

# NL Nutritious Food Basket

... monitoring the cost of healthy eating



## What is the NL Nutritious Food Basket (NLNFB)?

The **NLNFB** is a tool used to monitor the cost of healthy eating in Newfoundland and Labrador. It is based on the National Nutritious Food Basket developed by Health Canada.

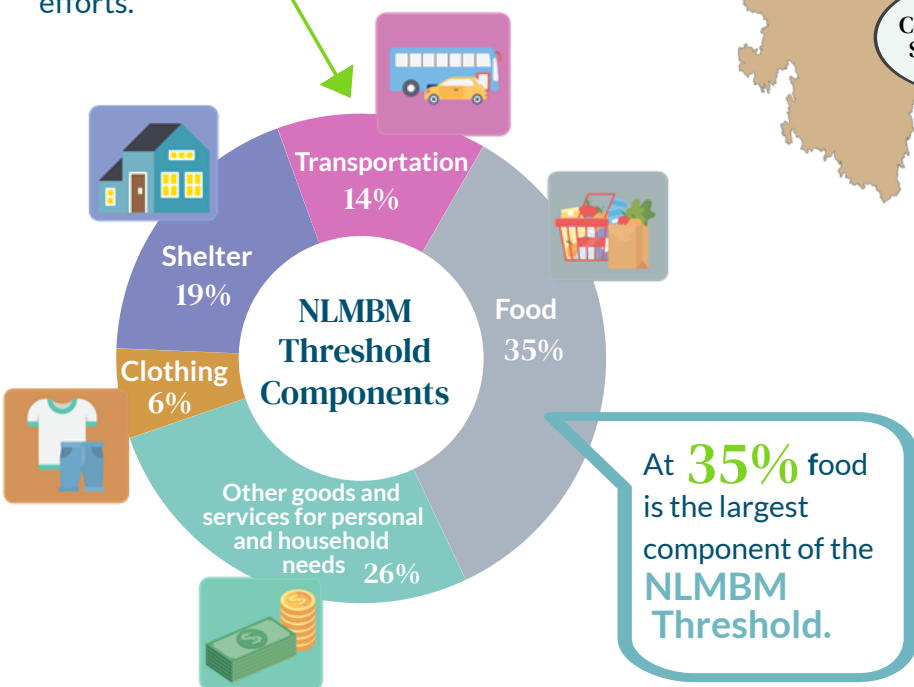
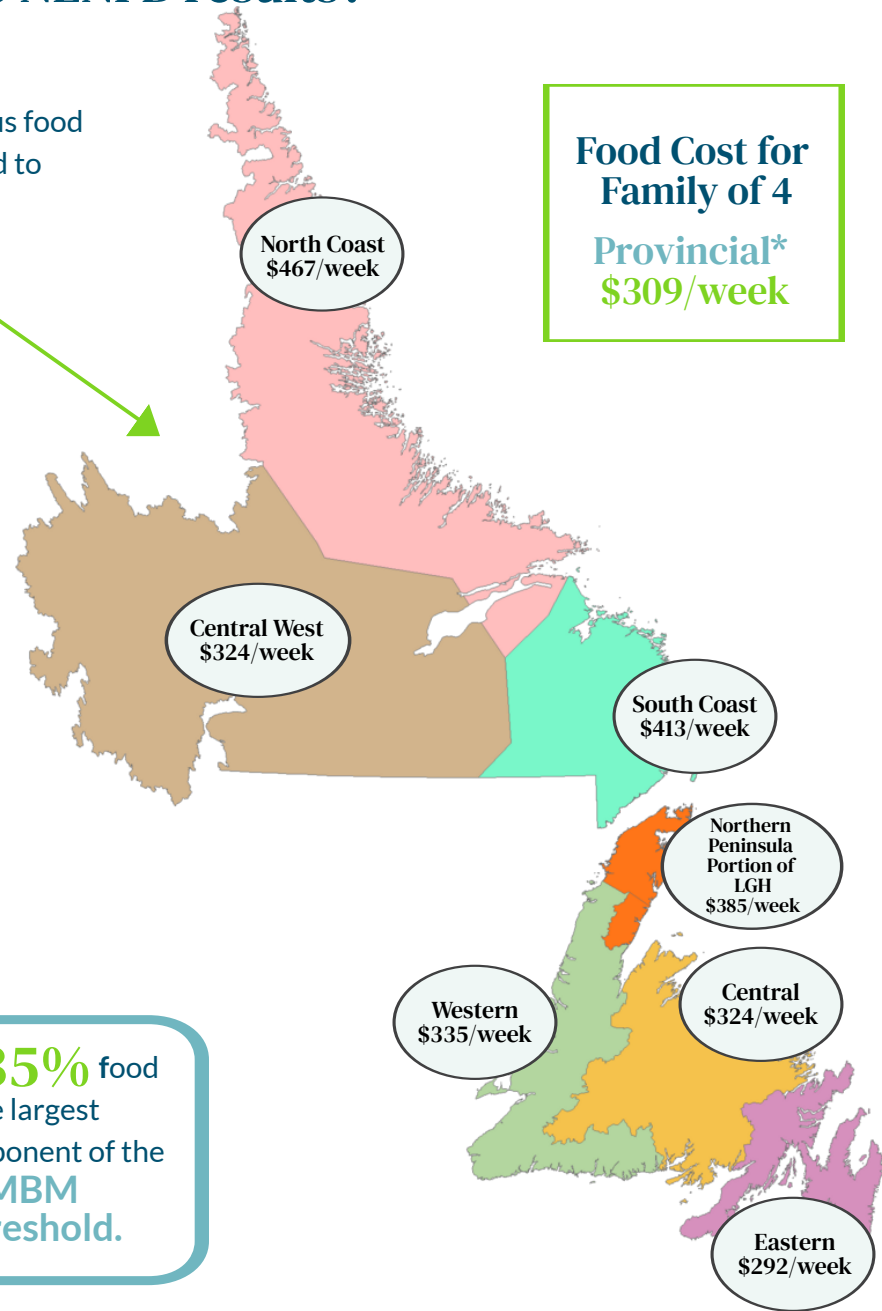
The **2022 NLNFB** consists of 61 nutritious foods from the **2019 Canada's food guide**. The prices of specific amounts of these foods, combined with the nutrient needs of individuals and families, determines the cost of the basket.

## Who uses the NLNFB results?

**Provincial stakeholders** use the nutritious food basket to monitor the cost of healthy eating and to inform health and social policies.

The **Newfoundland and Labrador Statistics Agency** uses the food basket prices to calculate the cost of the food component of the **NL Market Basket Measure (NLMBM)**. The NLMBM tracks how the cost of living is changing in NL and helps inform social well-being efforts.

**Food Cost for Family of 4**  
**Provincial\***  
**\$309/week**



\* weighted average based on population

Source: Compiled by the Newfoundland and Labrador Statistics Agency based on the NL Nutritious Food Basket data from the Department of Health and Community Services and Regional Health Authorities.