	
	Kotex - Maxi	22 pads	
	Kotex - Maxi	24 pads	
	Kotex - Ultra Thin	20 pads	
	Kotex - Ultra Thin	22 pads	
	Or:		
Toothpaste	Colgate - Regular	75 ml	
	Colgate - Regular	130 ml	
	Crest - Regular	75 ml	
	Crest - Regular	125 ml	
	Crest - Regular	130 ml	
	Or:		
	Or:		
Mouthwash	Listerine original	1 liter	
	Scope	750 ml	
	Scope	1 liter	
	Scope	1,5 liter	
	Sélection	1 liter	
	Or:		
	Or:		

GAS		SIZE	PRICE
Gas	Diesel	1 liter	
	Regular	1 liter	
	Or:		
	Or:		

**Notes & Comments**
